
Awakening Your Light Body

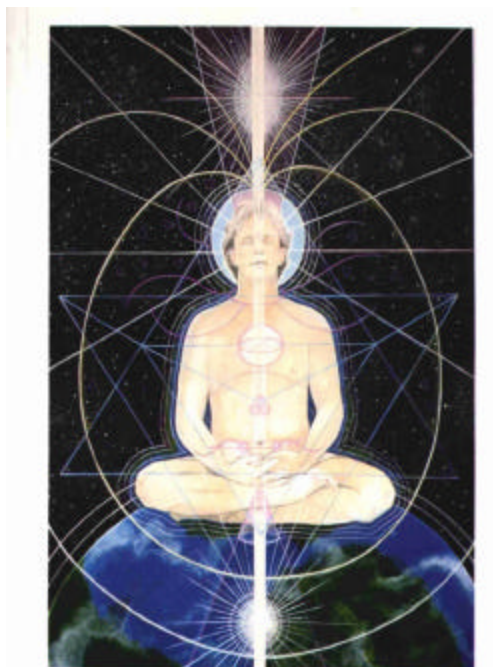


Image from "Creating your Light Body" by Richard Dupuis

by

By DaBen and Orin

Channeled by Duane Packer and Sanaya Roman

Introduction

Chapter I: Building Your Power Base

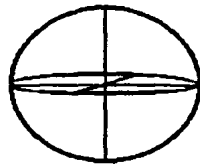
Chapter II: Opening Your Heart Center

Chapter III: Activating Your Higher Energy Centers

Chapter IV: Awakening Your Light Body

Chapter V: Becoming Radiant

Vibrational Energy Body



RANTHIA
(rahn-thee-ah)

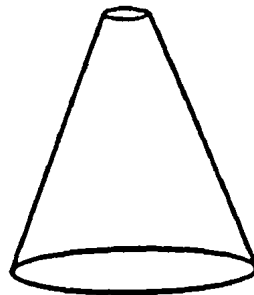


MUMIN
(moo-min)

LEOW
(lee-ow)



DINIA
(din-ee-ah)



NU'A
(new-yah)

Visualization Aid for Lower Four Centers

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What's Next?

Welcome and Greetings from Orin and DaBen!

You have heard and responded to the inner call to awaken your light body, and are getting ready to embark on a wonderful adventure of spiritual growth. You were drawn to this course because you are on a path of spiritual growth and awakening. We recognize your commitment to your spiritual path, world service, and becoming a source of light. You have responded to our telepathic call to awaken your light body because you know you have great potential for radiating light and for great growth in this lifetime.

As you awaken your light body you will sound a note within you of a higher vibration, a note that will change your life and have a positive impact on the world around you. You will draw to yourself opportunities to make even more of a difference in the world as you begin to radiate more light. With the awakening of your light body, you become even more conscious of your path of initiation, enlightenment, and greater world service.

Awakening your light body will assist you in developing a clearer vision of what you are here to do and increase your ability to get your work out to the world. You can use it to enhance your creative endeavors, career, and personal life. If you are teaching or working with others, you may use it to help your work have a more profound effect and make you more magnetic to clients and students.

Awakening your light body can make an enormous difference in your personal relationships. As you run a higher, more beautiful energy through your body, people will act and think in higher, more loving ways around you without your convincing or trying to change them. You will find people drawn to be with you as the light body is very magnetic. Those of you who are parents or are around children will find them especially responsive to the energy you can generate. It will help them and others reach greater levels of calmness, focus, and ability to achieve higher consciousness. As you open to this greater flow and light, you can attract more abundance, opportunities, and loving people into your life. You can be around many different kinds of people and stay centered, calm, and transparent to "denser" energies.

Awakening your light body can give you greater control over your emotions and mind. As you understand your light body and learn how to consciously generate the energy that sets it up, you can create inner illumination, mental clarity, and an open heart at will. You will be more able to choose how you want to feel, be focused, mentally alert, and physically vibrant. It will help you see beyond illusions and understand what is real. It will help you work more effectively on the inner planes, using thought and energy to create results. You will have a greater ability to shift consciousness in others and to heal yourself. You will learn how to "get out of your head," stop the mind chatter, and BE in the experience.

As you harmonize your energies you will be able to live in a higher flow. In this flow you can be at the right place at the right time, and find things happening easily and joyfully. You do not need to work hard or struggle to have loving relationships and a life that works. As you harmonize your energy bodies you can become more magnetic to your higher good and find many things coming to you right as you need them. You will be challenged as to how much good you can allow yourself to feel and how much abundance you can allow yourself to receive.

Working with these centers can enhance any other path or techniques you are enjoy using. They will greatly enhance meditation, bodywork, and any other therapeutic techniques you have chosen. If you are a therapist, counsellor, or healer, they will allow you to set a space that makes it easier for others to make the changes they have been wanting to make.

These techniques are easy to learn. The energy centers that power the light body are definite and real. You will be able to feel and work with them. You will see positive and real results as you do this; you will be able to go higher; feel more balanced, stable, clearheaded, and creative; and gain a new perspective on life. Awakening your light body can create many lasting, profound changes in your life.

As you awaken your light body you will be on a path of accelerated spiritual growth. You have been drawn to this course because at a deep level you are ready for a quantum leap in your spiritual growth and ready to create your higher purpose. You know you have a valuable contribution to make, and are ready for a greater role of world service.

Awakening your light body is an awakening to your soul, a discovering of the greater universe of which you are a part. Take a moment to affirm your commitment to yourself and your spiritual growth. Put your hand over your heart and say to yourself, "I commit to you, your path is important." Feel the strength of your commitment to your path of awakening and enlightenment.

Those of you who are taking this course are volunteering to be on the leading edge of expanding what is possible in human consciousness. You are sensitive, have heard your inner call, and are responding to your higher wisdom. Send an image of light to yourself in the future. Imagine your future self, the self that has successfully completed this course, sending light and encouragement back to you.

As you harmonize your vibrational energy bodies and radiate light as you awaken your light body centers, you become much more visible in the higher realms. We are sponsoring you by holding an extra focus of light for you as you take this course. You are the seed group who will take this knowledge and light out to the world in a much larger way. We welcome you to this course in awakening your light body, and thank you in advance for the contribution you are making to all of humanity by being willing to take this step.

It All Started Five Years Ago...

Sanaya: Duane and I were channeling information for the Opening to Channel book one day several years ago when DaBen suddenly said the word "Ranthia." We didn't know what he meant, but he explained that a new system of energy was being built in the human aura that would create a major evolutionary leap for humanity. The Ranthia, he told us, was around the heart center, and was where this energy was beginning to be built in those who were ready. Although he had our curiosity aroused, DaBen wouldn't say anything more about this.

About a year later, Duane and I sat down to channel information for a class on creating abundance. However, Orin and DaBen had different ideas and proceeded to spend three hours telling us about ten energy centers and how they worked. We weren't sure what we were supposed to use the information for, so we filed it away, puzzling over why Orin and DaBen had spent the evening giving it to us.

A year later, Duane felt called to go to the Utah desert to seek power spots. While there, he found several powerful places that seemed to have extremely high energy. In these power spots, DaBen came through strongly and began teaching Duane how to awaken his own light body centers. Duane spent weeks alone at power spots over the next two years, experimenting under DaBen's direction. He began to clairvoyantly see the energy centers Orin and DaBen had given us earlier that we now know are the vibrational energy body and light body centers. Through hour after hour of work with DaBen, Duane was able to learn how to work with and activate these centers through sounds and energy transmissions. DaBen explained that the power spots contained the higher frequencies of energy and light that would soon be present everywhere, and that these were the frequencies necessary to awaken the light body.

Orin, in the meantime, was developing courses in spiritual growth; personality techniques to make it possible to adjust to rapid, accelerated growth; and advanced esoteric techniques to assist people in preparing for enlightenment and attaining mastership. One year ago Orin and DaBen combined these techniques to put together a course in enlightenment through awakening the light body. We invited three groups of people to take a series of three classes, and followed their progress for six-to-nine month periods. The classes were by invitation only, as are these tapes. Orin and DaBen only want those of you who are ready and most able to succeed to work with these techniques at this time.

This course has been the most transformative, profoundly life-changing work we have ever taught or been privileged to bring to you from Orin and DaBen. We have now taught these centers to many people. We followed these people over six-to-nine month periods, asking them to keep a journal of their experiences and send them to us regularly. We were able to observe firsthand the changes and growth that people were able to make as they learned to harmonize their vibrational energy body centers and awaken their light bodies. The results for those who have awakened these centers are beyond anything we had imagined. Using these energy centers, people reported an enhanced ability to manifest, control their emotions, stay calm and centered, be transparent to others' emotions, change their thoughts, achieve heightened states of consciousness, and take quantum leaps in many areas of their lives.

Many people found that their physical energy and feelings of vibrancy and aliveness increased greatly. Many reported a much stronger sense of self-identity and personal power. Several reported dramatic instances where they were able to speak their truth around their families, parents, or friends and be heard for the first time. Most reported important changes in their personal relationships. Many found a new closeness with their loved ones. About half the group had major relationship issues come up, ones that they had "swept under the carpet" for years. They found they had new tools to solve these issues, and in solving them changed the whole nature of their relationships for the better. Many felt they had no major issues come up, but instead were amazed at the changes occurring in their loved ones--shifts in thinking, new levels of Communication or thoughtfulness--things that they

had hoped for for years and had given up on ever having.

Many said they had a lot of old issues come up, but were able to work through them more rapidly and calmly. (As you harmonize your energies, places that have been "stuck" will come up as they are being released.) Many said they felt a greater sense of self-acceptance and self-forgiveness, and stopped being so hard on themselves.

Some of the most startling and pleasing results for people was in their ability to stay centered around other people and not take on other people's energy. Many people found themselves more tolerant and patient. Most found that they were able to listen to others with compassion, being more consistently loving and non-judgmental. They said they felt freer to be themselves than ever before. Many experienced an increase in their telepathic connections to others, their psychic abilities, and clairvoyance.

Those who channeled a guide or their Higher Self noticed an increase in their ability to bring through clearer, higher information. They found themselves able to reach deeper, higher trance states that allowed the wisdom of their channeling to come through with greater ease. Because people were able to reach higher states of creativity, artists, musicians, writers, and people in other creative endeavors found their work reaching new levels.

People frequently commented that manifesting was easier, that things simply appeared at the right time, and that "miracles" seemed to increase. Many found their lives and circumstances improving for the better without any "effort" on their part. It was as if they had found a higher flow where things happened more joyfully and easily. Some realized they needed to adjust to the fact that things could happen easily--it required a new way of thinking!

One person wrote, "I'm staying in higher places for longer periods than ever before. Sometimes I am centered and focused, peaceful and calm for a whole day now rather than for just a few minutes or hours. I still have my "down" periods, but they don't last as long and I don't go as far down. I am more able to stay calm in situations at work that used to bother me. I had wanted a job promotion, but had given it up as impossible since my boss and I don't have a great relationship. I used these techniques to harmonize my energy for hours one weekend, and when I returned to work Monday my boss said he had been thinking about me all weekend and wanted to offer me a promotion!" Another person wrote, "My business has doubled since I have been using these energy centers. I run a small business and every time I run my energy the phone starts ringing off the hook shortly thereafter. People certainly are attracted to these energies!"

Many found meditation becoming a new experience as they consistently and easily reached higher states. Most noticed an improvement in their ability to concentrate, turn off their mind chatter, and notice what thoughts were coming from their Higher Self and what thoughts weren't. Some, who prior to this course were having trouble visualizing or meditating, noticed a dramatic improvement in their ability to visualize and have profound, recognizable inner experiences. One person commented, "I have been meditating for many years. I can now reach states of consciousness in five minutes that used to take me hours--if I reached them at all!"

The excitement and enthusiasm over the results people were able to accomplish was truly wonderful. We heard story after story of wonderful happenings as people learned to stay in centered, high states more and more often. Orin and DaBen had told us these techniques would create the most profound changes and accelerated growth of anything we had ever taught. We realized they were right as we watched people grow as they used their vibrational energy body and light body centers.

We want to add that no one's life became perfect all the time, for enlightenment is a continual process of growth and unfoldment. To successfully use these techniques does require energy and intent on your part. It does not involve prior skill, but simply a willingness to practice, be playful and inventive, and make a commitment to your growth. We ask you to practice these techniques for a half-hour three to five times a week. The more you use these techniques, study them, and add to them with your own discoveries, the more results you will experience. For ourselves, it has created more positive changes and spiritual growth than anything we have ever used, read, or studied.

Is Awakening Your Light Body the Next Step for You?

Many of you are in the beginning stages of building your light body, awakening your spiritual aura. For some of you developing this new aura of light is one of the most important things you can do right now. We have been putting out a call to those of you who are ready for this step. How can you know if focusing on awakening your light body is the next step for you?

One of the ways you can know your light body is being formed is by your excitement over learning this information and your sense of readiness for a quantum leap in your spiritual growth. You are aware that you have a Higher Self. You are drawn to expanded states of Consciousness and spiritual growth. You enjoy guided meditations, meditation, yoga, or channeling, among other spiritual activities. You want to reach your highest potential in this lifetime.

You are fairly independent, self-reliant, and view your problems as opportunities for growth. You have high ideals and standards for yourself. You believe you deserve to have a joyful and abundant life. You are interested in and aware of the higher dimensions, guides, or your Higher Self. You may have come through a recent transition, and your life is changing rapidly. You have been involved in your spiritual growth for several years and you know that it is one of the most important aspects of your life. People come to you for advice, or in some way you provide strength and stability for those around you. You are sensitive to energy, and you can often feel people's emotions so strongly you may think they are your own.

You have lately been drawn, almost inexplicably, to explore books, ideas, techniques, or philosophies in many areas, as if you are searching for answers. You may be in the process of leaving behind old friends and meeting new people. Your interests have changed so much over the last few years that you feel like a different person. You are in touch with your inner guidance more than before and recently your interest in your spiritual growth has been increasing. You have been on a growth path for several years or more. You may feel a sense of anticipation, as if something is coming, but you don't yet know what it is. You know you create your own reality, and are willing to have your life work in better ways. These are some of the indications your light body is awakening.

What Is the Light Body?

Your light body is the spiritual shimmer that is the next evolutionary step for humanity. Your light body is your aura as it exists in the higher dimensions of your soul. Some have called these the Causal, Buddhic, Nirvanic, Intuition and Soul-dimensions. As you awaken your light body it is like having a new kind of vision. You will be able to see, sense, and feel the higher, more beautiful energies of the higher dimensions and make them more a part of your everyday life.

To awaken your light body is to have a level of harmony between all your energy bodies to align your physical, emotional, and mental energy bodies so your spiritual shimmer is activated. To align your energy bodies you will need to work with and understand the seven vibrational energy centers that affect them. (These are not chakras.) With the first three vibrational energy body centers you can regulate the amount of energy you take in from your environment, change less harmonious energies into higher ones, and use all the energy around you to go higher. The fourth center regulates the flow of energy through your energy bodies. As you work with these centers, you may experience a stronger sense of personal power, ability to control your emotions, stay centered, and release old blocks and stuck emotional energy.

Your upper vibrational energy bodies take you to the higher mental dimensions and dimensions that are beyond time and space. As you work with these centers you can bring a higher frequency to your thoughts, open your channel to the higher dimensions, and connect with higher aspects of the Universal Mind. You can experience many illumined states of awareness. These states of consciousness can feel deeply insightful, blissful, and take you beyond thought into direct experiences of the higher dimensions and yourself as you exist in them.

There are three light body centers. As you awaken them, you become a greater and greater radiating source of light. You can take in energy from all around you and transmute it into light. The people, situations, and things you draw to you will reflect your higher vibration. As you continue to work with your light body centers, there is no limit to how clear, flowing, radiant, harmonized, peaceful, and balanced you can become. You are truly becoming your Higher Self in your everyday life.

General Instructions

Running the Energy:

Working with the vibrational energy and light body centers has been called "running the energy" in the tapes and written material. You can run the energies anywhere in public, at work, around loved ones. You will learn much about running the energies to create flow and harmony in your life; reach subtle, expanded states of consciousness; and stay centered and balanced. You will learn how to run the energies to heal yourself, let your emotions flow, expand your creativity, have more insights, and open a channel to the higher dimensions.

Preparation:

You may want to create a special place with a mat, pillow, or comfortable straight-backed chair. You will want a place that is peaceful for you where you can be undisturbed for at least 2 - 30 minutes, the length of the meditations. Wear comfortable, loose fitting clothes.

Posture:

We have found it beneficial to sit with your knees lower than your hips. This can be accomplished by sitting on the edge of a firm, high pillow. Special meditation pillows, (called Zafus) and benches are available for this purpose, but any firm pillow will do. Sit with your legs crossed, or folded under you. Chairs are acceptable if you can sit comfortably for 2 - 30 minutes with an erect spine. The important thing is to be reasonably erect and comfortable. You will want your back to be straight, relaxed but upright, as if your spine were being pulled up by a string attached to the top of your head. Your neck should be bent forward so you are looking naturally at the floor, and not too high. Be sure to relax your jaw. Most people prefer to close their eyes, and we suggest you start your learning with your eyes closed.

How Often:

We suggest that you run the energy either on your own or by listening to a DaBen tape at least three to five times a week. You can use DaBen's processes more often, however we suggest that you not listen to them more than two times a day in the beginning, as it may create a greater acceleration of growth than your personality is ready for right now. If at any time you feel that things are changing too fast, or you find yourself resisting listening to the tapes, simply put them away for awhile until you are drawn to them. Trust your inner wisdom to lead you to using these processes as many times as is beneficial for you. Orin's journeys will help your personality integrate the changes that awakening your light body will create, so you may use them as often as you are drawn to them.

Stretching:

It will greatly enhance your experience of these energies if you stretch before you listen to DaBen's journey. Stretches that open the chest area and gently open and stretch the spine, such as yoga, are the most beneficial. If you would like to learn more about yoga or stretching, there are many fine books and video tapes you can use. Stretching will assist you in opening your physical energy to handle the greater amount of energy and light you will be bringing in. Even a few minutes of stretching before you listen to DaBen's tapes will be beneficial. You may also want to stretch briefly after you finish running the energy; this will help your physical body adjust to the new energy flow you just created.

Physical Sensations:

You may have noticeable physical sensations while running the energy. Tingling, warmth, spaciness, floating, itching, enhanced hearing, or other physical sensations are completely normal and may or may not occur. You may feel your breathing open up, want to straighten your back, or adjust your posture. You may feel more peaceful and relaxed. Some people feel a band of energy around their heads, or tightness in various places in their bodies at various times while running the energies. As you harmonize your energy and it begins to flow, such symptoms might occur in places that are not yet open to the greater energy you are running through your body. Simply imagine you are opening these areas to allow more flow of energy. It may also help to sit up straighter and adjust the back of your head and neck. As you open to this larger flow, physical discomfort should disappear within a few minutes.

No Expectations:

It is best to enter into each meditation without picturing how you want to feel during the meditation. Each time will be a different experience. You may have a wonderful experience and expect that the next time you run the energies you will have an identical experience. Do NOT try to recreate an experience each time you run the energy you will have a unique experience. Rather than "trying" to picture or make something happen, simply relax into the experience, observe, and follow on the energy of DaBen's or Orin's voice. Some days you will have wonderful, uplifting experiences right away. Some days you may have distracting thoughts and find it takes longer to quiet down and go higher. Sometimes you will have intense visualizations, other times you may feel only a subtle shift of consciousness. Be easy on yourself and let whatever experience you have be the perfect one for you. You will learn much about how your mind works, how to quiet it, and how to keep your energy flowing as you run the energy.

Enhancing Your Experience:

As you run the energy, you may receive many insights and ideas. You may want to keep a pen and paper nearby to make notes so you can continue to meditate. You may find yourself thinking of other people. We have found it useful to send them thoughts of light, and imagine their images dissolving into the light. Various feelings and emotions may arise; simply note them and let them go. Do not attach importance to any thoughts or feelings, but observe them from a detached perspective. We have provided journal notes for you to record your experiences. You will want to note how easy it was to concentrate, what distractions came up, and anything else you experience. You are developing the ability to observe yourself with detachment, a very important step in reaching higher states of consciousness.

If you feel sleepy, listen to the journeys at another time when you are alert and relaxed. It is often better to listen before eating. Stretch before listening. Sometimes you will feel as if you are floating and it is hard to hear or follow the instructions. Simply enjoy these states, and follow the energy DaBen or Orin is generating rather than their words. We have found that when people first experience these higher energies it is sometimes necessary for the personality, which wants to analyze and figure everything out, to step out of the way. If you don't remember afterward what you experienced, you may be experiencing these meditations in a deeper way, exploring states of consciousness beyond your intellectual ability to absorb or analyze. The more consistent the power you generate in the lower three centers, the more you will be able to sense and remember your experiences. Be easy on yourself--trust that whatever you experience is perfect. There is NO RIGHT or WRONG way to experience these journeys--only YOUR own unique, perfect way.

Talking about Your Experiences:

People have asked how to explain what they are doing to their friends. We simply say we are learning how to harmonize our energy to reach states of relaxation, inner awareness, and focus. We have found that it is not necessary to talk much about what we are doing; It is best to let people observe the changes that are occurring in us and only tell them what we are doing when they ask. Share your excitement, but remember that you can polarize people when you talk about something too much or try to push it on them. We found that people's lives, their thinking, and their energy began to change so rapidly that others wanted to know what they were doing. Teach by your example!

Sharing with Friends:

We have asked that you not share these tapes with friends until you have completed the course and are able to sponsor them. Orin and DaBen are aware of each and every one of you who are enrolled in this program, and working directly with you to assist you in opening to these energies. If you have other friends who have received these tapes, you may want to listen to the journeys together. Two or more people running these energies can enhance the power of the experience.

Chapter 1: Building Your Power Base

Nu'a and Dinia

DaBen has used certain images with the Nu'a and the Dinia. As you learned, these two centers can be activated in our consciousness by muscles. For women, the Nu'a is located inside the vaginal wall, and is a very small muscle near the front. Do not contract your entire pelvic floor, as this can cause irritation to the bladder. In men, the Nu'a is located slightly in front of and above the prostate gland. If you aren't sure what muscle to move, try several until you notice a change in your breathing, a need to sit up straighter, or any other subtle change. The area of muscle you move may cover a larger area in the beginning, but as you work with the Nu'a try to isolate the muscle. You will find a smaller and smaller muscle that when moved gives you the same experience as moving larger areas of muscles. The precise point or muscle is not critical; as you work with the Nu'a the muscle will adjust itself. You don't need to contract the muscle strongly. A gentle, easy contraction will have the same results.

The Dinia is also associated with muscles. In women, these muscles are slightly above the ovaries. In men they are located in the same general area. To locate the Dinia, with your fingers locate the tops of your pelvic bones at the sides of your abdomen, about two inches below the level of your navel. By moving your fingers from the pelvic bone crests down and toward the center of your abdomen about one thumb length you will be near the locations of the Dinia centers. The actual centers are centered in the body. Experiment with moving the muscles here in as small an area as you can. The actual movement will be quite small and should be done very gently and easily.

The Nu'a and the Dinia work together. It is almost impossible to bring one into your awareness without activating the other. As you contract the Nu'a, you are bringing in energies from all around you. This energy includes everything about you: the earth, nature, other people's energies--all the frequencies of energy present in your environment. There are no good or bad energies; only energies that have varying degrees of usefulness to you. Some energies are easy to use; other energies require much refinement before you can use them. The first three centers you are learning, in this album, are the power centers that teach you ways to gain a fine-tuned control over the amount, frequency content, amplitude, and intensity of the energies you take in from your environment. As your skill grows, you will be able to harmonize with and more comfortably be around a larger range of people, environments, and energies.

The Nu'a cone can be long or short. The longer you make the cone, the more energy you take in. However, beyond seven to ten feet you may notice very little increase. The angle of the cone can be narrow, like a cylinder, or open to varying angles until it forms a plane. The more you open the angle, the more energy you are bringing in from around you. When you close the cone to a cylinder, you eliminate most outside energy from coming in. The best angle for the cone is the angle that comfortably enhances your experience. In the beginning, we suggest you not open the cone all the way up to a plane. Doing this can result in physical discomfort as your body is not yet used to this much energy flow. Until you have a greater skill in harmonizing with a variety of energies about you, opening the cone too much can create anxiety if your environment isn't as harmonized or friendly as you would like. Opening the Nu'a cone into a plane can overload your systems and make you feel drowsy, disoriented, dizzy, or unable to remember at a conscious level what you are experiencing. If you notice any of these symptoms while working with these energies, close down the cone of the Nu'a until the amount of energy you are bringing in feels comfortable to you.

The walls of the Nu'a cone are not usually well defined. They can take on, to some degree, the beginning function of filtering the energies around you. The walls may become more defined the closer they get to your body. Do not worry about what the walls of the cone are made of, just observe and play with the cone and notice how your thoughts, feelings, and breath change as you do. The Nu'a is one of the most powerful of the vibrational energy body centers. You will use it throughout this course, as it determines the amount of energy you bring in. The Nu'a has a subtlety to it which keeps increasing as you use it in combination with the other centers. The subtleties happen by the rhythm and length of the contraction, and by how you use your physical muscles. The Nu'a stimulates a change in your breathing as your breathing opens up to handle the larger amount of energy flow your Nu'a brings into your physical body.

The Dinia is composed of two spherical or ellipsoid balls. Making them spheroid or ellipsoid has different effects, which you will learn about in future lessons. The Dinia begins to harmonize, modulate, soften, modify, and bring to a focus the qualities of the energies brought in through the Nu'a. It changes the frequency of the energies the Nu'a is bringing in to make them more usable for you. Whereas the Nu'a brings in energy when you contract it, the Dinia releases energy as you contract it. Squeezing the balls through tightening the corresponding muscles of the Dinia creates a wave that comes out all around you, covering 360 degrees. These waves create a plane, a surface defined by the waves. The waves move out much like ripples in a pond, flowing in all directions. Each Dinia ball is generating waves.

Play with how far out you can follow these waves with your awareness. Send your consciousness out along the waves at least five or six feet. One measure of how well-tuned you are getting the energies will be how easily you can, with your awareness, follow the waves as they move out; following the waves six to ten feet is fine. Sometimes you will notice that the waves change from what you generated the further out you go. Following them for a greater distance is not necessarily better, but is a measure of your attunement to the subtle energy about you. You need not always follow the waves out; do so when you are exploring the Dinia or want to experience your attunement to the subtle energies. Most of the time, particularly when you are involved in your experience or working with your higher energy centers, you may only notice the waves as they extend a foot or two from your body.

You can tilt the front of the wave-plane up toward your head, which allows in more energy. Or, you can tilt the front of the wave-plane down toward your feet which decreases the amount of energy coming in. You can contract the Dinia in various ways. Frequent, fast contractions can create short, fast waves. Long, slow contractions can create flat, smooth waves. Each will create a different experience. Longer, smoother waves tend to be calming, Short, faster waves tend to bring through more energy.

if you are in a harmonized, friendly environment, around nature, guides, or in higher energies, you may want to open the angle and lengthen the cone of the Nu'a, and tilt the plane of the Dinia up. If you are in a tense, negative, or uncomfortable environment, you may want to close down the Nu'a cone to a cylinder, shorten the cone, and angle the plane of the Dinia downward so that very little energy from outside comes in. You can also play with making the Dinia waves fast, short, long, or slow as ways to change the energy you are bringing in through the Nu'a. Remember there is no bad energy, only energy that you haven't yet acquired the skill to use to enhance the states of consciousness you want to be in.

Constantly play with the size and angle of the Nu'a cone and the type of wave coming from your Dinia. It may change from moment to moment, as the energy about you is dynamic. Actively adjusting the Nu'a and Dinia allows you to make the most out of your experience of using the energy around you. Each time you run the energy you will have a new and slightly different experience. The energies around you are constantly changing, and your emotions and thoughts will be unique each time. The best way to experience results is to be inventive until you create the experience and felt-sense that is best for you.

Questions and Answers about the Nu'a and Dinia

In teaching this course to many different people we discovered there were as many ways to experience the centers as there were people. Some people saw colors, some saw light, others saw symbols and images as they ran the energies. Some saw gridworks, felt places in their bodies light up, or saw patterns or streams of energy. Some had no visualizations. Some had physical sensations and felt as if they were floating, blissful, light, relaxed, and so on. Some felt a heightened awareness of their own energy and the energies around them, such as sounds, feelings of others, or their own thoughts. Some simply noticed that their breathing changed, and that they were more aware than normal of their posture. Some had a greater flow of insights, and found an enhanced ability to think clearly. Some had an inner awareness that was beyond words. Let whatever experience you have be the right one for you. Each one of you will be using these energies and states of consciousness for your own unique higher purpose, so let your experiences develop naturally rather than trying to have experiences similar to those other people are having.

What follows are questions people in the classes asked and Duane's, DaBen's, or Sanaya's answers.

Question: Do I contract the muscles of the Nu'a and Dinia all the time? It seems like I reached a point where the contraction didn't seem necessary because I already felt the way I wanted to feel.

Answer: (Duane): (Answers by Duane unless noted otherwise.) It is perfectly normal to lose awareness of the

contractions of the Nu'a and Dinia. These centers are generating power for your other centers, and you will reach a point where you don't need to generate any more power. You might create a challenge as to how long you can maintain awareness of the contractions, but there will be a point where you know you have reached the place you want to be. When you learn the upper centers, you will contract the Nu'a occasionally to enhance your experience of these centers, but you will not continuously contract it.

This brings up a good point. If any of you feel that we have gone on for too long setting up a center because you are already there, stop following our instructions and work directly with your experience. Some of you need longer to feel the effects of these centers, some of you need less time. You do not need to spend a long time with the Nu'a before going to the Dinia. Sometimes you may need no set up at all--you may instantly get the feeling. If you get the feeling right away, let go of our words and continue with your experience.

Question: Am I supposed to coordinate my breathing with the contractions of the Nu'a or Dinia? I noticed a change in my breathing, but I couldn't seem to consciously control it.

Answer: Your breath seems to change automatically without your needing to consciously control it. You can focus on your breath, or not. Your breath is like your autonomic nervous system, it will open to the greater flow automatically. Athletes automatically adjust their breathing to enhance their exercise. You will find a similar response. Simply focus on the Nu'a and Dinia and let your breath adjust to the flow you are creating.

Question: I felt a sense of increased power and strength--is this normal?

Answer: Absolutely!

Question: I seemed to see geometric patterns, and felt like I was traveling into other dimensions. What happened?

Answer: Some people see geometric patterns, especially when they work with the upper vibrational energy body centers. Don't get caught in the visualizations or sensations, or try to make sense of them. Observe them with a detached awareness. We will work with the geometric patterns in Volume III as we explore your mental body and the Universal Mind. As you harmonize your vibrational energy bodies you do gain the ability to travel consciously into other dimensions. We will explore this a bit in future classes.

Question: I felt a sense of pressure in my head. It seemed like an intense headache at first, but it went away as we continued. What happened?

Answer: As we ran the energies, you created a greater flow of light and energy in your body than your body was used to. Those places that don't have equal flow can show up as pain or feel blocked. If you feel pain anywhere, first imagine this area opening. If this doesn't produce a shift, you can close down the Nu'a cone so you are bringing in less energy, angle the plane of the Dinia downward, and/or create different wave patterns with the Dinia--longer, smoother, or slower--until the pain subsides. You can also make subtle adjustments in the way you hold your head and neck, opening this area to allow a greater flow of energy.

Question: I'm not sure anything happened. I think I am getting nothing.

Answer: There is no such thing as nothing--if you were truly getting nothing you would no longer be on this planet. Next time, explore that feeling of "nothing." Does it have a color or shape? How thick or thin is it? Do you have sensations anywhere in your body? Are your thoughts or feelings different in any way? Explore the nothing and you will find that "nothing" can be quite a rich experience. As you continue to run the energies and move into the upper centers, you will find your ability to observe, visualize, and remember your experiences growing much stronger.

Question: Yesterday I had a fabulous experience with the centers. Today I felt very little. How can I recreate yesterday's experience? How can I consistently have an intense experience when I run the energies?

Answer: (With smile.) One of the greatest lessons these centers will teach you is an apparent paradox: you can

only control your experience by giving up control. You often have strong expectations about what you want to experience, and these very expectations can keep you from having the experience you want. Stop trying to control your experience, and focus instead on working with the Nu'a and Dinia. You can control the way these energy centers work to enhance the potential for a certain experience happening. Even so, you can only come close to past experiences, never completely duplicate them. Be open to and enjoy whatever experience you have as being the perfect one for you at that time. Remember also that "stronger" is not always better. Sometimes it won't be intensity you are after. There may be an exquisite subtlety to the feeling you want to explore further. Pushing for intensity can leave you tired rather than taking you further. Make each experience as complete, as rich, as full as you can-and stop at that point.

Question: Do we always need to contract our muscles, or can we just think of the word Nu'a or make the sound and imagine the contraction?

Answer: You don't always need to contract the muscles, but it is probably the easiest way to get started. Once you have the energy experience of each center, you can simply use your memory of that experience to go back to it. We have used the visualizations and images of these centers to take you to the experiences of them. Once you have the experiences, you can drop the visualizations and simply experience them. We find it is best to fully learn the visualization for each center and then decide how useful it is to you. As with any method, these formal techniques are simply vehicles to get somewhere; when you have arrived you no longer need to use the vehicles.

Question: I'm not sure how the Nu'a and Dinia connect to each other.

Answer: They aren't physically connected, but are connected at an energy level. The Nu'a and Dinia work together, they are a unit. The Dinia is processing the energy as it comes up through the Nu'a. As they work together they set up a wave that moves through your body.

Question: What does changing the length of the Nu'a cone accomplish? Is this grounding or centering myself?

Answer: The longer the cone becomes the more it increases your experience of the energies about you. Generally it extends out about six or seven feet, however after it gets beyond ten feet the difference in experience is very slight. This cone is not going into the physical earth, you are not grounding with the cone. You are using it to bring in all of the energies about you, of which the earth is one part. It might be said that you are centering, but you're not using these energies to get centered. Being centered is a gift of using these energies, it comes as a part of running them. You create a flow of energy as you use the Nu'a and Dinia, experiencing the energies about you, adjusting to these energies by adding harmony and smoothness to them. This changes the way you feel into what many people have called "centered."

Question: Does it accomplish anything to make the cone long and short, alternatively, as if I am pumping it up and down?

Answer: This is not really useful except when you start working on inter-dimensional traveling and want to go to certain other realities.

Question: does the size of the Dinia balls have any effect on your experience?

Answer: It is best to work with a size that feels just right, noticing that at different times the size that feels right may vary. Usually they are about the size of a walnut.

Comment: I felt such a glow when I came back. I felt disconnected and didn't want to be here anymore. I just wanted to stay forever in those spaces. I'm not sure I felt the same as I did before I worked with these energies. I almost feel disoriented.

Reply: You don't want to come back to who you were before you opened up to these energies. You want to learn to operate in the world at this new level. If you have to drive, or be immediately present in normal reality, walk around or do something physical until you feel fully alert and present in this reality. You will get used to these energies and find them easy to integrate as time goes on.

Question: How are these centers related to the chakras?

Answer: There are many energy systems that focus energy from your soul into your physical body. Each one acts as a filter, creating as a final result your physical body. Some filters, such as the meridians, are closer to your physical body. Some filters, such as the chakras and vibrational energy body centers, are closer to your soul. The vibrational energy body centers seem to be at least a level closer to your soul than the chakras. We have found that the closer to your soul the level of filter you work with, the more easily you can change the energy systems below them, those that are closer to the physical body. As you align your vibrational energy bodies you begin to create flow and harmony in your chakras without working directly on them. Changes made in the vibrational energy bodies can affect many other levels, creating changes in your chakras, mind, emotions, and physical body. As you run the energies and work with these centers, many emotional and mental issues will shift to a higher level without your working directly on these issues. When your vibrational energy bodies are harmonized your spiritual shimmer, your soul-self, begins to shine through with more presence and vibrancy into physical reality.

Question: You constantly refer to flow. What do you mean by flow?

Answer: Flow does not mean that energy has to go anywhere. You've probably watched a piece of cork float, it doesn't go anywhere, it just moves in place with the wave. Your energy is flowing when the waves of energy are moving through without anything stopping them. As the Nu'a and Dinia work together they set up a wave, like a standing wave, that moves through your body.

Question: How did you arrive at these names, pictures, and sounds for each center?

Answer: The names were derived from DaBen after hours and hours of meditation with each center. I tried many visualizations for each center, and noticed that certain ones consistently produced results--the cone for the Nu'a, the waves that came out of spheroid balls for the Dinia. The Nu'a name and cone came fairly easily after six or seven hours of working with it at a power spot in the Utah desert. I kept hearing a sound inside as I worked with the cone, and the sound was Nu'a. DaBen said that the sound of each center contained certain frequencies that awakened the center. We spent many more hours exploring all the subtle ways that the sound could affect the opening of this center. Some of the other centers took much longer to derive. Sometimes I had to find just the right power spot before I could bring through the information. DaBen tells me this was because the energy to open the centers was not present on the earth plane before now, except in certain places. For some of the upper centers, Orin would give Sanaya the same name for the center, and when I returned from the power spot we had both received the same information independently from Orin and DaBen about the names of the centers.

Question: I saw colors as we worked with the various centers. Is this significant?

Answer: I have not found any significance to color in these energies. Colors do exist, but they change and vary with each experience. Just let the colors be as they are. They may change rapidly, or be fairly constant; they may be multi-hued. It is all energy, some of it comes into your sensory system as color, some as inner visualizations, some as physical sensations. Just observe and don't get caught in any one of your experiences.

Question: I felt such a sense of euphoria, what did I do to create that? Is it only possible while listening to DaBen, or can I create it on my own?

Answer: Just as we mentioned earlier, your experience comes from your ability to find the best energy combinations from the energy currently present, not from a fixed formula. Someone mentioned that they closed the Nu'a cone entirely and floated on it, while others opened it quite a bit to create that floating feeling. Experiences aren't dependent on how much or how little energy you bring in, or on your ability to run the energies faster or better. It is doing what is appropriate for the energies present at that time. The way to do this is to be playful, inventive, and keeping the centers adjusted to enhance the experiences you are having. You can create this state of bliss anywhere you are, but because the environment is different at different times, the way you create it will vary. There are no fixed rules about what way to use a center to produce certain, repeatable experiences. As you develop your skill in using these centers you will be able to create a sense of euphoria, without needing guidance or energy transmission.

Leow

The Leow amplifies the smooth, harmonized energies from the Dinia and Nu'a. Together with the Nu'a and Dinia, the Leow forms the power base for the rest of the vibrational energy centers. These are the only three centers directly influenced by a muscle. The muscle that Controls the Leow is right under the diaphragm near the solar plexus. You do not contract it, but lift it slightly as you spin the balls. It is not necessary to know where the muscle is to work with the Leow, however, you can find it with your finger by pushing in lightly at the V of at the front of the rib cage, near your solar plexus, right below the breastbone. Exhale and relax your muscles here so you can move your finger in; don't push too hard. Experiment with moving the muscles in this area until you find a muscle you can mentally lift. This muscle creates space or a vacuum for the Leow. All the rest of the centers work outside of the muscle system, and you will watch them with your inner eyes and imagination. The upper centers are influenced by the lower centers you have just learned. Throughout this course you will want to increase your skill with these lower centers, as they power the vibrational energy body centers.

The Leow consists of three small spheres or balls about the size of a marble, contained in a volume about the size of a baseball. The spheres are generally the same size. As you start with the Leow, each ball begins to spin individually, and then the balls spin around each other in more and more intricate patterns. As the spin increases, the patterns the three spheres make soon become too intricate to mentally follow. Follow the spheres as they spin faster and faster until it is beyond your ability to follow them any longer. As the spheres spin they radiate energy in all directions and may appear to your inner eyes as one point of energy. One way to enhance your experience of the Leow is to hold on mentally to the spinning of the spheres until you can't possibly follow them any longer. At the point when they move too fast or their movements become too intricate for your mind to follow, your mind reaches overload. From this momentary overload, a shift takes place as if you've moved from ordinary reality into an expanded reality.

As you work with all three centers, part of your focus should be to see how much more alive you can make any feeling that is created. Each time you run the energies the experience may be unique, so don't try to recreate the highest experience you can remember. Each experience with these centers can take on a different quality. Take whatever experience comes as you run these energies. Make the quality of your experience as solid, as concrete, or as intense as you can; then enhance and increase that quality.

Learning to work with these first three centers, your power base, and the next center, your heart center, can give you about sixty percent control of your emotional body. This means letting your emotions flow, whatever they are, and not attaching to them. These first three centers are the centers that influence your physical and emotional bodies most directly. As you open these first three centers, you will also light up your upper centers. Just as some of you felt the area of your Leow light up when you worked with the Nu'a and Dinia, just notice what is happening and ride on your experience of it.

Now let us share with you some of the questions people in the classes asked as they experienced the Leow.

Questions and Answers about the Leow

Question: I felt like the balls were going faster and faster until they exploded. What happened?

Answer: when this happens your consciousness has made a shift because of the speed at which the centers are moving. This will happen some of the time, but it not a goal of the Leow. It is a wonderful experience when they explode, but don't try to make it happen. If the balls of the Leow aren't spinning as fast as you would like, bring your awareness fully to the Nu'a and Dinia, get them working, and then come back up and start over with the Leow. You want the three balls to spin so fast they become one point of energy or disappear from your awareness.

Question: How are the three balls connected to each other?

Answer: They appear unconnected, except perhaps by something like molecular bonding. The balls stay easily in the volume defined by the larger sphere until they are spinning so fast they explode, become a point of energy, or disappear.

Question: I heard a tone, almost an audible sound from the Leow. Is this normal?

Answer: It will not happen all the time, but you may experience a high pitched sound, like it is right in your eardrums, as you work with the Leow. Some of you may sense a sound, or feel a sound. This is definitely normal, for the Leow does create a frequency as it spins that can be audible to your ears. It is not necessary to hear this tone, however, to effectively work with the Leow.

Question: As I run these energies, I feel that other people are probably experiencing more or doing better than I am. How can I work with my feelings that I'm not doing it right? (One of the most frequently asked questions!)

Answer: First, remember that there is no RIGHT or WRONG way to experience these energies. Some people have a floating feeling, some "see" inner pictures, some feel sensations, while others experience different states of emotions such as bliss or peace. Sometimes those feelings are subtle, sometimes they are intense. Each of you has a different way of processing information and sensing things. Some of you are visual, others of you are feeling-oriented. The way you experience these energies will also vary depending on your ultimate purposes in using them. Some of you will use these energies for writing, so you may find them increasing the clarity of the ideas you bring through. Or, if you're an artist, you may find that your inner pictures and colors become more vivid, while those of you who are musicians may find that these energies stimulate changes in your inner ears, but give you little feeling or visual sensation. *First be alert to enhancements of the things you already do well, then be alert to how new or previously difficult things are now easier Instead of looking for a certain experience, love and appreciate your unique experiences. Make each experience you are having as clear, vivid, and enjoyable as you can. As you do, your experiences will help light up your special, unique path.*

If you are still experiencing doubt that you are doing these journeys correctly, let us look at how you can work directly with doubts. As you work with the lower three centers, you are beginning to untangle your emotional body from your mental body. When a doubt arises, it is simply a place where your emotions are still entangled in your mental body. Next time that doubt comes up, find at least one feeling associated with the doubt. There will be at least one feeling and at least one thought. Find where the two can be identified as distinct from one another. Now, run the energies, holding your attention on the thought and feeling associated with that doubt. Then, with the energies running, see if you can get emotional about that doubt. This should take the emotion out of the thought, which is the first step in dealing with your emotions as pure energy. If you were still able to be emotional, take smaller and smaller aspects of the doubt and repeat the process until it becomes free. We will work with this much more in the upper centers as you learn to untangle your mental and emotional bodies; learning to change thoughts as well as emotions. Notice that the more flowing and harmonized your energy becomes the harder it is to hold on to a negative feeling. Emotions are important; do not try to do away with them. Emotional energy has an essential function, it is the way you magnetize things and motivate your personality. It is only when your emotions become entangled with some thought or your physical body that you lose your ability to experience the flow of the emotional body. The goal with emotions is to experience them flowing, harmonious, and smooth, so the light of your soul can shine through.

Question: How about positive emotions? Are your emotions flowing when you feel a lot of excitement?

Answer: Try this for a moment. Pick something you feel really good about, perhaps think of something you "couldn't live without." Now notice as you think of this it sets up a real tension. It is enjoyable to think about it, yet you also have the polarity- "If I didn't have this thing it would be terrible." Run the energies again, then briefly think about this thing. As you create that flow, notice the difference in how you think about it. You can still think about it, but notice the difference in how you feel. When you run these energies you get above where polarity exists, you don't need to have the tension created by thoughts of losing something you love, or having to grab onto that feeling so it can last forever. There is simply an open, flowing feeling as you think about it. You don't have negative feelings, and you don't have the tension that comes from the polarity of positive feelings. You simply have a peaceful, flowing feeling. This is the emotional body at its highest

Question: How is the Leow connected with the Dinia and Nu'a?

Answer: One of the functions of the Leow is to amplify the energy coming from the Dinia and Nu'a. The Leow does not directly connect with the Nu'a and Dinia. It takes the energy from them, almost as if a vacuum is created

and draws the energy into the Leow. From the Leow the energy is amplified and sent to the upper centers. [The space between the first two centers and the Leow is where one of the lightbody centers is located](#), and you will see some connections with them as you learn the lightbody centers. You can bring the diaphragm up a little bit, as though you are pulling the Leow up further away from the Dinia. The space created when you bring up your diaphragm, even though only a little bit larger, can increase the energy coming from the Leow.

Question: Does the Leow send out energy?

Answer: Yes, the quality of energy radiated from the Leow is determined by the quality of energy coming from the first two centers. It generates the power to send energy into the upper centers. You will learn about this in Volume II. The energy comes out in all directions, the Leow does not form a plane as does the Dinia.

Question: At a certain point my breathing changed, almost as if it went on automatic. Does the Leow affect the breath?

Answer: Definitely! The automatic breath seems to be triggered by the Leow, but the breath is also responding to your whole energy state, not just the Leow. There is some association, but it is not a direct one.

Question: I got very hot. why?

Answer: Many of you will feel a raised body temperature when you first run these energies. Your body has to make physical adjustments to the increased amount and new type of energy you are bringing in. [Running a higher vibration of energy through your body often results in a higher body temperature initially, until your body learns to adjust to this new level of energy.](#) Some of you who channel may remember when you first started or reached a new level you often felt warm.

Question: I noticed that the Nu'a and Dinia form a triangle, and the Leow and Dinia form a triangle. Does this have any significance?

Answer: It is better not to try to figure out how these centers might connect. You may get a sense of triangles, but it can defeat your experience of the energies if you focus on how they work together. The centers work together simultaneously and become a part of your experience without your focusing on their connection.

Question: I notice that my mind is quite active when I do this. A part of me keeps saying, "Well, are you experiencing anything yet? Is this what you are supposed to experience, and so on." What can I do?

Answer: [If your thoughts are getting in the way of your experience, don't try to eliminate them. Instead, talk to them and give them a new role.](#) Tell them to help you become more aware of the experiences you are having. Then, play with and fine-tune the Nu'a, Dinia, or Leow and notice if doing anything differently changes the way your thoughts occur. Often you can quiet your thoughts by changing the way you are using these three centers.

Question: [Can these energies be used in a negative way?](#)

Answer: [Absolutely not.](#) If you try to use these energies to manipulate or create negative energy or experiences for someone else, it seems that all that happens is the energy comes right back to you. You may experience your energy as becoming very closed and dense.

Question: Should I give up my practice of (anything here - meditation, channeling, martial arts, rebirthing, bodywork, etc.) to run these energies?

Answer: You don't need to give up any other practice, in fact, [these energies can enhance anything else you are doing if doing that practice expands who you are.](#) Using these energies can make rebirthing, bodywork, guided meditations, channeling, running, walking, or any other activity you enjoy doing even more enjoyable. However, we suggest you do not initially run these energies while driving, as you will want to be as physically alert as possible and these energies may not always make you physically alert and aware of your outer environment.

People's Comments and Reactions to the Nu'a, Dinia, and Leow

We want to share with you some of the comments, stories, and experiences people had as they worked with the Nu'a, Dinia, and Leow centers you learned. The comments and stories are from people's journal notes and letters to us. Some of the journal notes touched us so deeply we had tears in our eyes as we read them. Others brought smiles and chuckles. We were touched by the sincerity, the love, and the vulnerability people were able to share. We appreciated the honesty with which people looked at themselves. We were also surprised at how critical of themselves people could be. One woman characterized this as she wrote, "I ran the energy for three hours at a time the first three weeks, then I dropped off. I feel so bad because I am only able to sit in meditation for an hour a day now." We were amazed that anyone could sit for three hours running the energy - even an hour at a time is quite an accomplishment in the beginning. *She was following her natural wisdom in cutting back to an hour a day, but blaming herself for not trying hard enough! Unless you have had years of meditation, do not run the energy for more than a half hour two-to-three times a day. Running the energy for a half hour three-to-five times a week is sufficient in the beginning to learn these spaces, and more is not always better. You need to bring in light at a pace that is comfortable for you and does not cause too many personality reactions.*

Many people observed changes in their personalities and the way they related to the world. One woman said it felt like the male part of herself was finally coming out. She was more able to speak up and do the things she wanted to do rather than following the wishes of others. She also commented that her family wasn't yet sure they liked the changes in her, but it no longer mattered to her that everyone be happy with everything she did. One woman, a very gentle, soft-spoken woman, said she was amazed that for the first time in her thirty years of marriage she had the courage to ask her husband to do the dishes - and he did! A man who was having trouble with an aggressive, intimidating boss, ran the energy before work each day. Within two weeks he reported the relationship had changed dramatically - he was able to talk to and work harmoniously with this boss for the first time in two years.

People's normal reactions to growth came up; if they normally faced new things with doubt, skepticism, or worry, they did the same thing with running the energy and awakening their vibrational energy body centers. One man wrote, "I'm still waiting for the other shoe to drop. Things are going so well, the doubting-thomas part of me says this is too good to be true. But it can be true, can't it? I've been using Orin's subpersonality journey to work with my doubting self, and it is working. I have never really lived my life this way before with things going so well, so I don't have the security of experience, only my faith to go on."

One couple, who took the course together, touched us deeply with their notes. "When we got home from the light body seminar," the woman wrote, "I took a long, hard look at my life and realized I wasn't doing anything I loved. My partner and I own a business together. I looked at my partner and said, 'Are you doing anything you love doing?' We challenged ourselves to think of what we loved about our lives, and all I could think of was that I loved eating ice cream. We realized we were so far away from our path of joy that neither of us could think of anything to say. I cried and cried. This was such a profound and sobering realization that we both agreed that night to change our lives. We are now in the process of selling our business, and we are going to take a month off to look within and discover our life's path. I've never lived at this level of trust and surrender and I hope the universe won't let us down." As we followed this couple over many more months, they did find a new path. It wasn't always easy, and there were many unexpected turns in the road, but they both say they are the happiest now they have ever been and know they are finally on their path of joy.

Many people commented that they became aware of a need to be doing things they loved and to nurture their sense of aliveness. One man wrote, "The quality and my overall sense of well-being and aliveness is fuller and higher. I am learning to trust myself and my feelings. Usually I am a workaholic, and I deny my impulses to play or eat properly. I found myself actually taking time to walk in the park, observe the flowers, and eat a healthy meal rather than snack all day on whatever was around. I am beginning to notice what things make me feel alive and I am seeking more of them!" One woman wrote, "I started realizing that I don't really trust my inner messages - at least not enough to act upon them. Since running the energy I realize that I can trust my inner messages, and am working on taking action based on what I see within. I realize now that I've always waited for validation or worried that I might make a wrong decision. I feel more relaxed about things and have a greater sense that the universe is a friendly rather than a frightening place."

One comment people frequently made was that they felt very emotional at times. Many people noticed a real shift in their ability to stay calm and centered in situations that used to throw them off-center. However, they also became more sensitive to those times when they weren't able to stay as calm as they wanted. About half the people we received notes from felt they reached all new levels of emotional control, and even had feedback from friends and family that this change in them was noticed. Yet, some people felt they had more mood swings than normal. One woman wrote: "At times I feel very emotional over simple things. I almost started crying as I watched my children fighting with each other, thinking of the love and peace they could create between them instead of the pain." Another man wrote, "I found DaBen's emotional release tape most useful. I was able to breathe more easily after using it, and release some anger I was still holding toward my ex-wife. I found I could think about some difficult situations at work with a greater sense of calm." Some people were both happy to discover they could more easily recognize when they weren't in the flow, and disturbed because they realized how often they weren't in the flow. One woman wrote, "Now that I recognize how calm and good I can feel, it really disturbs me when I let my emotions get to me. I yelled at my kids today and yesterday I felt terribly depressed. I felt so low I didn't even want to run the energy. The next two days after that I was on top of the world. I don't know what's wrong with me that I go up and down so."

Orin and DaBen tell us that staying in the higher flow all the time isn't as important as being able to recognize when we aren't in that flow and returning to it. Don't feel like a failure because you aren't yet perfect, able to be calm, loving, centered, and wise all the time. Even great masters feel emotions-they process them quickly, let them flow, and use them to create what they want. If you feel emotional, nurture and love yourself. Realize that there may be a part of your personality that still enjoys feeling sorry for itself, feeling like a victim, feeling depressed or angry, and soon. Send love to this part of you rather than resisting or hating it, and it will evolve more rapidly. You can use Orin's Subpersonality Journey if you have emotions that are overwhelming you. Remember also to run the energy and let the emotion transform into its higher expression.

Orin and DaBen say that issues you have been sweeping under the carpet may become more visible as you harmonize your energy and look at life from a higher perspective. Things that were slightly uncomfortable can become intolerable when seen from this higher level. You are no longer willing to put up with things that do not contribute to your higher good or are off your path. You have gained a clearer vision of who you are and a firmer sense of what is and what is not on your path. If you are able to make changes easily, this will be a joyful time for you, because you will have a clearer vision of what to do and your life will work in higher ways after you make the changes you need to make. The only people who have more difficulty are those who are in situations they know aren't good for them, yet they aren't willing to make changes. As one woman wrote, "I am finding that emotional issues about my work and my living space have been surfacing. I knew these issues were there, but I had been ignoring them. I am working on resolving things so I can be clearer and more focused, but it has certainly been an emotional roller coaster for me!" We will talk about this in the next volume, for working with your heart center can bring about powerful and positive changes in your relationship to yourself and others.

Some commented that they felt a greater sense of personal identity, more personal power, and a sense of being their own authority. Some felt they started to see more clearly what was truth and what was not. Many said the physical world didn't seem as real as before, and that they were able to see the illusions of the world more clearly. Some said they had more physical vitality and strength. Several reported that when they were in emergency situations they found themselves running the energy automatically. Many noticed how rushed they usually were, and found that they were in less of a hurry when they ran the energy. One man commented that he used to drive in the fast lane, but now loved driving in the slow lane. Many people said they got the feeling of running the energy just by thinking of the centers, then worried that they were doing something wrong. We want to reassure you that if this is happening to you, it is part of the goal of using these energies-to reach these states of consciousness easily and automatically.

People reported many wonderful and positive experiences. One man said, "This is far more than meditating. I have been meditating for years and never gotten to these places. At first I thought, this is just a more efficient meditation technique. Now I realize after running the energy in many different situations this is far more than that. It changes what you can manifest, your physical body, everything around you. I feel as if I am growing wings and living in a higher reality!" One woman wrote, 'I find myself more centered and even-tempered in all areas, even in a recent argument with my spouse. I found my higher self and held that space well, felt detached and not as emotional as usual. I kept the Nu'a cone closed and didn't take in any of my husband's anger. Things calmed down much more quickly than normal." Another woman wrote, "I have been using these energies while I manifest and

visualize what I want. The results have been immediate and wonderful. It has taught me one important thing, however - to let go of the form and way things come. I have been getting more than I asked for and now I am challenged to believe that I can really make my life work so easily."

We found people frequently commenting that their food tastes were changing. One woman wrote that she had been trying to lose weight, and since working with the centers her desire for fattening food had dramatically decreased. She was afraid to believe it would last, so she was working on those thoughts and feelings that said it was too good to be true. Some found their desire for sugar and sweets increased, while others said it decreased. Some found they wanted to eat less, others said they wanted more and different kinds of food. Most agreed that their awareness of what they ate increased. One man commented, "I seem to want mostly live and raw foods. I feel like I am growing a new spine and nervous system." A few said they didn't notice any change in their eating habits or their awareness of food. Many commented that their connection to nature grew stronger and more important. They felt a greater need to take walks, sit in the sun, or work in their gardens. Flowers seemed more vibrant and alive. Some said they felt drawn to having flowers in their homes or went out and bought more indoor plants.

One woman who taught an exercise class was worried because she didn't want to do physical things, just meditate or sleep all day. As time went on, she recognized that the kinds of exercises she was teaching didn't feel aligned with who she was. Within several months she had redesigned the exercise program she taught to include yoga, stretching, and a different kind of music, and found herself loving exercise once again. Most people felt an increased desire for exercise, and as one woman said, "I definitely need to stretch my body during the transformation that is taking place. I visualize each stretch as opening an area. I hold it open by staying in the stretch, then I add light to this area. I know I am increasing the ability of my body to hold light." One man wrote, "I feel a change taking place in my physical body and my ability to sense and control my energy. [I run the energy at least once daily; if there is no time, then I do it as I wake up in the morning or before I fall asleep at night.](#) It feels like my cells are tingling, I can almost feel them taking in more light. I know I am transforming at a cellular level."

[Remember, you may or may not have similar experiences to other people's. We are all on our own unique evolutionary path, committed to our spiritual growth and our world service.](#) We send you our love as you join with all of us in your awakening and transformation.

Chapter II: Opening Your Heart Center

Ranthia and Mumin

The Ranthia is located in the center of the physical body in the area of your heart. Unlike the first three vibrational energy body centers, [the Ranthia is not connected to muscles](#). While you actively move muscles in the lower three centers, particularly the Nu'a and Dinia, to create your experiences, with the Ranthia you create your experiences by observing the Ranthia. The direction of rotation, the rate of rotation, and the size of the Ranthia are not in and of themselves important; [what is important is how completely you observe the Ranthia](#). The rate and direction of rotation of the Ranthia may be different each time you run the energy.

Working with the Ranthia, and the rest of the upper centers, you will use and further develop your skills of observation and imagination. As you play and experiment with running the energy you will realize that the upper centers are out of your "control." You cannot change what they are doing by trying to imagine them doing something other than what you are observing them doing. If you do try to change what the upper centers are doing with your imagination you will usually be drawn away from a deeper experience or pulled out of your experience altogether.

[The way you can deepen and enhance your experience of the upper centers is to observe them with so much attention and focus that you fall into your experience of them](#). Notice as many details at as many levels as you can. Experience more aspects of each center by being playful and creative. Change your scale from large to small, or pick an area and become that area. Using your imagination to sense the upper centers in greater and greater detail is the doorway to the expanded states of consciousness that the upper centers make possible.

[The Mumin is a dome-shaped "energy-membrane" that filters the energy coming from your lower centers before it reaches your Ranthia](#). The Mumin is not a center itself but the interface between the lower and upper vibrational energy body centers. [You can choose what energies you want to bring through, such as all the lifting, harmonizing frequencies, all the higher frequencies, or all the smooth, soft frequencies](#). You do not need to know "how" to use the Mumin to filter these energies; [all you need do is think of the type of energy you want to come through](#). The Mumin shifts all the energies to this type or filters out all other energies automatically. The energies that are filtered out do not go anywhere; they simply dissolve. The dome of the Mumin is generally curved gently down at the edges and it can become almost flat. A slight curve down, gracefully doming the Leow, is usually the optimum shape of the dome. [Experiment with the variations on this shape to enhance your experience](#). The Mumin dome extends out in three hundred sixty degrees around you, front and back, and to both sides. The thickness of the Mumin is generally anywhere from one-quarter to an inch thick, although whatever you observe is fine. As you work with the gridwork you may find that the finer the gridwork the greater the detail you can observe in the Mumin and the thicker or larger it may seem.

[Part of the function of the Ranthia is to keep constant the flow of energy coming from the Leow and moving to the upper centers. One image that helps to visualize the Ranthia is that of a revolving door with four doors created by two intersecting planes](#). In the Ranthia the doors are like flexible membranes. When a great amount of energy comes from the Leow, the doors become more and more flexible, much like sails on a ship that billow when the wind increases. As they billow they absorb the excess energy. This allows the rotation rate of the Ranthia to stay constant, so that the energy from your lower centers flows at a fairly constant rate into your upper centers. When there is less energy coming from the Leow, the doors regain their rigidity, releasing their energy to maintain a steady speed even with less energy coming through. The doors are constantly changing in their rigidity as more or less energy comes through, just as sails on a ship fill up or deflate as the wind grows stronger or weaker. Thus the Ranthia fulfills its function of keeping the flow of energy smooth and steady between your upper and lower centers. [This process happens automatically. All you need do is observe and experience](#).

The Ranthia usually fills up your chest cavity in the general area of your heart, but this can vary widely. At times it may be much larger than your body, at times it maybe a volume as small as the size of your fist. The Ranthia can spin clockwise or counterclockwise, but neither the direction, rate of the spin, nor the size determines your ability to experience the energies of this center.

Experiencing the Ranthia space can create an expanded feeling of love and compassion. It is a wonderful energy space from which to do soul work with other people and to expand your ability to love yourself and others. Although all the vibrational energy body centers influence your physical and emotional energy bodies, the first four centers have the most effect on them, and are the most able to shift emotional and physical states. Thus self-healing is best done with the energies of the Ranthia and the lower three centers. The Ranthia is also a wonderful space to maintain if you are working with others in a therapeutic role, are around upset people and want to stay neutral, or want to set a space for other people to love themselves more. In the following weeks you can work with the tapes in this volume to learn how to stay neutral around other people as well as create a space that allows others to come from a higher level if they choose. You will also learn more about self-healing, experience yourself as the master, and find a new level of compassion and forgiveness as you work with the Ranthia. The Ranthia is a wonderful place to center your consciousness when you work with other people or want to heal yourself through untangling your physical and emotional energy bodies. The Ranthia can balance and harmonize the flow of all your energies.

Questions and Answers about the Ranthia and Mumin

In teaching this course to many different people we discovered there were as many ways to experience these centers as there were people. We want to remind you that as you read the comments and questions below, you may or may not have the same experiences. Let whatever experiences you have be the right ones for you. Each one of you will be using these energies and states of consciousness for your own unique higher purposes, so let your experiences develop naturally rather than trying to have experiences similar to those other people are having. We have included the comments and questions from the people in our classes that were made frequently in case you have similar questions or experiences. Join us now as a class as people share with you their experiences of the Ranthia and Mumin.

Question: Can I make the membranes of the Ranthia rotate faster? Is there any significance to the membranes rotating faster or slower?

Answer: You cannot effectively make the rotation faster or slower by visualizing it as faster or slower. There are no muscles associated with the Ranthia. The only way you can change the rate of rotation and maintain a deep experience of the energy is by changing the energy of the first three centers. There is no benefit in "making" the Ranthia spin faster or slower. The only way to enhance your experience of the Ranthia is to observe it with your full attention. The Ranthia spins at various rates to keep the flow of energy coming from your lower centers into your upper centers constant

Comment: My Ranthia got very large, as if it were larger than my body, and I felt very peaceful.

Reply: When I run the energies I experience my Ranthia most of the time as right inside my body, about the size of my chest cavity. In the Ranthia space, the finer and more harmonized your energy becomes the larger your Ranthia may seem as you observe it. If you focus on people in the Ranthia space you may notice that you feel more loving and compassionate toward them. However, you cannot make yourself feel more loving and compassionate by imagining you are increasing the size of the Ranthia. Remember you are just observing the Ranthia.

Comment: I felt this wonderful floating feeling, then all of a sudden I decided I'd had enough and wanted to come back. I felt so good, I couldn't figure out why I would want to come back and end the good feelings.

Reply: In my personal experiences with running these energies, one of the only limits I've discovered to how long I can stay in these states is how much "good feeling" I will allow myself to have. When others first started practicing these energies, they reassured me there would be no limit to how good they could allow themselves to feel. Yet, they too discovered that they had a limit to how much good feeling and flow they could allow at anyone time. As you continue working with these centers you will learn how to stay in these states of peace, harmony, and flow for longer periods of time. In the upper centers, and especially the light body centers, the good feelings become even more intense. Challenge yourself to stay in these higher spaces for longer and longer times. They

offer many gifts and are a way to prepare for the upper vibrational energy body and light body centers.

Question: I felt like my body was vibrating, then I had some involuntary muscle movements. What is this?

Answer: Some people have this experience because they have a greater flow of energy than they have been used to. The energy flow or the pattern of energy is so large it can't be contained in their existing energy structures. Some people also experience itching. The nerves are receiving a much larger flow of energy than they are used to and can become quite activated! This should only last for a short period of time. One way you can accommodate a larger energy flow is by opening the back of your head and neck. *The back of your head and neck is a key area and by subtly moving your head, envisioning this area opening, or slightly shifting your posture and breathing you can comfortably allow a larger energy flow. You can also angle the plane of the Dinia downward in front or dose the Nu'a cone to a cylinder to bring through less energy.* What you are after is a more and more complete experience.

Question: I got very drowsy during this meditation. What happened?

Answer (DaBen): The states of consciousness you are entering into as you work with these vibrational energy bodies are not totally new states for most of you. Often you have not been conscious of them because they occur when you are asleep. *The states of consciousness you experience as you run the energy are very close to the awake/asleep threshold of the brain.* It may require practice to enter into these deeper states with full awareness. Most of you operate in one place or the other - awake or asleep - but not in between. As you run the energy you will be learning to center your consciousness almost at the boundary of awake/asleep, with slightly more of your consciousness on the awake side so you can remember what you are experiencing. You will be able to hold more of your awake consciousness as you continue working with these energies. This boundary between awake/asleep is where you are most able to sense subtle energies. There is real value in maintaining conscious awareness of the inner experiences you are having in these higher states of consciousness. You can interact with and join the flow of your inner experiences as you maintain awareness of them. It also helps if you are not sleepy when you begin, but are fairly rested and have eaten lightly. Feeling drowsy is also a reason to sit in an erect, upright position rather than lie as you do these meditations.

Comment: *I'm not sure anything happened. I am not getting anything except maybe a floating feeling.*

Reply (DaBen): *This is an excellent experience of the Ranthia!* Next time see if you can enhance that floating feeling. Explore how you can work with the first three centers to increase or decrease that feeling. Become that floating feeling and learn all you can about it. It will open doorways to even more experiences.

Question: If something interrupts me when I am meditating I usually have to work hard to get back to where I was. It seems with these centers I can come out of it and go right back to where I was easily. Is this normal?

Answer: It has always been that way for Sanaya and I, and others we have talked to. If you lose the space you were in when running the energy you can simply shift things a little bit, or touch up on the Nu'a with a single contraction, and be right back to where you were or even higher. There doesn't seem to be the need to build these energies to reach certain states quickly. We have also observed that it does not require a certain length of time to get into these higher states. *As you gain more skill with these centers you will be able to go into these spaces very rapidly.*

Question: My mind wouldn't stop its chatter. I'd get high, then my mind would come in with another thought and pull me out of that space. What can I do?

Answer: One thing you can do with your thoughts is send love to them as they occur. Trying to push them away only makes them more insistent. Be observant. Notice how long you were lost in your thoughts before you became aware they had pulled you away from your experience. As you become more skilled, you may not eliminate your thoughts altogether, but you will return to your experience more rapidly once you notice your thoughts sidetracked you. Being skilled at reaching higher states of consciousness does not mean never having thoughts arise, but recognizing their presence more quickly and dealing with them more effectively. Continue to develop the skill of observation and self-awareness as you work with these expanded energies. If anything comes

up that keeps you from going higher-a thought, feeling of anxiety, the physical desire to get up and move-work with opening the back of your head and neck to allow more flow. Sometimes right as you approach a shift point in consciousness - a place where you are ready to go to a much higher state - your mind gives you thoughts to bring your mental awareness back to its normal reality. This gives your mind the sense that it is in control. Don't take any action on these thoughts other than to send them love. You should find this leads you through the shift point into a higher state of consciousness. It would be advantageous to work with distracting thoughts as they arise, as you will need to develop the ability to work with these centers and not be distracted by your thoughts, especially when you work with the light body centers. Now is a good time to start working with thoughts that intrude on your experience; you will learn other ways as you work with your upper vibrational energy body centers.

Question: I got into spaces that at first scared me. I felt nervous. As we continued, I started feeling more and more peaceful. What happened?

Answer (DaBen, looking at student): Your normal pattern is to approach new experiences with some nervousness and caution. Those of you who react with some anxiety or fear to this openness often find that this is how you approach new things in general, until you are used to them and they are a comfortable part of your life. In fact, the way you normally approach new experiences will probably be repeated as you experience these new states of consciousness. If you generally jump right into things, you will probably jump right into learning these energies. If you are sceptical about new things you will probably bring that same scepticism with you as you experience these higher energy states. If, when you start something new you worry that you are doing it right, as well as others, or doubt your experiences, you will probably react in the same way to learning these centers. *It is of value to understand how you approach new things.* Then you can recognize that this is your approach to things and not a reaction to the particular thing you are learning. *Congratulate yourself for continuing to learn and move through your initial resistance, nervousness, doubt, or scepticism and for not letting them stop you from growing.* Most of you are not used to having your energy flow as harmoniously as it does when you run the energy. Some of you may feel an initial sense of nervousness because there is more energy flow than you are used to, and your sense of self changes dramatically. Your personality needs time to adjust to the new you.

Question: When I reached the Ranthia, I lost the contractions of the Nu'a. Is that O.K.?

Answer: It is fine to lose your awareness of the Nu'a. You are then off into your experience of the Ranthia rather than focusing on getting there. DaBen will occasionally remind you to come back and do a single contraction on the Nu'a, and it's almost always a longer contraction than normal. This is to light up your awareness of all the energy that is available for you to play with. Often you will find that an occasional single long Nu'a contraction will solidify your experience, whatever that experience is. *After you get to or beyond the Leow, most of you won't notice the Nu'a again. That floating space is where you want to be,* and once you are there your awareness of the lower centers will probably drop away.

Question: Does the axis of the Ranthia tilt or change from vertical to horizontal?

Answer: It generally doesn't tilt, but it can create intricate patterns as it rotates. Just notice what is happening. With the Ranthia you are along for the ride.

Question: The Ranthia slowed down and dissolved into a white light. what did I do wrong? Did I lose it?

Answer: *Remember first of all that there is no right or wrong way to experience these energies.* If the images you get enhance your experience, play with them. You are getting a glimpse of how to play with light at these higher levels. You're also seeing pieces of one of the light body centers which can become activated automatically as you work with these first four centers.

Comment: I experienced the Ranthia as a feeling of peace and bliss. I was seeing lots of color and movement, like energy moving around.

Reply: You may be getting a sense of patterns in these spaces. Some of you might see waveforms and wave patterns that are three-dimensional sets of patterns, waves, and movement. Some of you may see colors as well.

This is more my type of experience with these energies. Others of you may have very concrete visual experiences, such as seeing beings of light, some of you mentioned seeing a radiant city of light, or feeling like a very high being was present and working with you. I don't see colors very often, and I have not discovered any significance to any particular color.

Comment: I didn't think I was experiencing much during DaBen's journey, then afterward as I was talking about my experiences with a partner I realized I had experienced much more than I thought.

Reply: I have discovered something I call "funny memory" that happens with higher states of consciousness. When you are in ordinary reality your memory of an event is usually limited to what you consciously observed at the time, and this usually contains less detail than the actual event. However, [your memory of higher states of consciousness usually involves more detail than you thought was present at the time.](#) DaBen and Orin say this is because you are operating outside the world of time and space, and vast, intricate experiences can take place in an instant. Your mind needs linear time to process and observe these happenings, so it is only when you come back into ordinary reality and time that your mind begins to see all that has occurred outside of time. [This is why we have asked you to talk about and/or record your experiences, for you will usually realize that they are richer than they seemed at the time as you recall them with "funny memory."](#)

Question: You keep saying to make your experience as real as possible as a way to experience these energies. What do you mean?

Answer: Rather than trying to have a certain experience, notice what experience you are having. For instance, you may experience a void. Rather than trying to see lights or colors, look into that void. Play with it. What if you were smaller or larger? Does the void change if you change the angle of the Dinia plane or the cone of the Nu'a? Observe the void without judgment. If you're judging whether you're having a good experience or not, you will block your experience. Let it be all right to have whatever experience you are having, and do what you can to observe what that experience is. Let things appear in your mind without trying to make them appear a certain way. Be inventive and playful. Don't get so serious about what you are experiencing. These energies are to be enjoyed-play like a child just discovering something for the first time. Ask that part of your mind that usually says, "Am I doing it right, is this the experience I ought to be having?" to suspend judgment during the time you are running the energy. Give it another role-perhaps ask it to be extra observant of the experiences you are having. Sometimes minutes may go by before you experience something you are conscious of. Let that be O.K. Be patient, for many things may be going on right below your conscious awareness. As you get used to and become more aware of the minute subtleties of the energies you can experience in these states you will have more easily recognizable experiences. Fall into whatever experience you are having. Embrace that experience, and it will grow richer and richer as you do. Each experience - no matter if that experience is a feeling of nothing, a sense of warmth, a feeling of bliss or floating - is your special doorway to a greater and richer experience.

Question: Is there any formula about how to use the centers to create certain experiences or results?

Answer: You can't effectively use these energies in a rote, ritualistic way. There are no formulas. In one environment, opening the Nu'a cone may produce anxiety, while in another environment opening it can produce peace. What works for you at one level of your development and skill with these centers will change as your skill grows. It will not do you any good to memorize these as formulas. [You will do better by remembering the experiences these centers create - a feeling of bliss, floating, serenity, and so on. Recreate similar feeling states by playing with your centers. These centers can teach you how to have certain types of feeling experiences or energy states. When you know how to create those experiences or states directly you can stop using the centers to get you there.](#) In fact, I hope that after you become conscious of how to create these states that the "form" of this technique disappears because it has become a part of you. You may then only use the centers to explore the possible existence of other states that you haven't yet explored.

Question: I found myself being distracted by my breath in the Ranthia space. Why is this?

Answer: You may have been experiencing the changes in your breathing that higher states of consciousness

bring, and you aren't used to breathing in this new way. Just observe your breath and let it be all right that it distracts you. As you work with the centers you'll find a way to let your breath "happen" in its own rhythm, automatically. Your body knows how to breath in these higher states and your breath will adjust itself. Using the centers in different ways can create changes in your breathing. Just observe and play with these changes.

Question: Are we working with kundalini energy?

Answer: We're beginning to play with energies that I believe contain some aspects of kundalini. [The centers allow you to bring in a higher energy flow more easily, and some of that energy may be kundalini energy.](#) We've never had anyone have traumatic experiences with these energies that we sometimes hear about with kundalini. [We think this may be because these centers teach you ways to harmonize and work with the kundalini-type energy flow to gently integrate it with your existing energy structures.](#) You'll find that the vibrational energy body and the light body energies bring up aspects of what people have labelled as various spiritual and high energy states. It is better not to get caught in labels, but just to experience energy as energy. Labels and comparisons can put a conceptual box around your perceptions and limit you in exploring your experiences.

Question: I'd like to stay in this state all the time but I'm not sure I'd ever get anything done. What is the practical use of learning these energies?

Answer (Sanaya): I used to ask that question a lot in the beginning. As I continued to work with the vibrational energy bodies and experience these higher states of consciousness so many positive changes started happening in my life I stopped asking that question. Orin told me at the beginning of the year that the most important thing I could do with my life at this time was to awaken my light body. He said it would change everything about my life-it would make everything I did more light-filled and would accelerate my spiritual growth. Since awakening my vibrational energy body and lightbody centers I have been able to stay calm and focused for much longer periods and my connection to Orin has grown stronger and clearer. I am able to see more clearly where puffing my time and energy will make the greatest contribution to others. As I ran the energy my body, emotions, and thoughts began to change. I wanted different food; I found I was much more aware of the life force energy in food and sought out more alive food. I began doing much more inner work; soul-linking with people and sending them light on the inner planes, creating with energy and light before I took action, and much more. Orin tells me enlightenment comes with soul contact, and that to make soul contact you need to withdraw some of your attention from the outer world of form and focus on your inner world. As you do this your soul can make stronger contact with your mind. As your mind opens to receive this contact more completely your personality comes under the direction of your soul. You begin to operate as your soul in your daily life and your daily activities reflect more your higher purpose. Orin also tells me that our view of reality depends on the state of consciousness we view it from. As you learn to harmonize your energy bodies, you view reality from higher and higher states. The state you view reality from determines all your actions, thoughts, behaviors and attitudes, and thus what you create as your reality.

[As you continue to learn these centers, your energy will become more harmonized and radiant. You will be able to see more clearly how to help others and what is truly empowering to their souls. You will begin to know your deeper, truer self, and act and think in ways that reflect that knowledge.](#) It is amazing to me that doing something as enjoyable as running the energy can be so beneficial. Orin says that being in higher states of consciousness is the greatest gift we give ourselves as well as others, for you can only truly give to others what you yourself have gained. I have stopped asking what is practical about learning these energies. I now realize that for me awakening my light body has given me more than anything else I have ever learned and used.

Question: [I really felt tightness in my throat.](#) I felt like I wanted to cough, or there was energy stuck in my throat. Then it went away. What is this?

Answer: Some of you maybe feeling the activation of the next center which is located around your throat area. [If this or any place in your upper body lights up, simply open the back of your head and neck.](#) You can lift your chest and make subtle adjustments to the way you hold your head and neck until you feel a release. You can also change the wave of the Diania, or decrease the angle of the Nu'a cone to let in less energy. Don't pay too much attention to these areas right now; you will learn about and open these higher centers shortly.

Question: I tried to make my Ranthia spin faster, then I tried to change the direction of its spin, but I couldn't. Why is this?

Answer: The way to work with the upper centers is different from the lower centers. With the upper centers your greatest experiences will come from watching what they are doing, rather than trying to change what they are doing. This requires the skill of concentration and observation. First, concentrate until you can get a sense of what the center is doing. Keep that same level of concentration and observe, without judgment or trying to create any experience, what you see or feel. **You can only change the upper centers by working with the lower ones.** As you observe and "fall into" the experiences you are having of the upper centers, focusing on them intently and becoming one with them, you can have some incredible experiences.

Question: I'm ready for the rest of the upper centers right now-why can't we learn them all at once?

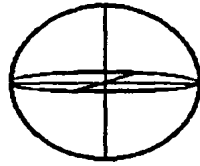
Answer (DaBen): (With smile.) We can see that many of you are wondering the same thing. **As you work with these first four centers you will be clearing your emotional energy body, and we want you to have time to adjust to the changes this may create in your life. You need a strong power base before you can activate and feel the upper centers.** Those of you who have years of meditation experience or are used to being in these spaces may find you can move a bit more rapidly into the upper centers. However, all of you need some time to build strength in these centers. **You also need to take time to understand how they work, as you will be using these centers throughout this course.** As you learn the upper centers you will not be dropping your practice with the lower centers. You need to continue to build your strength and awareness of these centers. It is like having a strong foundation before you put a house on it. The more you work with the upper centers, the larger the house becomes. Thus, you need to go back to the lower centers and build a stronger and stronger foundation.

Duane: I'm certain that if I had learned all the centers at once I wouldn't have been able feel and sense the upper centers as real, because I wouldn't have developed the sensitivity I needed to use and experience the upper centers. **Sanaya and all the students we have taught have had at least six or more weeks between learning the Nu'a and the upper centers.** I'm convinced from watching the students in our light body classes and from reading their journal notes that it would have been a disservice to them to teach them all the centers right away. They needed at least several months to gain strength in their lower centers and Ranthia so they could experience the upper centers as real. **When you have a strong power base, the upper centers create profound experiences.**

Question: I want to be more open to receive. Is it true that whatever feelings or thoughts I hold as I run the energy become amplified?

Answer: Definitely! In these states, opening to receive takes on a different meaning as well. Rather than being linear, where you open now and receive later, you will notice that receiving has a vibration, and you can take on the vibration of receiving right now and amplify it.

Vibrational Energy Body



RANTHIA
(rahn-thee-ah)

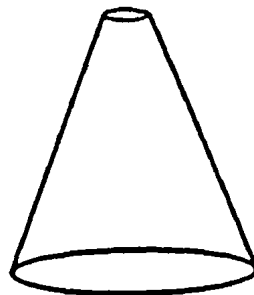


MUMIN
(moo-min)

LEOW
(lee-ow)



DINIA
(din-ee-ah)



NU'A
(new-yah)

Visualization Aid for Lower Four Centers

Self-Healing

What follows is a talk by DaBen on self-healing and questions people asked about self-healing with answers by DaBen. The basic process of self-healing taught by DaBen is to run the energy of the first four centers and include the area that needs healing in your awareness as you continue to enhance your experience.

DaBen: Many physical problems come from entangling your physical and emotional vibrational energy bodies. As you work with these first four centers, you are allowing your emotional energy to flow, and it will naturally begin freeing itself from those places it is caught in your physical energy body. The emotional body needs to flow. When you are highly emotional about things, upset or disturbed, your emotional body can collapse in on itself and become entangled in the physical body. This can result in pain, muscle tightness, stomach aches, and so on. The emotional body when flowing expands beyond your physical body; it is dynamic, constantly fluctuating and moving. When you are feeling open and expansive, your emotional body is larger and further out. When you feel closed your emotional body draws itself in toward your body. Strong, unflowing emotions can result in physical pain as the emotional body becomes tangled into the physical energy body and can no longer flow.

These first four centers are the main centers used for self-healing, as they are the ones that most directly influence your physical and emotional energy bodies. With these centers you should have at least sixty percent "control" over your emotional energy body and an ability to keep it flowing. As you learn to keep your emotions flowing, those places in your body that have been entangled in your emotional body will become free, and you will be able to shift pain in your body created by places your emotions aren't flowing. (Not all pain is created by your emotional body being entangled in your physical body. Another source of physical problems comes from places your mental body is entangled in your physical and emotional energies, and you will learn ways to work with this as you learn the upper centers.)

Some people feel that if the pain or problem doesn't immediately leave and disappear completely that they haven't been successful with self-healing. When you first begin, you may only notice a slight shift, perhaps only lasting a few seconds. If you get the pain to disappear or lessen even for a second, you have been successful in creating a shift. Now, you only need to learn how to create that shift for longer periods of time. As you run the energy and work with self-healing, ask yourself if you had any change in the condition. Some conditions, such as a skin rash, may not shift immediately. You may need to do this process several times or more. In the beginning success is creating even a small change in the condition for a short period of time.

Remember too that some physical conditions are there to teach you important lessons. Some times you may need to make changes in your life before the problem will go away. One man we worked with, a therapist, had severe back pains. We were able to take the pain away by pulling out his emotional body, but every time he returned to his therapy practice the pain returned. He realized that he needed to make some life changes. He began to write a book that he had always wanted to write and cut back his practice to fewer clients and those he truly enjoyed working with. His back pains disappeared for good as he changed his lifestyle.

If you are unable to create a shift in your physical condition with these techniques, either it is not being created by your emotional body being entangled in your physical body, or your skill level is not yet great enough to create a shift. Continue working with Orin's journey on Awakening Your Inner Healer, sending love to this problem and area, and ask your soul to direct you to the proper healer or self-healing techniques.

Question: Can I use this technique to heal everything-viruses, immune system diseases, emotional problems, muscle pains?

Answer (DaBen): Let us discuss some of the discomforts or problems that can be worked with as emotional body issues. First of all, muscle injuries that have "healed" but still have a residue of pain; as well as bone, tissue, and skin problems created by trauma can be places where your emotional body isn't flowing like the rest of your emotional body, even though the area is physically healed. The finer fabric of the emotional body can become entangled when you injure yourself, and can remain entangled in that area of injury for some time. Even after the injury has "healed" a person might still act as if it hurts, or the muscles might still be sore or contracted and tense. Running the energy and holding this area in your awareness is good for this sort of problem. Muscle pain in the form of tight muscles, and muscle pain that changes location in an area of your body from time to time is frequently caused by lack of emotional flow. In this case-perhaps the largest component of your pain can come from your emotional body being entangled in your physical energy body. Muscles can indeed become contracted and painful

as the emotional body contracts and becomes entangled in them. Even though you can't touch or feel your emotional body, it is quite real and does have an influence on your physical body. Immune system problems, such as colds, viruses, and so on, can come from a lack of flow in the emotional body as well, but not always. **If you have been needing a rest** (overworking and tension is one way to constrict the flow of the emotional body) **you may get sick so you can rest and get your emotions flowing again.** When the flow of the emotional body gets below a certain level things start to happen physically and mentally. Lack of flow can weaken your immune system, make you more susceptible to viruses, create muscle pain, or make it harder to have positive thoughts. You may become more sensitive to food, environmental chemicals, and so on. **When your emotional body is flowing you usually feel vibrant, in the flow, need less sleep, and are capable of being healthy in many different environments.** One sign that a problem is created by lack of emotional flow is that it changes or goes away quickly when you run the energy and include it in your awareness.

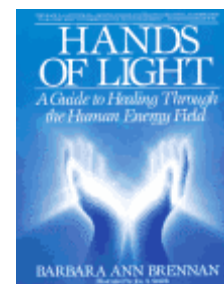
Question: What does the emotional body look like?

Answer (DaBen): The emotional body when flowing surrounds your physical body six to nine inches out. It is dynamic, constantly fluctuating and moving. Of course, it is made of a different substance than your physical body, but does interact with your physical body. When you are feeling open and expansive, your emotional body is larger and further out from your body. When you feel closed your emotional body draws itself in toward your body.

Note: These journeys on self-healing are not meant to be a substitute for any medical treatment or therapy you are currently receiving. See a doctor for any condition you would normally see a doctor for, and use these self-healing journeys to supplement, not replace, regular medical attention.



The **Emotional Body**
as depicted in
Barbara Brennan's book
"Hands of Light"



Setting a Healing Space for Others

DaBen: When you first decide to set a healing space for others you may notice how broad a range of issues can be included in the word "healing." Assisting others to heal themselves can encompass issues ranging from a life-threatening illness to a slight discomfort; from simple emotional pain to solving complex spiritual growth issues. In the beginning, narrow the issues down to those you feel most comfortable working with, and only work with those issues. You may want to start with simpler issues, such as assisting people in moving through emotional situations or minor muscle aches. These kinds of issues respond most easily to the emotional flow and higher space you can now provide.

We would like to remind you that you cannot heal others; only they can heal themselves. You can set a space in which their self-healing is more effective. Remember, however, that unless they want to let go of the problem and actively contribute to releasing it, your setting the space may not create a shift for them. Do not take responsibility for the other person getting well. It is important, when you decide to set a healing space for people, that you work only with people who truly want a shift and are open to your work. Before working with someone, go within and imagine you are connecting with his or her soul. Ask if this person wants a shift in the condition, or if having this condition is still serving him or her in some way. If you get a "yes, this person is ready for a shift," work with this person. If you don't get a sense he or she is ready to let go of the problem, don't work with this person until you get a "yes."

If people aren't ready to let go of their problem, you may polarize them with your energy and they may hang onto their problem even longer. If people aren't ready they may even have a negative reaction to your energy and not be responsive to it later when it could help them. It will drain you if you put out energy that others cannot use or are not responsive to. If they do make a shift when you use your energy to work with them, you will receive back much more energy than you put out. If they don't make a shift, you will have lost the energy you put out. Even though you are not sending energy out when you set a healing space, you are still using your energy to assist them and it will be important that people are able to use and create a shift with it. As you start using these subtle energies the price you can pay for not creating a shift may be increasingly noticeable to you. You may feel tired, be less able to withstand viruses and colds, or have other physical or emotional symptoms.

Once you have found someone to work with who is open to your energy and ready for a shift you are ready to start. The most important thing you can do is get your own energy as flowing, clear, and harmonized as possible. In our meditation we have led you to a sense of how your energy might be set to create a healing space for another. You don't send anything to the other person, you simply include him or her in your awareness. Most of you work too hard to assist people. The higher your state of consciousness when you work with other people, the more you can assist them. You are setting a state of emotional flow in your own energy, and by including them in your awareness you are assisting them in creating an emotional flow themselves. This happens through the principle of resonance. If you had identical crystal glasses and tapped one of them, others nearby would begin vibrating at the same time with the same vibration, duplicating the vibration of the glass you tapped. They would do this without your touching them or their touching each other. The same principle is at work in setting a healing space for others. As you make your energy beautiful and create your own wonderful emotional flow, other people begin to vibrate similarly.

Each person you work with will be in a different emotional state and have their own unique energy patterns. That is why we had you touch the other person with your awareness, to get a sense of his or her energy--its pattern, vibration, intensity, and feeling-tone--so you could properly respond to it. Setting a healing space is a "passive activity," allowing the person to come into the space you've created, rather than an active sending out of your energy. Including people in your awareness simply means thinking about them and finding as many levels and frequencies of their energy as you can. The more completely you can find them the more powerful the healing space you can set. Don't get involved with their problem. Stay neutral. When you include them in your awareness you don't want to become the energy space they are in. You simply want to observe their energy and emotional state. Otherwise you may take on some of their energy patterns and need to clear them in yourself later. Simply touch them briefly with your awareness or include them in your awareness, maintaining and enhancing your experience of your own clear, flowing energy.

If someone you know has a problem, you can run the energy and include this person in your awareness while he or she thinks about the problem. Often people come up with a higher solution without your needing to say anything

or offer any advice. It is difficult to hold onto denser thoughts when someone is setting a high space and including you in his or her awareness. The degree of shift you can help people create will be partly dependent upon their soul's direction and their intent to get well. Sometimes wellness does not mean that the physical or emotional problem goes away; sometimes it means they are at peace with the problem or are able to understand why it is happening.

Let go of any expectation that people will feel better after you have created a healing space for them. You are not responsible for solving their problems, only they can solve their problems. You may not feel much as you set a healing space, however people being included in your awareness will usually feel and experience more than you will. You may feel only your own harmonized energy as you set a healing space. Get feedback in the beginning from other people about what they experienced when you ran the energy. (Remember that you are working with people who believe in what you are doing, want a shift with their problem, and are supportive of you.)

Let us remind you that healing is not just getting to a place of lack of discomfort. Healing, in its best definition, is moving to a place of great well-being; we would prefer to call "growing." In growing others you are assisting them in expanding their range of well-being into never-before experienced or imagined levels of vitality, vibrancy, and having their lives work at higher and higher levels. Most people are happy just to get rid of discomfort; to be what you might call "fixed." Fixed implies that they do not want to explore what is creating the problem and work on solving it. They simply want someone or something to take the problem away. Once their pain is gone they are happy to let the issue drop until the pain comes back again. You see this in people who refuse to give up habits that are creating health problems for themselves. So often people just want things fixed rather than to change or improve their lives in ways that creates higher states of well-being than they had before the problem. These energies will work to some degree on fixing issues, but if the person is unable to at least imagine what a state of well-being is in this area you may find it frustrating to assist them.

Duane and Sanaya: We had the Awakening Your Light Body class practice setting a healing space by working with a partner. One partner thought of a problem, or focused on a physical area of discomfort they wanted to shift. The other partner ran the energy and included this person in his or her awareness. As they did this, the partners who were thinking of a problem were amazed at their inability to continue thinking of the problem in the same way. They reported their thoughts and feelings about the problem changed. Often, the problem didn't seem important any longer, or they saw a new solution. The emotions connected with the problem seemed to lessen as well. The partner who set the energy space did not talk, offer advice, or participate in any way other than to set a healing space.

When you work with others this way you may find your sense of compassion changing. What you think of as compassion is often identifying with other people's problems and buying into their perspective that their problems are difficult, unsolvable, that they are a victim, and so on. Compassion at these higher levels means tuning into people's souls and only offering assistance when they want to grow. It is not that you don't care about people, but that until they are ready to grow there is nothing you can do for them other than to love them. It is learning to serve their souls, not their personalities.

As you work with these energies, you may find yourself at times irritated or feeling less than loving toward friends who insist on hanging onto their problems. You may see how easily they could solve their problems if they wanted to. It is important not to push people to change if they are not ready. Your sense of helping others, what compassion truly feels like, and the importance of forgiveness of self and others will grow as you awaken your light body. Compassion at higher levels is a recognition of where people are at, loving them whether or not they choose to grow, and being willing to let them have their problems if they are not ready to grow. Taking people's problems away from them before they are ready and have learned from them will make it necessary for them to create other similar problems to grow from. You can love them, but not support their feelings of self-pity, being a victim, or not taking responsibility for what they have created. True compassion is holding the space for others to grow, believing in them, and putting your energy into helping them when they are ready for a shift.

People's Comments and Reactions to the Ranthia and Mumin

We would like to share with you some of the stories and comments people made about overall life changes they experienced after working with the first four vibrational energy body centers. The comments and stories below are from people's journal notes. You may or may not have had the same experiences. We have included a few of our own comments after some of the stories to assist you if you are having similar experiences.

Many people, but not all, began to experience changes in their intimate relationships, particularly with a spouse or close friend. Some people reported that the changes amazed them. One woman wrote, "I have been married for 25 years and I had given up on my husband complimenting me or offering to assist me around the house. Miracles have been happening. I have been running the energy every day, occasionally working with Orin's journey on forgiveness to forgive my husband for not being more considerate. One day he washed the car for me, and he hates washing the car. Another day he told me now nice I looked. He continues to change in ways that amaze me. I love it!" Another woman wrote, "My husband has tolerated all the "New Age" things I've studied for years, but never been enthusiastic about them. Whenever I took a class or tried to talk to him about a book I was reading that excited me he usually smiled but acted bored. I was running the energy, not even focusing on him, when he came into the room and said, 'honey, whatever you're doing is the best thing you've ever done. I've never seen you so happy, so peaceful, and so enjoyable to be around.' It's the first time in 20 years of marriage he's acknowledged what I'm doing as something valuable. I had tears in my eyes afterward."

Many people experienced significant issues coming to the surface in their relationships. One man wrote, "I had been trying so hard to make my relationship with my girlfriend work. The more I ran the energy the more I saw how judgmental and negative we had become toward each other. I knew then that one of us had to have the courage to end the relationship. We had both been staying in it out of fear of leaving, not because our relationship was making us happy. I was so nervous about talking to her I ran the energy for an hour beforehand. I pictured us parting with love and remaining friends. After our talk I couldn't believe how well things went. I ran the energy, stayed in my Ranthia, and was able to feel calm during what would have been a most difficult, painful conversation in the past. I've never been able to stay calm and centered during an emotionally confrontive situation. I've never seen her stay calm, be easy to talk to, and respond so lovingly to such a confrontive conversation. We agreed to part, yet stay friends. This works!"

Many couples found major issues that they had suppressed coming up to be examined. Some of those issues brought the relationship to a crisis point. One woman wrote, "I never liked that my husband didn't communicate his feelings to me. The more I opened my heart, the more I wanted us to be close, and the harder I tried to get him to talk, the more resentful I felt when he didn't respond. I felt very unloved for awhile, and even considered getting a divorce. I stayed with those feelings, ran the energy, and had some very startling insights about myself. I came to realize that I wasn't in touch with my own feelings and that I was denying myself doing the things I wanted to do. I began to accept my feelings more and started nurturing myself in small but significant ways. I stopped focusing on what he was doing wrong. I would include him in my awareness when I ran the energy, that's all. Slowly, things began to change. He would come into the living room (he never sought my company in the past, I was always the one trying to get more attention from him) and started talking to me more frequently. Although things aren't perfect, they are better than they've ever been."

Orin had some important advice to people that we would like to share.

Orin: During this time of transformation you may find the beliefs and self-images that are holding you back the most coming to the surface. If you find yourself experiencing a crisis, or have major issues coming up in your relationship with someone, start by realizing that these issues have nothing to do with the other person. You may find yourself saying, "I wouldn't have a problem if only (insert name) would be more supportive, loving, not do this thing, do this thing, and so on." This situation is only occurring because you are experiencing an energy pattern that has never been healed or completed. As issues come up for you at these new levels, it will usually feel like the problem is the other person's fault. If this is the case, or if you are astute enough to recognize that an old pain or childhood pattern is present, start by forgiving and sending love to the other person. You can work with compassion and forgiveness exercises, or the subpersonality and age regression techniques we have taught you to change the pattern in yourself or heal and rewrite your childhood decisions and beliefs. DaBen has suggested another step that will also help shift things: [find the problem between the two of you as energy. Does it have a shape, a pattern, a](#)

"feel?" Work with the situation as energy and it will shift in reality. You will emerge from these situations more powerful, able to love yourself and others more, and able to be more radiant. Leaning the relationship without resolving the issues can result in your creating the same issues in another relationship.

People reported changes in other areas of their lives as well as in their relationships. Many found changes in their careers, receiving job promotions, leaving their jobs for better ones, or leaving their field altogether to start a business of their own doing something they loved. Most of the changes were unexpected. [Orin and DaBen tell us that the more you work with these energies the more opportunities that will come your way, and that one of your greatest challenges will be learning to choose which to take.](#) People also experienced daily small changes in their work environment. One man reported running the energy during various complicated or messy projects, and found within hours everyone had worked things out. Some used the energy to connect with clients, bosses, and other people they needed to reach, finding that it was a very effective way to reach people. Some therapists, doctors, counsellors, and others who worked with clients reported an increase in the number of people seeking out their services. A few said they had fewer clients than normal. When this happens, it is usually because the clients you were seeing no longer match your energy, and you may experience a void during the time you are attracting new clients. This is a powerful time to do energy work to magnetize clients, send out your note, and call to you your world service. You are changing your vibration, and old clients may no longer be appropriate to the higher level you are coming from. This drop was almost always temporary. Several things happened afterward. Either people's business really picked up, new clients came who were much more able to grow and respond to the work people were doing, or people discovered that they wanted to change the work they were doing and do something that was much closer to their heart's path.

We have heard many wonderful stories of self-healing and holding a healing space for others. People found they were able to shift headaches and stomach-aches the most easily. Several used the energy to work with a burn, bruise, or cut, and had different levels of success. Most found the injury healing much faster than normal. Some found it took the pain right away, others were unable to shift the pain but did feel the injury healed more rapidly. People noticed they recovered more quickly from colds or the flu, and some were able to stop it before they even got sick. [A few who worked with more serious medical problems found it supplemented their current medical treatment by making it more effective. One woman on chemotherapy found it assisted her in harmonizing with the treatment she was receiving and lessening her adverse reactions to it.](#)

Many people had great success in setting a healing space for others. Some therapists, doctors, and bodyworkers had wonderful stories to tell of their experiences doing this. One doctor who worked in an emergency ward with critically injured patients wrote, 'I was working with a man who was dying. Normally the death process is very painful for people with traumatic injuries, as they are physically uncomfortable. I took the man's hand and ran the energy. I simply included him in my awareness. He changed instantly, calming down, and his entire body seemed to relax. I watched him crossover peacefully. I have never felt such energy. One of the other doctors came over and commented that she had never seen such a peaceful transition. I have been able to use these energies with remarkable results in many other less critical situations.'

A woman whose husband recently had surgery wrote, "I went with my husband to the hospital. He doesn't believe in any of this, so I didn't tell him what I was doing. I ran the energy during the entire operation, a triple bypass on his heart. The nurses told me afterward they had never seen an operation go so smoothly, and my husband came out sitting up wanting to eat dinner! He felt wonderful and the doctor said he had never seen such a quick recovery. Other people set a healing space in less serious circumstances, such as while giving a massage, working with a friend who had a headache, and soon. One man wrote, "I wasn't sure I was running the energy, I didn't feel things as strongly as I thought I should. I have to admit I was a little sceptical about all of this, or maybe I should say doubtful that anyone would really experience what I was doing. I had an opportunity to run the energy for a friend who was having a lot of trouble, and it was amazing. She felt the energy so strongly she was excited and wanted to know what I was doing. Her headache went away. She had been feeling depressed and those feelings disappeared completely. She had many wonderful insights. I am floating on air. It's the first time I've ever really believed that I could feel and use these subtle energies. I've always kept these kinds of things in the closet since I live in a small rural town in Canada. Now I've let other people know what I am doing and they love it!" Some people, however, found that running the energy and holding a space for another produced little shift for the other person. If this happens, the other person may not have been ready to release this problem or situation. Remember to mentally ask the other person's soul if they are ready for a shift before you hold a healing space for him or her.

People who had been actively making changes in their lives to live out their higher visions had the fewest difficult reactions to this path of accelerated growth. Orin and DaBen tell us that awakening your light body accelerates your lessons, but does not create them, for you would have eventually gone through them. [By awakening your light body you may accelerate the appearance of your lessons. You will be on an accelerated path of growth, and rather than experiencing growth events a month or a year apart, you may experience them a day or week apart. You may not need as many lessons because you are making more direct contact with your soul. Many lessons are for the purpose of putting you in greater contact with your soul, and as you operate more frequently and consciously from this level you can eliminate the need for certain lessons.](#)

People who had issues they had swept under the carpet had the most reactions to running the energy. These issues became more intolerable when viewed from the higher states of consciousness people were able to reach. They found the difference between the higher states they were reaching uncomfortable when they returned to existing situations that didn't provide them with the opportunity to experience this expanded energy. They found they needed to deal with issues they had been postponing or these issues became quite uncomfortable. [If you have uncomfortable issues or situations occurring, don't think you've gone backward or are a failure. Realize now you are growing strong enough to handle things that in the past you avoided. The light that you are bringing in can energize old blocks, resistances, and even hidden fears. It is only when they come to the light that they can be released and healed, thus opening the way for even more light to come in.](#) Issues come up as they are being released. Orin has made a special tape album for those of you who are going through personality reactions to a path of accelerated spiritual growth. It is called **Transformation: Evolving Your Personality (SG200)**. You may want to work with this tape album if you have problems or are experiencing doubt, resistance, blockages, or feeling that things are getting too intense.

[It is important to find a pace of growth that is comfortable for you. If you find too many things happening at once, run the energies a little less frequently or stop until the pace of your growth feels comfortable to you.](#) If too many issues come up at once our personalities can further add to our discomfort by telling us we're doing something wrong. It may not recognize that we are finally dealing with and moving through issues we weren't strong enough to deal with in the past. If you want to slow down the pace of your growth, or if things get too intense, you may want to get more exercise than usual, eat a heavier diet, or stop running the energy for awhile as you adjust to this new level of flow. People found their situations got healed and transformed, and that their relationships and lives were better from having gone through the issues that came up.

As you work with these centers you may need a larger vision and new goals, for your energy will be expanding. You will also need to carry out this vision with action, so that your environment, activities, and behaviors reflect your higher consciousness. It may take time for your higher vision to become concrete enough to manifest. [Many people felt like they went through the void, that time when the old is leaving but the new hasn't yet appeared.](#) Orin's book, *Spiritual Growth: Being Your Higher Self*, was written to assist you who are on an accelerated growth path, and you may want to read or reread it at this time, particularly the chapter, "Going Through the Void."

As you expand at an energy level there will be times when your circumstances no longer reflect who you are becoming, and could feel restrictive or confining in some way. Throughout time, people on a spiritual path have been challenged to integrate the visions they receive in higher states with their everyday lives, and to adjust to ordinary reality after experiencing the bliss of the higher realities. You may receive the vision of where you want to be, but need to get there one step at a time. [It has been compared to flying to the top of the mountain, seeing the view, then finding yourself at the bottom needing to climb the mountain one step at a time.](#) When you come back from higher spaces, you might feel as if you have lost what you gained, that vision of how you could be. Keep experiencing these higher states, stay in the flow, and act when you have the inner guidance to do so. [There is a time lag between your greater vision and its appearance in your reality, so be patient and loving to yourself and others as you wait for it to appear.](#) Your daily reality will soon reflect your expanded reality more concretely.

[Only think about issues when you are in higher states, and don't attach importance to the thoughts you have when you aren't in higher states.](#) Thoughts you have when your energy isn't harmonized and flowing aren't telling you the truth about how things are. You can send love to these thoughts, but don't take action based on them. Only pay attention to and act upon thoughts that come when you are in a higher state. Use what you have learned in these first three volumes to work with any emotion you have that you do not want. Find the emotion and find the thought connected to the emotion. As you think that thought or feel that feeling, run the energy. Notice if the feeling or thought transforms. Keep running the energy until it does.

Some people said they felt more emotional than usual. Most all had moments of greater joy, bliss, peace, and

other positive emotions, as well as times that weren't as high. Overall people reported a much greater emotional stability and ability to stay calm and centered. It is important not to feel like a failure because you aren't high all the time. [The most important thing is that you notice when you aren't in the flow and return to it after you notice it.](#) The guides consider this more important than being able to stay in the flow all the time. They tell us it is somewhat like an airplane flying on autopilot. The direction of the airplane is determined by frequent small adjustments made by constantly monitoring the airplane's position relative to its goal. [One of the most important skills you are learning is to become more aware of your energy so that you can make those frequent small adjustments as they are indicated.](#)

Some people felt more irritable or sensitive to other people's energy than usual. Some felt less tolerant of other people's unwillingness to live at a higher level. They recognized the need for a new level of compassion, and had many wonderful stories to tell after working with the compassion and forgiveness exercises.

[Awakening these centers does give you an increased sensitivity to energy that may take time to adjust to. When you recognize a greater sensitivity to energies you do not want, simply close down the Nu'a cone and stay in the space of your Ranthia](#) as you learned how to stay in a neutral space. Irritability can also come from your personality, which isn't used to having your energy so harmonized and flowing. The personality may want to re-establish control and can create irritability to try to establish its old balance. You will learn how to use these energies to work with your increasing sensitivity. Your personality will get used to these higher states of flow and accept them as normal, so be gentle and easy with yourself if you have these experiences.

Even though people had issues coming up that they needed to work through, they felt the quality of their lives was increasing. Over and over people wrote, "I feel more alive." "I wouldn't trade these experiences for anything-being on this path is the most wonderful thing I've ever done." "I feel I am really on my path and there is a joy in meeting the challenges that I experience." "I know changes are occurring at a deep level. This is what I have been waiting for."

[Over and over people commented that running the energy strengthened their connection to their guides and/or Higher Selves.](#) They found they were more able to trust the information or guidance they were receiving, and this trust opened doorways for even clearer, higher information to flow. Many also said that dogs, cats, and birds responded to their energy. Often animals would come running to them when they ran the energy, or respond in other noticeable ways. People wanted more time alone and more time in nature. The amount of inner work they did increased, and some said that for the first time they realized how important it was to do energy work before they took action. One woman wrote, "I run the energy before I do anything now. I link with the other person's soul, visualize the outcome I want, send light, include others in my awareness, or whatever seems appropriate. My ability to manifest has increased a thousand fold!"

[We asked people what helped them the most as they awakened their light bodies, and we often heard them say that having a light partner or supportive friend made the biggest difference. It is important as you expand and go to higher levels that you have others on a similar path to talk to.](#)

DaBen and Orin tell us they are aware of each and every one of you who is taking this course and working with you, your Higher Self, and your guide to assist you in awakening your light body. They are delighted that you are making this commitment to your spiritual growth and want you to know that you have much assistance available from the higher realms. An extra focus of light is being held for you as you awaken your light body, and Orin and DaBen are always available and sending you love.

Chapter III: Activating Your Higher Energy Centers

Traeo

The Traeo is located around your throat. You might "see" the collar of the Traeo as a ring that can be as little as one molecule thick, or as thick as you sense it to be. The collar can move easily up and down your neck. This collar can encompass the entire length of your neck or can be just a small band. Extending out from this collar are feathers or petals that can vary in length. These petals are not literally feathers of course; they are more ethereal and less solid than feathers, but they do move with a feather-like grace as they float on the energies coming up from the Ranthia. The feathers or petals coming out of the Traeo can be as long as five or six feet or as short as six to twelve inches. There is no significance to the length of the feathers. *These feathers float up and down from moment to moment, creating flight-like ripples around their surface as they adjust to and focus the energy coming up from the Ranthia.* This focused energy is sent to the next center, the Pieah. As with the Ranthia, *this center is not controlled by muscles. You can only affect your experiences in this center by observing what the Traeo is doing,* not by trying to change what the Traeo is doing. Although all centers can affect your mental energy body, *the upper centers you are learning have a more noticeable affect on your thoughts and your mental energy body.* The Traeo acts to focus energy, and can affect your thoughts by bringing more focus to them.

As you experience the Traeo and the rest of the vibrational energy body centers you may become more and more aware of your mental energy body. Your mental body as seen clairvoyantly can look like a gridwork of intersecting horizontal and vertical planes located around your entire body. They are not rigid planes, but can take on wavelike qualities. These planes can move closer together or further apart. They can dissolve so you can see pieces of them, or they can come into a sharp focus. *When thoughts come into the mental body, this gridwork comes into a focus, then it dissolves. There seems to be a pulse or rhythm to thoughts coming in, being experienced, then dissolving.* The Traeo can be used with the Pieah, to create a more complete setting of your mental body. A complete setting is what results in breakthrough ideas. As they come in these thoughts are richer and more complete than most normal thoughts. There is a sense of "Ah ha!" with these thoughts as you set the mental body more and more completely. *You will find that you can greatly enhance your creativity as you work with the Traeo and the Pieah. Notice your thoughts as we work with the Traeo.* Are they different than normal? Notice the speed at which your thoughts come into your mind, how many you have, and how long they stay. As you continue, your awareness of your thoughts coming in and dissolving will increase. Do not worry if you have not seen or experienced the gridwork yet.

Some comments made by people after their first experience with the Traeo:

"I saw the feathers as iridescent-like Peacock feathers, or oil sitting on top of water." 'I saw a collar around my neck with light and different colors streaming out of it."

"I didn't see anything; I'm not able to visualize. I felt an incredible expansion of energies move down throat into my chest. It felt like my body was opening and expanding. I also felt a lot of heat and warmth in my body."

"All the tension in my neck and shoulders left, then my Ranthia became bigger and a golden light seemed to flow down from my neck into my lower centers."

"As I worked with the feathers, everything became quieter and calmer until it seemed like I was experiencing the world in slow motion."

"I felt like a flower was coming out of my throat, I kept seeing petals like in a daisy."

"I felt like I was approaching a doorway. The energies had a more sacred feeling to them."

"The space of the Traeo felt familiar - like I was going home. I remember thinking, this is where I need to be all of the time."

Below are some of the questions people asked about the Traeo.

Question: The Traeo seems to bring a silence or quiescence to my experience of these spaces. Is this normal?

Answer: The Traeo changes your emotional flow. It adds both an opening and a silence to your experience. It does open and expand your energies, both at a physical and at an experiential level. This is why many of you experienced heat and tingling; you were experiencing the expansion of energy that the Traeo brings.

Question: I felt light-headed, almost dizzy. I felt like a jellyfish. I kept thinking I ought to be lying down rather than sitting. Did I do something wrong?

Answer: The jellyfish analogy is a very good one; *you may feel very fluid as your energy expands in this space. You do not have your normal rigidity which allows a greater flow of energy than normal.* Open the back of your head and neck, and imagine more energy flowing if this continues. You will get used to this much energy as we continue and should not have any more light-headedness.

Comment: Suddenly I experienced a shift. I was tense when we started, and the tension suddenly left. The Ranthia totally changed and I felt this golden light coming into my heart from above.

Reply: Several of you commented you experienced light or a golden sensation near the end of the Traeo meditation. It won't always be there, but when it is there it can mark a certain pattern that you have established in your lower centers. *When you experience this inner light, pay attention to how you are using your Nu'a, Dinia, and Leow.* It is worth paying attention to how you setup this experience, because *this energy setup with the lower centers can open doorways to many profound spaces. It's not a goal,* because there are a lot of other positive patterns you can have, *but it is a recognizable place that you can return to.* As you learn to return to it you can use it to go into other spaces. Some of the other markers are harder to recall.

Comment: DaBen said the Traeo was vertical, but mine seemed to be horizontal. I tried to make it vertical and it wouldn't change.

Reply: The "feathers" of the Traeo can be horizontal when fully lifted by the energy of the Ranthia. In general the "feathers" will be twenty to even fifty degrees below horizontal. The Traeo will not respond to your visualization of what you want it to do. All you can do with the Traeo is observe what it is doing. It changes according to the energy you are bringing through with the Nu'a, Dinia, and Leow, and how you are using these centers.

Question: I felt some fear; things seemed to get too intense. My Traeo started to spin and I wasn't sure I liked this. What happened?

Answer: More than any other center, *the Traeo can create for me a feeling that things are right on the border of being too intense. This does not happen often, but when it does I've backed off this center a little.* Spinning is unusual, and it can be an exciting experience. For now, bring in less energy if this happens, or dampen the plane of the Dinia. Of course, if you like and feel comfortable with these sensations, enjoy them!

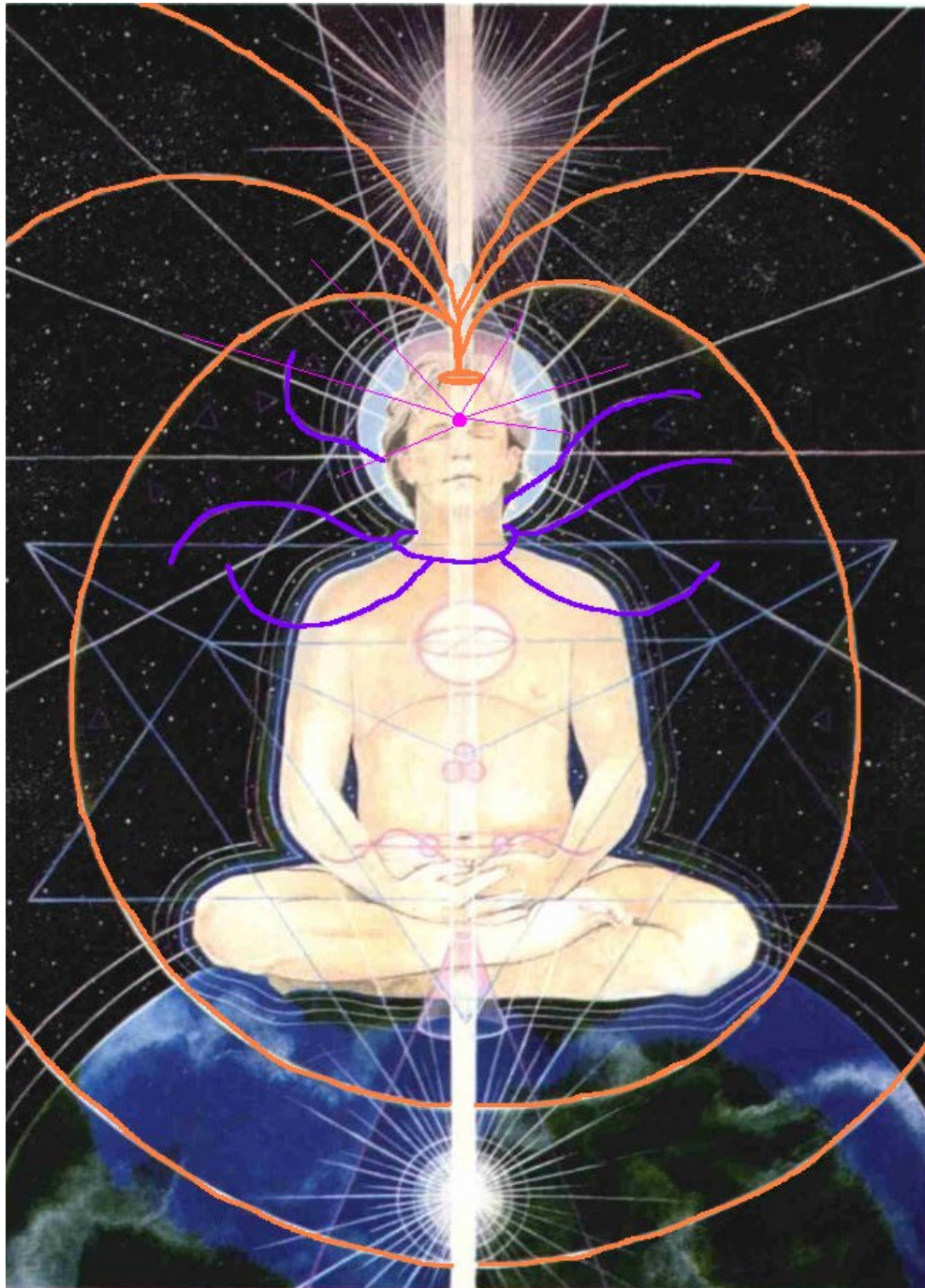
Question: Everything was so nice when I was in the Traeo space. When I came back I felt irritated at people. I noticed this when I practiced with the other centers as well. *My tolerance of people and my general level of irritability has increased.* Is this normal? Will it go away?

Answer: Irritability may come up as you work with these centers, particularly the upper ones. *You are organizing your mental body in a new way.* You may find yourself wanting more order in your life than before. You may notice that other people operate at a higher level of chaos than you now find tolerable. As you move into the upper centers your mental clarity grows, and you may begin to notice the fog that most people operate in. You may find that these centers create so many changes in the way you view the world you need time to sort things out and figure out new ways to relate to people. You may even feel reclusive or want more time alone. You're going to be working with new ways of organizing your thoughts, integrating these new, higher frequencies into your personality, emotions, and mind. You may need to withdraw for just a bit to discover what is true for you at this new level. Your irritability may come and go. *The veils of unknowingness are being lifted.* You have a greater

opportunity to see situations more as they really are rather than the illusions they used to present to you, and you may need time to readjust to this clearer view. [Be loving and nurture yourself during this time.](#) You may want to work with Orin's meditations on compassion and forgiveness as these qualities will make your life much easier at the new levels of clarity you are reaching.

Question: I saw waves of light coming out from the ring or collar around my throat. While other people saw feathers, what I saw was more like waves of energy. Is this all right?

Answer: Yes, definitely! The feather image is only an image. Many people experienced the petals or leaves of the Traeo as much thinner than feathers, and having a more ethereal quality. These feathers are really energy, just as you are seeing them.



Pieah

The Pieah is located in the center of your head near the pineal gland. It is behind your eyes midway between your eyes and the back of your head, about two to three inches down from the top of your head. The image for the Pieah is that of a ball or sphere with many rods of energy or light coming in and out of it. The sphere can start small and become fairly large, although becoming larger is not necessary. The rods coming out of the ball may seem to have a pulse and rhythm of their own, popping in and out as you observe them. They often move in and out so fast it is difficult to track or follow them. These rods can move in and out in all directions and can extend from a few feet to hundreds of feet out. These rods are light and ethereal, and can be very fine or coarse. Some of the time when you experience the Pieah you may be aware of the rods and they may play a part in your experience, and at other times not. Observing and becoming your experience is again your goal for the Pieah.

The Pieah is the first center to take you beyond polarity. There are two main expanded states of consciousness possible from the Pieah that we will be working with. [The first is a state of mental focus, creativity, and clear ideas that come as you watch the rods move in and out, but have not put your consciousness into the ball or sphere.](#) This allows your thoughts to come into your consciousness from the space beyond polarity, [giving you higher, more complete, and more positive thoughts.](#) The beginning stage of the Pieah is an [excellent space for opening to insights and expanding your creativity.](#) The Pieah works with the intuitive levels of your awareness and goes beyond the "knowing" of your intellect. From this space you can find higher answers and inner guidance.

The second expanded state you can reach from the Pieah is [a state of mental silence as you put your consciousness in the center of the ball or sphere](#) that is the Pieah. The Pieah can be a [doorway into the void, for it can take you out of the time/space dimension of the earth plane.](#) The void, which you will explore in this volume, is a jumping-off point to many other dimensions and realities. You can enter the void when you put your consciousness into the center of the Pieah ball or sphere. As your mental body expands into these frequencies it is unable to hold the immensity of the information that is in this space, and quits trying. [The Pieah can bring you to that experience of silence that spiritual masters talk about.](#) You are not stopping your thoughts from setting up by forcing them to stop, but [by creating a space where your thoughts don't even form.](#)

Sometimes it can enhance your experience to notice that the rods may touch and be moved by the surface of the Traeo. Although the Pieah derives its energy from the energy focused by the Traeo, there is a difference in "pace" between the Traeo and the Pieah. [While you may feel a floating, quiet feeling in the Traeo, the first stage of the Pieah is a more excited state, while the later stage of entering the void is much quieter than the Traeo.](#) In the beginning some of you may find it difficult to remain sitting when you work with this center. Generally this is because you have less awareness of your body. Unless it feels like a distracting effort to stay erect, sit upright as you work with the Pieah.

Comments people frequently made after experiencing the Pieah included that they felt they were in a safe place, their thoughts stopped, they felt like they met the universe, they went very far out, they had a feeling of serenity, or they lost any visualizations or inner pictures. These are some of the questions people asked about the Pieah.

Question: I had trouble holding onto the image of a ball. Is this all right?

Answer: Yes, absolutely. Once the Pieah is set up you do not need to keep track of its image. The Pieah stays fairly stable. After you see the image of a ball, put your awareness inside that ball, and let the image shift as it will. Don't try to remember the ball after you have done this. You will either go into the void of silence and no thoughts, or you will find that the way your mental body is setting up will bring you many new insights.

Question: I felt like I was falling over the whole time. Why?

Answer: Did you have to change anything physically to prevent yourself from falling over? No? I think you may have found that your experience wasn't a physical one, but you were literally falling into the void. There can be a sense of falling as you enter into the void.

Question: I felt really safe here. Is this how the Pieah feels?

Answer: It can feel that way, but not always. The void, the nothingness, can be either a comfortable or an

uncomfortable experience, depending on where you travel in the void and how experienced you are. Congratulate yourself on being able to open to the void and enjoy that experience of nothingness as you did.

Question: I find that I don't have any words to describe what I experienced. I experienced something very rich, but I can't describe my experience like everyone else has been.

Answer: It gets harder and harder to find the vocabulary to describe your experiences as you move into the upper centers. It becomes even harder to find words as you work with the light body centers. You can begin to recognize many of the distinct spaces you can reach in these upper centers, but we do not have the words in our culture to describe them. [In the Pieah you can reach places that are pure knowing, beyond words or descriptions.](#) You are leaving time and space, and your rational mind can only function easily in time and space. The experiences of the Pieah void happen outside of the realm of your mind. When you return from these spaces your mind tries to put words and labels to these experiences, but it can't. I'm sure most of the people who gave us a detailed description of their experiences in the Pieah space would agree that their descriptions are still but a fragment of their actual journeys. Don't worry that you can't put words to your experiences. Just enjoy and explore the spaces you are learning about.

Question: I feel like the top of my head is "out of whack."

Answer: Give me another description of "out of whack."

Reply: It is more like the top of my head is still open. It's not painful, just different.

Answer: Just stay with that experience for a little while. You are beginning to experience the last vibrational energy body center which we will work with shortly.

Question: At one point I felt like an electric current went through me. It was very strong. Did anyone else experience this?

Answer: (Duane asked the class if they experienced this, several people raised their hands.) Going into the void is like pushing through a membrane, then you break through to the other side. It is almost literally what you are doing with the Pieah - [you are breaking through the boundaries of time and space.](#) There is a feeling of pushing, then you break through to the other side. After that the feeling of pushing gradually subsides, and then you are on the other side. You may feel an electric current as you break through that boundary and leave the time and space of this dimension. Sometimes you'll feel tense or resistant as you approach this boundary. If you don't break through you may find yourself back in the Ranthia. As you break through you can become aware of a much larger experience, as if you are able to track more things and your awareness is enhanced. Do not worry if you haven't experienced this electric current. You can break through the membrane and not even know you have crossed a boundary. Suddenly your experience just becomes richer.

Question: I am having a lot of trouble with my ears after that meditation. What can I do?

Answer: This occasionally happens to me, too. Move into these spaces a little more slowly so that you keep opening your energy systems. It should go away in a little bit. Open the back of your head and neck next time you run the energy.

Question: I had trouble following DaBen. I'm not sure I got into the Pieah space. I didn't have experiences like other people are describing. How can I work on this?

Answer: Getting into these spaces is a skill that develops and grows as you continue to practice. We are doing a variety of things and some of you will be able to do them easily and others of you will need to learn a certain mental setup that you aren't familiar with yet. Your mind isn't used to experiencing reality in this way yet and it can take some practice before you have recognizable experiences. Don't worry that you aren't experiencing what you think you ought to be experiencing. Worry makes it even harder for the mental body to have the necessary fluidity to take you into higher spaces. [Enjoy the experiences you are having, and they will grow more recognizable.](#) As you work with these centers you are learning to focus your awareness in your subtle energy bodies. You are not yet used to navigating in these higher dimensions or recognizing the subtle signs that you are in them. [Your skill will](#)

increase as you continue to practice. Play with the Nu'a, Dinia, and Leow, open the cone of the Nu'a, change the Dinia wave, and so on until you feel more.

Question: I noticed tingling in my arms, fingers, and back. It was uncomfortable. What can I do?

Answer: You may have noticed that you weren't getting quite the right breath. If you notice tingling or if something feels blocked, find some subtle adjustments in your posture that will open your breathing more. Play with your breathing to reach those spaces where everything opens up.

Question: My mind became so active, I couldn't find the void. what did I do wrong?

Answer: (Smiling) You didn't do anything wrong! Before you enter into the void, your Pieah sets up your mental body more and more completely. This means that your thoughts become richer and contain more information as they come in. Once you go through the membrane of time and space and enter into the void of the Pieah, you will find your thoughts stopping. The mental body doesn't exist in the void in the same way it does in this dimension. Use this beginning stage of the Pieah if you want to receive insights, open your creativity, or channel. We will work with states that enhance your creativity and those that open your channel in some meditations that follow.

Question: Does it mean anything if the Pieah ball gets very large? Is it better to keep the ball smaller?

Answer: Remember that you can't make the Pieah do anything. You can only observe what it is doing. The more you observe and fall into the experience of what it is doing, the more intense your experience becomes. I have not found any significance to the size of the Pieah ball. For me it is usually the size of a walnut or marble, although it can get as large as a baseball. The apparent size of the ball is also affected by the scale of your perspective. If you imagine yourself growing smaller, you might experience the Pieah as becoming larger and larger. Being inside the Pieah can feel like being inside the universe. Once you have crossed that membrane into the void you have left behind the boundaries where you begin and end, and have reached a much larger universe.

Comment: I felt like I was a soft-shelled crab, and all of a sudden my protection and armour dropped away. I felt vulnerable but safe at the same time.

Reply: As you work with the Pieah and all of the centers you are acquiring more and more consciousness. Start making friends with that feeling of layers being peeled away. You are lifting the veils that have kept you from knowing who you are. You can't crawl back into your shell once you have glimpsed this larger reality. As you work with these vibrational energy body centers you will find your true self coming out of a shell as if layer after layer of your personality were being peeled away. There is an interface where you end and the universe begins. With the Pieah you can find experientially the substance and place of that interface. *Each time you leave the boundaries of your physical, emotional, and mental energy bodies and enter into the greater universe you come back expanded. Your energy can no longer be contained in your old boundaries, so those old boundaries fall away.* You are experiencing this at an energy level right now, but *you will experience it directly in your life later as circumstances, situations, and relationships undergo change so they can express your expanded energy.*

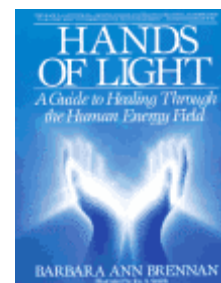
Question: This started feeling somewhat like the channeling space. Is it?

Answer (Sanaya): The Traeo, Pieah, and the next center are the spaces that feel similar to the places I reach when Orin comes through. Orin has an added feeling, a sense of light and joy, a wisdom and knowingness that comes with this space as well. *As you explore this center those of you who channel will recognize some of the spaces you touch when you channel. Most people who worked with the upper vibrational energy body centers reported a definite increase in their ability to channel higher, clearer information.* They said it became easier to reach their guide or Higher Self and bring through more information. Some who had not been able to reach their guide or Higher Self found they were able to establish contact after they practiced with these two centers and the center that follows. If you are learning to channel, work with these upper vibrational energy body centers, and after you are in them call in your guide or Higher Self. The last centers go beyond your ability to focus and bring through ideas and words. If I have been working with the light body centers, I am too "far out" to channel. I drop back into the upper vibrational energy body centers when I channel Orin. *However, if I want to experience Orin's energy but not channel, I find I can experience Olin's energy in many new and wonderful ways from the light body centers.*

Duane: When we taught channeling, I watched many people's guides as they first came through. Watching people's auras and energy fields, observing the gridwork of their mental bodies, I was able to see several things happening. I began to realize that guides have light bodies, and that they were using their light bodies to set a space for people that allowed them to channel. The guides set a space that allowed the person's mental body to setup more completely and thus transmit the ideas they sent more clearly. They held a space for people that allowed them to harmonize their energy bodies in the way that you are now learning to do for yourself. Because that flow and harmony was often more than people were used to, they often experienced an emotional release, even tears, as their guides first appeared. Some of you have had that same sense of tears and emotional release as you have been working with these centers. As you run the energy, you are achieving higher and higher levels of harmony and flow in your energy bodies. It is this harmony that allows you to shift your consciousness to higher and higher levels of your being. The more harmonized you can get your energy, the easier it is to communicate with the guides, for you are becoming your Higher Self. The guides no longer have to use their energy to set a space for you, and can focus more of their energy on the clarity, breadth, and level of the information they are transmitting. As you get a more and more complete setup of your mental body the guides can transmit more complete, clearer, and higher information. For those of you who are channeling your Higher Selves, you will find that the harmony of energy that comes from learning these centers puts you in a space where you just are your Higher Self. Each level of flow and harmony you achieve puts you in touch with higher and higher levels of your being. If you are channeling a guide, you will be able to reach higher and higher guides, or higher aspects of your existing guide as your energy become more harmonized. Orin and DaBen tell us they and other people's guides are delighted that they are learning how to set this flow for themselves. The guides work with us is to assist us in making the evolutionary transition to existing in a light body as they do, and to assist us in becoming our Higher Selves.



The **Mental Body**
as depicted in
Barbara Brennan's book
"Hands of Light"



Renawre

The Renawre is the last vibrational energy body center, and is located at the top of your head. You may see it as a disk with a hole in its center. From the Renawre it is possible and usually easy to observe all of the vibrational energy body centers and to balance and adjust the lower centers. From the Renawre your ability to sense the subtle energies about you will be enhanced. Playing and exploring in the Renawre space may lead you to experience in a more direct way what various levels of harmony feel like in your energy bodies. Being in the Renawre space can assist you in becoming comfortable with ever-increasing degrees of harmony and greater feelings of openness in your body, emotions, and mind. Staying in the Renawre while you simultaneously experience another vibrational energy body center can give you many wonderful experiences. You can create many expanded states of consciousness by combining the Renawre with other centers. The balance between the Renawre and the Pieah is a particularly rich space and with some play you can begin to select what experiences and where you want to go when you are in the Pieah void.

As your energy reaches greater and greater states of harmony and flow, the Renawre becomes a cocoon of energy that rises from the disk and folds down around your body. In the beginning you may only observe the energy rising out of the disk as it comes up a short way, before it falls down around your body. As you gain more skill you may observe the cocoon falling down around your shoulders. You can use your observation of the cocoon as an indicator of how harmonized your vibrational energy bodies are. The further you can follow the cocoon down around your body, the more harmonized your energy is becoming.

The Renawre "completes" the upper centers much as the Ranthia "completes" the lower centers. Although every center influences your emotional, mental and physical energy bodies, the association between the Renawre and your mental body is very easy to experience. While the Traeo focuses your thoughts and the Pieah assists you in thinking in higher, more creative ways, the Renawre sets the space for your mental body to function. As you explore the Renawre space you may want to pay particular attention to the way your thoughts occur and leave, not their content per se, but the transition they make in coming and going.

Below are comments and questions on the Renawre.

Comment: I had the image of a volcano - energy was traveling up my spine and out the top of the volcano, located at the top of my head.

Reply: How many of you felt a sense of energy rising up? (Many hands raised.) You might have felt energy coming up through your body and out through the hole in the disk. It seems energy wants to come up through the Renawre, going to various heights above it, then folding down around the rest of your body. If you follow that flow of energy downward you begin to experience a cocoon-like energy. The cocoon is an important aspect of the Renawre.

Comment: I felt like I was a little person sitting on the top of my head directing all my other centers. (Other people commented they had a similar experience.)

Reply: This was also Sanaya's and my experience when we began exploring the Renawre. From the Renawre you can view your first three centers and make fine-tuned adjustments in them. This sense of adjusting your lower centers precedes the experience of energy rising and coming through the hole in the disk. You will find it possible to put your awareness at the top of your head and listen to or direct all the rest of the centers.

Question: Sometimes the disk was a thin ring with a wide hole; at other times the hole was very small and the disk was a thick ring. Does the size of the ring vary?

Answer: Yes, the ring can be quite thick or very thin. It tends to change as your awareness increases, not in any particular way, but it does change. I have found no significance to the thickness or thinness of the ring, then it became three-dimensional.

Reply: You are experiencing the beginning of the cocoon; the energy is beginning to rise up through the disk. As you get your energy bodies more harmonized the flow will rise higher until it falls back down around your body. As your energy bodies become more and more harmonized you should be able to follow this energy further and

further down around your body.

Comment: I seemed to disappear or vaporize. I have a vague memory of the disk. I felt like bursting out laughing, there was the feeling of a party.

Reply: The Renawre is one of my favourite centers. I have played with it for hours and each time the experience has been different. In the Pieah you are starting into the void, going through the doorway into other dimensions. The Renawre can amplify your experiences in the void. There are an infinity of places you can travel to in the void. When you are in the Renawre you can either be in the void and experience very little, or travel through the void to many places. You have truly left the world of time and space and there aren't your usual reference points. It sounds like you went to a wonderful dimension.

Sanaya: I have had the experience of the room disappearing, sometimes I can hear faint voices as I approach another dimension. Sometimes it is like finding a station on a radio dial; unless you can get the exact setting you only hear garbled, fuzzy voices. You're close, but you haven't hit the exact frequency. [We will use these centers for interdimensional traveling and opening your channel among many other things.](#) When you learn to find the exact frequencies of certain other dimensions you can go there more precisely and with your full consciousness. [These are all very high dimensions. Lower beings and lower dimensions cannot exist at this level of harmony and light.](#)

Question: I didn't experience anything in the Renawre except a feeling of serenity, and for moments a feeling of bliss. It seems like I went somewhere but I can't remember where. What did I do wrong?

Answer: [Don't worry if you can't remember what you experienced](#) in the Renawre. Sit up next time and continue to sit up during these journeys if you have problems with remembering. [Some of these states are close to what is called a theta state. This is a brain wave frequency you have right before you fall asleep. As you get skilled you can stay right on the edge of waking and sleeping consciousness for longer and longer periods.](#) This state often goes beyond words or descriptions. Theta is a level deeper than your normal awake consciousness. It is below the level of consciousness where language and memory exist in the way you are familiar with. In theta states you may experience colors, symbols, images, feelings. In the Renawre and Pieah you leave your normal-way of thinking and processing information, for as DaBen says our mental bodies do not exist in the same way outside of our earth dimension. [The experience of bliss and serenity is a good one to have and indicates you were tracking the energy DaBen was transmitting.](#)

Question: I felt like I was developing wings. Then the experience faded until you told us to do one long contraction on the Nu'a again. When I did that it really lifted me back up and out again. Why is this?

Answer: [The Nu'a can fill out your experience of the upper centers.](#) It can't add the higher frequencies, but it can increase your awareness of them. [It can "pump" up your experience](#) of these upper centers. All it takes is [one or two long contractions occasionally.](#) More than this is not usually useful. Some of you felt or reported seeing "wings" that seemed to come from your shoulders. These wings are part of the cocoon; you are seeing a piece of it. You are experiencing aspects of the Renawre cocoon we will explore in more detail later.

Question: I had the sense of being in an elevator riding up and down between all the centers. The centers became layers that I could travel between. What is this?

Answer: The Pieah and the Renawre working together give you the ability to travel through all your energy centers. You are beginning at some level to be aware of the distinct frequencies of each of the centers. Just continue to observe and perhaps choose to play in each of the centers as though it were a special place. You will learn much as you do. For instance, [when we taught channeling, we noticed that often the guides came in through the back of the head, generally on the right side, sometimes on the left.](#) Now that I am aware of these centers, I can observe guides coming into our time and space through the Pieah and then working with you to get enough harmony in your energy body centers to activate your Renawre. Once they are able to activate your Renawre you can begin to receive information. Now that you are learning this skill on your own you should find it easier to channel.

Question: I felt compelled to move my hands, as if I were touching energy around my body and rearranging it or playing with it. What was I doing?

Answer: You were doing just what you thought - following the boundaries of your vibrational energy bodies, exploring, playing with, and actually shifting some of their boundaries to open your energy more. You can also do this mentally. The Renawre space involves all your centers and allows you to play with all your vibrational energy bodies. Continue playing and let your hands move in whatever way you are drawn to move them.

Question: Do the Pieah and Renawre control the mental body?

Answer: All the centers influence your physical, emotional, and mental energy bodies. However, the first three centers have the most influence over your emotional body while the Traeo, Pieah, and Renawre have the most influence over your mental body. [DaBen's goal for you as you first learn these upper centers is for you to consciously have about forty percent fluidity in your mental body.](#)

Question: I'm having trouble with the visualizations. I get a nice feeling, but I can't picture the centers. Is this O.K.?

Answer: [We are using the visualizations of the centers as a way of getting you to certain experiences. If you are having these experiences without visualizing the centers, that is perfectly fine.](#) Some of you are simply following DaBen's transmissions and tracking where he is taking you. If you find you are losing the experience and a long contraction with your Nu'a doesn't help, play with opening the Nu'a cone and the plane of the Dinia. [Eventually you will know these spaces so well you will be able to go directly to them without needing to work with the centers to get there. That is part of our goal.](#) Don't worry if you can visualize the centers or not. Follow the energy DaBen is transmitting and enjoy!

Question: [Do I always have to start with the Nu'a and build these energies one-by-one in order?](#)

Answer: Absolutely not! You can start with any center that draws you. Of course, [if you want to start with the higher centers, you will need a level of harmony in your lower centers first.](#) You can start in your Ranthia and Leow fairly easily.

Question: Once DaBen got to the Pieah I lost it. I don't know where I went. I couldn't get much when you went to the Renawre. What can I do next time so this won't happen?

Answer: If you aren't experiencing much of these upper centers, particularly in the beginning of the journey, drop back into the Ranthia, get the lower centers balanced, and then go right to the Traeo and Renawre, bypassing the Pieah. Some of you may get so lost in the void of the Pieah space that you don't experience anything else after that. There's nothing wrong with that, except it takes away from what you can experience with the Renawre. Go from the Traeo to the Renawre. From the Renawre you can stabilize the Pieah. Practice places to go in the Pieah where you don't lose consciousness or awareness of what you are experiencing. [Anytime you find yourself drifting off or losing consciousness, touch on your Ranthia briefly with your awareness](#) and it should be easier to go further out and still maintain consciousness as you do.

Question: When we go to the Pieah and I reach a sense of nothing, then I suddenly realize I am experiencing nothing and come back with a jolt that is almost uncomfortable. I lose the whole experience. Why is this?

Answer: When we first experience the sensation of "nothing" where we have no sensations and no awareness, it is often a physical trigger to our mind that something is very different here. It jolts us to attention because it is not an experience our minds are familiar with. As you continue to practice with this center, you will gain a greater ability to stay in these spaces of nothing and you will relish the times you get there as an exquisite experience. I reach the states of nothing about every fifth or sixth time I try. [The "nothing" space is one of the most beautiful I have been in.](#)

Comment I am hearing everyone's experience and feeling that the experiences I am having are not as good (or as exciting, or I'm not having visualizations like other people, or I'm feeling like others are doing much better than I am) as others. (This is a frequent comment.)

Reply (Sanaya): I have been listening to people's comments during all these classes, and although I have been using these energies for over a year with many wonderful results, I have never had many of the experiences many of you talk about. At first I wondered if I had been doing something wrong or perhaps many people were much more skilled than I was at using these energies. I asked Orin about this, and he said *everyone will have unique experiences of these energies because everyone will have special uses for them*. While I rarely go into the void of the Pieah, I love the Pieah space for channeling and insights. That is my life's work, and I have used the Pieah space to intensify my ability to bring through new ideas and travel into the future with Orin. Duane is more drawn to Interdimensional Traveling, and he uses the Pieah and Renawre space most often to travel to other realities. I do want to clarify that *we do not use "traveling" to mean leaving your body*. You setup certain frequencies, go into the void of the Pieah, find doorways, and are able to focus your consciousness in other dimensions of time and space. *As you learn these states of consciousness made possible by running the energy, Orin says you are learning to place your consciousness in higher and higher levels of your soul-self*. Just as you have a physical, emotional, and mental consciousness, so do you have a higher intuitive consciousness, and levels of your soul beyond that. *As you learn these upper centers and the light body centers, you are learning to place your consciousness in the higher planes your soul exists in*. You are a unique individual in this reality, and you are a unique individual as you exist in the higher planes. What you experience as you go to these higher realities will be unique. *When you center your consciousness right between the Pieah and Renawre you can receive insights, revelations, and more, and blend these with your intellect*. The Pieah/Renawre space will assist you in opening to your higher, abstract mind, and receiving creative ideas that you are then able to bring through into your ordinary mind and create in your physical reality.

Duane: Our rational mind may set things up so we can never win. No matter what you do, your mind can tell you why you aren't doing something right, good enough, and so on. *The rational mind is very useful for carrying out tasks in your physical reality, but it is not good for interpreting your experiences of these higher realities*. It doesn't understand what you are seeing or doing, and is often threatened by this loss of control. Do not listen to what your mind tells you about your experiences of these spaces. If you are thinking thoughts such as "I'm not doing it right, others are having better experiences than I am," or other doubts about your abilities, *take those thoughts, run the energy in your lower centers, and watch what happens to those thoughts as you harmonize your energy bodies*. They usually disappear, for these kinds of thoughts can only exist when your energy isn't harmonized. In fact, if your mind is telling you anything negative about yourself, don't pay attention to those thoughts. Thoughts you have when your energy isn't balanced and harmonized aren't real thoughts. *Only pay attention to thoughts you have when you are in higher states*. We will do a journey later with Orin and DaBen to add a higher frequency to your thoughts and transform them.

Question: Is it correct to call the Renawre cocoon the aura?

Answer: Depending on your definition of the aura, that would be correct. The vibrational energy bodies--the physical, emotional, and mental energy bodies--have an energy reality with boundaries that also make up what people call the aura. I think there are other energies that make up the aura also, electromagnetic energies of various kinds. There are definite energy fields around the body and the cocoon is a part of that, so in that sense you could say the cocoon is part of your aura.

Question: I felt very warm and my body felt like I was swelling up and looking like the Pillsbury Dough Boy! What happened?

Answer: You probably were swelling up at an energy level. If the swelling in your hands and feet becomes uncomfortable, just open the area at the back of your head and neck and perhaps also open the palms of your hands.

Comment: I saw a woman's face, it seemed like she wanted to talk to me. I felt vibrations.

Reply: You may begin to meet other entities in these spaces. When you setup the energy just right and hit certain frequencies, you may find yourself in other realities. When your energy is organized and harmonized as it is

when you run the energy you can only tune in to places that are high and that contain high, loving beings. As you work with the vibrational energy bodies you are right on the edge of creating what we call your spiritual shimmer. You are reaching enough harmony within your energy bodies that you are beginning to radiate. At the least you are able to enhance the light that is around you, and **you will find that entities are attracted to that light. If you do not want to make contact, simply ask them to leave and they will. Lower entities cannot exist in these finer, higher realms, so do not worry if you do meet entities here. The ones I have met are able to offer guidance, assistance and love to us.** If you want to assist them simply tell them you will help in whatever way you can. At these levels all beings work together, and you will often find yourself doing something to assist many entities who are working together.

Question: I experienced a plane coming out of the Renawre, almost like the Dinia plane. Then I noticed my Nu'a had come up and was forming a plane. It then seemed like a plane was coming out of my Traeo and Ranthia. Is this possible?

Answer: Yes, it is. **All the centers can become a plane in one way or another. All of them can take on an aspect of spinning as well.** We will work with this in the next volume, for you can create many special spaces by working with some of the centers as planes. **When the centers form planes that usually means they have gotten totally open and harmonized to the energy space you are in.** Not that the energy around you has changed, but you are able now to effectively use the energy around you in a way that is harmonized with the deepest part of your being so you are not having to restrict, filter, or change it consciously. You have been able to use all the energy around you to lift you higher. This is wonderful!

Question: I felt my skin tingling, then itching all over. It felt like a Niacin rush. What is this?

Answer: The Renawre can have a more physical sensation to it, somewhat like the lower centers. You may pass through a stage where you feel tingling, as if every nerve in your body is alive. The Renawre brings more energy through your nerves, and until you are used to it you may feel more awareness of your skin or have random nerve firings. This will pass, and rarely lasts more than 20 or 30 minutes.

Question: I experienced a lot of pain in my shoulder blades but it did go away as we continued. It didn't go away when I tried to open the area. What happened?

Answer: Again, your nerve endings can be stimulated with the Renawre space. The pain in the shoulders is unique to the Renawre and it is a different sensation than you experience with the other centers. It is as if every nerve ending between your shoulder blades has suddenly become alive. It happens because you are not quite harmonized in your vibrational energy bodies and the cocoon starts to form incompletely. Go back and work with your Nu'a, Dinia, and Leow if this happens.

Duane (asking class): How many of you could follow the energy coming from the Renawre a few feet up? (many raised their hands). How many of you could follow the energy as it came up and fell downward around your shoulders (fewer people, but still a majority). And how many of you could follow the energy all the way to your feet? (A little less than half.)

Duane: This is truly amazing. When I first started working with these energies it took me months to see the cocoon of the Renawre down past my shoulders. **The Renawre cocoon comes all the way down past your feet, and then comes back up through the Nu'a. As you follow it you may actually feel as if you are encased in a cocoon of vibrating energy.** In some states of consciousness you may find the cocoon seems more real than your physical body. You can't create this cocoon with your imagination, but you can increase your ability to see it by staying in the Renawre, balancing, refining, and creating more harmony in all your centers. Eventually the full cocoon will appear. It comes out around you in three dimensions.

Aligning Your Vibrational Energy Bodies

To awaken your light body centers you need to create a level of physical ease, emotional flow, and mental fluidity with your vibrational energy body centers. With emotional flow your emotions flow from one to another without your attaching to them. With mental fluidity, thoughts come, but they also leave easily as the mental body sets up and releases. As you run the energy, explore what it feels like when your emotions are flowing and your thoughts are fluid. Play with what to do with your lower four centers that creates this sense of flow. [To hold greater levels of light you also need a degree of physical ease, the physical ability to be in these spaces.](#) Explore whatever makes it easier at a physical level for you to stay in these higher states—a change in diet, exercise, posture, breathing, stretching, bodywork, and so on. Physical ease, emotional flow, and mental fluidity—all states you have been learning with the vibrational energy body centers—are elements that will make it possible for you to have a more fully awakened light body.

Each vibrational energy body center contains sets of frequency patterns that you have been learning. These frequency patterns are identified with different emotional, mental, and physical states. You can combine the centers and their energy patterns to discover new, expanded states of consciousness. Some interesting combinations are the Ranthia/Renawre; the Traeo/Dinia; and the Renawre/Pieah. These states that combining these centers take you to will teach you different aspects of mental fluidity and emotional flow. As you run the energy or try new combinations of the centers, be extra observant of your emotions and thoughts. These are ways you think and feel as your energy becomes more balanced, harmonized, and flowing. Find ways to describe the emotional or mental states you experience, or develop other tools to assist you in remembering what these states are like so you can recreate them. [As you become more aware of how these states feel, you can recreate them \(or even better ones\) on your own and stay in a higher flow where things happen easily and effortlessly.](#)

[This higher flow might be considered the Higher Will, the force of evolution, the current that carries all life forward into its higher expression.](#) As you learn to create more flow and fluidity in your emotional and mental energy bodies, you are able to capture and use more of this higher flow in your daily life. Not only can you find and follow the higher flow, you can discover subtle nuances in the flow, jump into higher flows, and take advantage of new and expanded currents that may appear. [The more flowing your own energy, the higher the current or flow of the Higher Will you join. In the same way, the finer and more radiant the gridwork of your mental body, the higher the level of the Universal Mind you can tap into.](#) The journeys in this volume are to teach you new ways to create, expand, balance, and enhance the way your energy flows.

The energy of the higher flow is dynamic. You join it to a greater and greater degree by the amount of flow you create in your own energy systems from moment to moment. [Being in the flow will substantially increase the amount of energy you have available.](#) You are not "using up" the energy about you, for it is inexhaustible. As a traveler to these dimensions and these subtle energies, if you are in the flow the energy is being increased all about you. It is only when you dose down the flow by not letting your own energy flow that you are less connected to the higher flow. The energy around you begins to dissipate, becomes scattered, and the light you are creating begins to disappear. There is no end to how high a flow you can join and how expanded your energy can become. You are just beginning to get a glimpse of how truly wonderful you can feel, how creatively and clearly you can think, and how high you can go with your consciousness. [The more you stay in the flow, the greater a contribution you make to everyone and everything around you. You become a transmitter of light, transforming everything around you into a higher vibration.](#)

[One of the skills you will need to develop to stay in the flow, experience higher states of consciousness, and awaken your light body centers more fully is the skill of observation.](#) We have been working with you throughout all the classes to develop your skills of observation. You might take a moment to reflect on how much more aware you are now of subtle energy, your emotional and mental states, small details, and others shifts in your awareness since you began this course. As you run the energy, notice in as much detail as you can what you are experiencing. Notice your size and scale. Look at each of your centers. Does the energy or the center you are observing have a quality of clarity, flow, purity, radiance, and so on to it? Observe how your upper centers are being affected by the changes you make in your lower centers. How are the centers moving? What size are they? Are they doing something differently than normal? If you are seeing geometric patterns, look at them in more detail. Do they seem like variations on a certain theme, then shift to a different theme? As you notice what you are experiencing, become that experience. Fall into it and surrender. As you develop new levels of awareness and observation while you run

the energy, it will also develop your skill of observation and awareness in your everyday life. This increasing awareness is an important quality of enlightenment. It allows you to stay in the moment, know how to handle the energies around you to get the most out of them, make minute adjustments in your energy so that you are living in a higher flow, and much, much more.

Be playful and inventive. These are qualities that will assist you in experiencing more fully your lightbody centers. Each time you listen to the journeys or work with them on your own, challenge yourself to think of one new thing to do with the centers, or explore one center more thoroughly than you have in the past. Find a new observation about one of the centers, something that you have never noticed before. Play with starting in the Dinia or Ranthia rather than the Nu'a.

The Gridwork, the Universal Mind, and Your Mental Body

When seen clairvoyantly, your mental energy body and the Universal Mind can look like three-dimensional gridworks of intersecting planes. Some people experience the gridwork as a distinct felt-sense, while some say the gridwork looks like a jungle gym or a wire-mesh screen that extends into three dimensions. Depending on your perspective, at times you may notice only the intersections of these planes, appearing as points of light. At other times you may notice that these planes are really surfaces of energy waves. The gridwork is dynamic. It is constantly moving and active. From our explorations, the finer the gridwork, the higher the dimension you are in. Of course, the fineness of the gridwork is relative in scale. As you travel into the gridwork you may come to shift points where from your perspective the gridwork stops getting finer, and you get smaller. At those points, it may seem as if the planes of the gridwork get larger and further apart.

What some people have called the Universal Mind can be seen or experienced as a gridwork of energy and light. In some dimensions the gridwork is so compressed it is like a sea of light; in others it is so large you seem to exist inside its void spaces. The gridwork is a very basic and powerful element that can be traveled upon. It can open up much valuable exploration of these higher spaces. You will learn more about the gridwork in the tapes that follow and you may want to explore it much more on your own. Following are some of the comments and questions people made after they first experienced the gridwork of the Universal Mind and worked with watching their thoughts setup in their mental gridwork.

Question: The gridwork kept changing its patterns five or six times. Was I supposed to do anything with these patterns?

Answer: Just watch them. For a long time all I did was observe the gridwork. Eventually I learned more about it simply by observing it. Play with it and observe what you did that created changes in it. The more harmony you have in your energy bodies, the finer the gridwork you can experience. Don't get excited about the show that it can give you, for too much excitement can pull you out of this space. If you just observe you can stay in this space for a long time and have a lot of wonderful experiences.

Question: I am not sure if what I found was the gridwork. Mostly it looked like points of light. If I really worked at it I could organize it into lines, but there didn't seem to be much energy in that for me. I found if I picked one point of light I could shoot myself out to it or draw it to me. What was I doing wrong?

Answer: You were not doing anything wrong! Remember there are no right or wrong experiences, just new things to observe and play with. At different times you'll see different aspects of the grid. Remember the gridwork is really made up of waves, you are looking at a wave pattern when you see the grid. If you look at the surface of the gridwork you won't see a grid at all, but just a surface. If you look at a cross section, you may see a grid, or you may see just the points where the planes intersect. Your perspective can change constantly and as a result your experiences and images of the gridwork will change as well.

Question: I saw the points of light pulse, then fade, then pulse and fade again. What is this?

Answer: You are watching your thoughts set up. The gridwork that is your mental body floats freely. When your thoughts come in your mental body, the gridwork, sets up, then relaxes, sets up, then relaxes. The "dots" of light that are the intersection points of the grid take on a certain pattern when your thoughts setup, then the "dots" float freely again, then setup again. You want to have that setup and release happen very easily and fluidly. This is what DaBen refers to as a fluid mental body. At the moment the setup happens, the thoughts come into your consciousness.

Question: What do you mean by a fluid thought?

Answer: Recall a time in your life when you received an insight that you knew was absolutely right. Did you notice the fluid nature of that thought? The thought came and was gone, and you got a complete insight. You didn't derive a little piece, then another piece, like most of our thoughts. This insight was a complete one. That's what I'm talking about with mental fluidity. The thought is complete, but then it dissolves. You don't keep looping around

the same incomplete, "stuck" thoughts. These thoughts come with answers and have a good feeling to them. You can almost feel an internal shift when they come through. They are higher than other thoughts, lift you in some way, and make you feel better as they come through.

Question: How does my mental body fit in with my emotional, physical, and spiritual energy bodies? Don't they begin to overlap?

Answer: Yes, absolutely they overlap. Your physical, emotional, mental, and spiritual energy bodies exist at different frequencies and all of them can be in the same space at the same time. I don't see these energy bodies as existing in layers as some people have described them with the physical energy body closest to your body, the emotional body one layer out, and so on. Each of the bodies does have levels of concentration that seem to form quantum-like steps or layers, so they do have places where their energy is more concentrated. All the energy bodies exist in the same space, and their most concentrated level can be various sizes depending upon your state of consciousness. What people usually see or work with is their most concentrated inner layer. The energy bodies extend outward in steps or layers that become increasingly less concentrated.

Your emotional body can be larger or smaller than your mental body, and vice versa, depending on your state of consciousness. Your physical energy body can be small or immense. For example, *some of you experienced neck and shoulder pain when you started. You had drawn your emotional body in too close to your physical body. When you created more flow with your lower centers, your emotional body got larger and the pain went away. When your mental body gets too small or condensed or too close to your body you may find your thoughts going in circles. You may also be entangling your emotional and mental energy bodies. You might notice this when you are stuck in certain thoughts that are very emotional for you.* A thought comes in, but rather than finding a solution or changing to a new, higher thought, it may trigger an emotion that keeps the thought from dissolving. When people have connected with the Masters in meditations or in channeling we have observed their emotional bodies becoming enormous. You will experience the shimmer of your spiritual energy body as you learn the light body centers. As you begin to experience your life more as energy you will become more aware of these energy bodies.

Comment: I'm so confused. I'm not sure any of this makes sense. Yet, there is a certain logic to it.

Reply: I want you to remember one thing throughout the rest of your path of spiritual growth: **CONFUSION IS A VERY HIGH STATE.** It means the old rigidity of your thoughts is giving way to a new fluidity and understanding. Confusion is the state that precedes a new level of understanding. To understand things in new ways your mind has to shift its energy structure. As this structure is shifting it can't organize data in its normal way. I know it's not comfortable, but sit with your confusion for awhile. Allow it to be all right that you can't make complete sense of everything yet. When DaBen first told me that confusion was a very high state, I wasn't sure I believed him. But it is out of that confusion and even desperation that we often get inventive. When we're confused we're most open to new ideas and ways of being. If you look back to times of change, you will notice they were preceded by a period of confusion. You can learn to love confusion rather than resisting it. I will repeat this several times during the course: **CONFUSION IS A VERY HIGH STATE.** Remember that!

Question: I kept thinking about other people during this gridwork meditation and in the Pieah space. Is this normal?

Answer: Yes, the Pieah space and the gridwork can be used to connect with other people's souls and enhances telepathic sending and receiving. We will work with this later. If you do not want to think of other people, simply send them light and imagine their images dissolving in your mind.

Sanaya: One of the things Orin has wanted me to work on is the thoughts of other people that used to constantly come into my mind. *As people came into my mind, I would often worry about their problems, or realize ten minutes later I had thought of nothing but them, with my mind going in circles. Orin told me that if thoughts of other people came into my mind to imagine them surrounded with light, and then let them go. He said that the more I thought of other people, the more I took their energy state and problems into my own being. He said that when thoughts of people come into our minds they are asking us for love or light at a soul-level, not our worry over their condition.* I was surprised in the beginning at how much time I spent thinking of other people and their problems. When I began sending them light, then letting their images dissolve, I felt much higher and had a stronger sense I

had done something meaningful for the other person. I noticed a big change in my overall energy level, feeling much more positive and having more physical energy and vitality as I stopped spending so much time thinking of other people and worrying about their problems. *Now I set aside time everyday in my meditations to soul-link and work with all the people connecting with Orin through his books and tapes. From this level, thinking of other people is a wonderful experience.*

Question: As we worked on our thoughts, I kept noticing my thoughts going nowhere, looping around again and again. How can I work with this?

Answer: You may want to play a game Sanaya and I play with each other. We call it "What is the new thought game?" We have challenged ourselves to spend an entire evening discussing common things, everyday situations, and so on, with one condition: everything we express about these things must contain a new thought. When we first started it was amazing to us how many of our thoughts were not new, but repetitions of ideas we had already expressed. We realized we spent much time going over and over the same thoughts. Every time we came up with a new thought it energized both of us. The more we played this game the more we found our thinking expanding even when we weren't playing it. We have some meditations that follow to help you observe your thoughts, add a higher frequency to them, and find new thoughts about situations.

Question: I had a new thought about certain things while we were doing the meditation, but then I came back into normal reality and found myself thinking, "You'll never be able to do that, that's an impractical idea," even though it felt so right when I was in that higher space. Why is this?

Answer: I think many of you have experienced receiving profound insights, then having your personality doubt or challenge them afterward. Learning to trust the insights and answers we receive in these higher spaces comes from acting on them and seeing the results. Of course, those insights need to make some logical sense before you will want to act on them. You don't want to totally change your life unless those changes make both intellectual and intuitive sense. It may always be there, that sense that the information seems so right and dear in the higher space, but when you return to your normal level of consciousness you begin to doubt what you received. Your normal level of consciousness will become higher and higher, so it should get easier to trust and follow these higher thoughts. Trust develops as you act on your guidance and it works. It gets easier as you continue.

Question: You commented that the thoughts you have when you aren't in a higher state of consciousness aren't real, that they aren't telling you the truth about a situation. You said to only trust thoughts you have when you are in a high, harmonized state. What do you mean?

Answer (Sanaya): One of the greatest changes I have been able to make in my life by running the energy and learning to harmonize my energy bodies is to pay attention to my thoughts. When I have thoughts that don't support who I am, that aren't loving and compassionate, that make me feel bad about myself or other people, I am not only aware of them, but I don't let them slip by unnoticed! *When I catch these thoughts I first send them love. I recognize that they are telling me my energy isn't harmonized and that I need to go higher. It only takes a few minutes of working with my Nu'a and Dinia, and imagining that I'm adding a higher frequency to my thoughts for the thoughts to change.* In the past these thoughts might have lasted for hours until I got upset, took action, or said something that I didn't feel good about. I haven't gotten rid of these kinds of thoughts, but they do appear much less frequently. I don't take them seriously and I don't act on them. As soon as I get my energy more harmonized and flowing, I think about the situation again, and realize I have an entirely different viewpoint and feeling about it.

Question: I noticed it was easier to find the gridwork when I went to the Renawre and included it rather than just working with the Pieah. Am I wired wrong?

Answer: There's more than one way into the gridwork. Often it will be easier to get a sense of the gridwork, and even the void, by going to the Renawre first and then coming back to the Pieah.

Running a Finer Gridwork Through Your Vibrational Energy Bodies

After running a finer gridwork of energy through their vibrational energy bodies, we asked people to view their experiences with this finer gridwork by finding the essence of how their lives would be different. Rather than focusing on the specific changes they would make if they were living at this greater level of light and radiance, we asked how might they describe the essence, the new or enhanced qualities their lives would have. Comments from class members included:

"Everything seemed more harmonious."

"I had a feeling of greater love, warmth, and togetherness with others."

"I felt connected to others; life had a quality of giving and receiving."

"Everything seemed gentle and soft."

"I felt my life would have more joy and a feeling of exuberance."

"There was a fluidity to things."

"I would be very aware and more conscious of what I was doing at each moment."

"Everything had a clarity about it."

"Beauty-things would be more beautiful around me."

"I felt the quality of flexibility would be enhanced in a finer gridwork."

"There was deep peace. A sense of serenity and stillness."

"Things had a purity."

"Everything was lighter"

"Everything in my life had a precision to it."

Notice the qualities here - lightness, purity, clarity, precision, harmony, fluidity, flexibility, beauty, awareness, consciousness, joy, exuberance, softness, love, connectedness, and any that you can add from your own experience with this meditation. These are qualities of radiance and light. As you harmonize your energy, increase your emotional flow and mental fluidity, and begin to radiate light with the light body centers you will learn in the next volume, your experience of these qualities will increase. All of these qualities (listed above) interrelate. There are many similarities of the felt-sense of each one of these qualities. Having more of any one of these qualities will bring you more of all of them. Some of these qualities, such as peace, love, gentleness, joy, harmony, and exuberance can be qualities of a flowing emotional body. Qualities such as clarity, purity, fluidity, beauty, flexibility, awareness, consciousness, and stillness can be qualities of a fluid mental body. As you harmonize your vibrational energy bodies, creating a level of physical ease, emotional flow, and mental fluidity, you create the harmony necessary to awaken to your Higher Self and center your consciousness in higher aspects of your being. You will begin to operate as a soul-infused personality, with your Higher Self and Soul operating and fully conscious in your everyday life and ordinary reality. Your life will begin to take on these qualities, and you will discover more levels and layers that each of these qualities can have.

Duane: As you harmonize your vibrational energy bodies you are creating a finer and finer gridwork about you and connecting with higher aspects of the Universal Mind. You are going to see things about your life you have never seen before. You may be, more aware of the things that no longer fit who you are; they will need to be changed and refined to match your higher vibration. You may find yourself doing things that you have done at other levels, like cleaning your house, organizing closets, putting your papers in order, but doing them with a new level of attention to detail, or with a different objective. As you increase your vibration you may want more order about you. You may find yourself wanting clarity at new levels: clarity of agreements with others, clarity of purpose, and so on to allow your energy to flow outward without meeting obstructions.

An interesting analogy of the difference between a coarse and fine gridwork can be seen in the example of losing a quarter in a large field. If the only way you could search for it was to walk the length of the field at quarter-mile intervals, your gridwork would be too coarse to have much of a chance of finding the quarter.

If, on the other hand, you could scan an interval of every millimeter, you would have a very good chance of finding the quarter. Scanning every quarter-mile of several hundred acres would give you a much different view of the field than if you scanned it millimeter by millimeter.

Your gridwork gets finer as you continue to work with the vibrational energy body centers and gain an increasing emotional flow and mental fluidity. As it does, you may pay attention to details you have never noticed before. You might look at your home and decide to move furniture, paint walls, change colors, remove furniture,

clean the curtains, or fix all the small things that never bothered you enough to fix. Your awareness of subtle energies will increase. Your need to move furniture may reflect your increased sense of subtle energy flows in the room and the need to open up the room's energy. You may look at food or your diet in a new way, noticing for the first time how you feel emotionally or mentally after you eat different foods. Nature or the outdoors may feel more alive to you and you may find yourself exploring the outdoors in new ways. You will gain a new level of precision, awareness, and attention to detail as you continue to refine the gridwork around you.

It is important to make changes at whatever rate is comfortable to you. You don't want to suddenly look at your life and decide everything is unacceptable. Your personality can respond to this new level of insight by saying, "Let's get rid of everything and start over." Start by bringing things up to a higher vibration at a rate you can handle. You want to find one area, work on it, then broaden the changes to other areas when you are ready. Some people come back from these higher spaces and tell us they feel an increasing separation between the high, expanded feelings and insights they have in these spaces, and the increasing awareness of the limited reality they are living in. You will need to make changes as you live at a higher vibration so that the things around you and your daily activities reflect your higher vibration. Those things that don't reflect your higher vibration will become increasingly uncomfortable. Sometimes the changes that you need to make are small, and sometimes they are more major. If the changes you need to make feel too major, you may want to slow down for a while and do less of those things that are raising your vibration.

If you are seeing changes you need to make, if there are places your energy feels confined, work on those areas as energy. DaBen has provided several journeys to show you how to work on situations as energy. As you work on them as energy, they will transform in their outer expression as well. Don't make any changes until you have looked at what to do from the higher spaces you now know how to reach.

Sanaya: When we first began teaching the light body, Orin told me that the most important thing I could do with my life was to work with the centers, run the energy, and awaken my light body. I spent the first six months or so simply learning the centers. The next step, Orin said, would be to learn more about emotional flow and mental fluidity. Although I felt I was fairly calm and emotionally stable most of the time, as I built a finer and finer gridwork I began to realize that a whole new level of emotional flow was possible. By creating an even steadier emotional flow I could stay more consistently in higher states of consciousness. Orin had me play a game that perhaps you might enjoy. We would take a segment of time, like an hour or a day, and play with observing if my emotions were flowing or not.

At first I wasn't sure what flowing meant, but as I observed my emotional states it became more obvious. Of course, it was easy to recognize those times when I was visibly upset about something. However, I also began to recognize how many times during the day I would subtly close down my emotional flow. For instance, if a slow car pulled out in front of me, I began to notice how my feeling of irritation closed down my energy. Or, if I had a time deadline and began to race through everything I did that day, I noticed that I was out of the flow. Excitement about seeing people or over a wonderful happening also made it harder to be in the moment and keep my energy flowing. It wasn't the emotions that stopped the flow. I could have had the same feelings and either shut down the flow by hanging onto them and letting them build, or maintain a flowing emotional body by letting them come up and completely release. When I had feelings such as impatience, over-excitement, and so on, my mental body became entangled with my emotions which stopped or constricted my energy flow. I began to recognize many different situations, feelings, thoughts, and other things that I let keep my energy from flowing.

Next time you run the energy, notice what your emotions feel like. Notice how high and positive your thoughts are and how easily your feelings and thoughts can come and go. Use this as a measurement or state to remember throughout the day.

For an hour or so after you come back, observe your energy. Every time you notice that you have stopped or closed down your emotional flow, run the Nu'a for a few seconds. Don't work directly on the situation that is bothering you. Simply go back to the first three centers and spend a few moments running the energy until you have the flow back. You will know the flow is back because you will have calm, positive thoughts, feelings that come and go easily, and all the qualities you observed when you were running the energy earlier.

Orin has told me that as simple a step as noticing my emotions throughout the day and working with them to keep them open and flowing can create enormous changes in my life and ability to grow spiritually. As I work with keeping a finer and finer level of emotional flow and mental fluidity, it is giving me rewards beyond anything I imagined. I can get more done in less time, I am able to more fully empower people, and my sense of inner peace

and serenity is growing, I am losing my attachment to thinking things have to be a certain way, and much more than I could list here. I realize that this is an ongoing process. Every time I work with a finer gridwork I see more places I can work with to keep my energy flowing. [Orin and DaBen say keeping our energy harmonized and flowing puts us into the higher flow of the Higher Will where everything in our lives can happen easily and effortlessly. Things can appear just as we need them and we will be in the right place at the right time.](#)

We would like to share some comments and questions from class members about their experiences with running a finer gridwork through their vibrational energy bodies.

Comment: I could not see the gridwork visually. I mainly experienced it as an energetic flow like a paisley pattern. It felt more like I was shifting states of consciousness. It seemed like I was playing with light.

Reply: You won't always experience an even gridwork. In fact, you will probably notice that you are seeing more and more of the movement of the gridwork as you continue to work with it. You may even notice the gridwork sometimes moving as if it were in slow motion, something like time-lapse photography where you can see all the past motions of an object. This can create wonderful patterns as you watch.

Question: I had a wonderful experience when we made the gridwork finer and brought it into the Nu'a. I was experiencing the lower centers in all new ways. I was riding out on the Dinia waves, they were huge. The Mumin came alive. It was thick and felt like the energies coming through it were light particles. I was right inside the membranes of the Ranthia. I have a much better understanding of these centers now. However, the gridwork disappeared in the Pieah. Did I do something wrong?

Answer: The Pieah seems to exist in no time and no space, and the gridwork seems to exist in time and space, so the gridwork is not there at the Pieah. The gridwork is back at the Renawre as an influence on the cocoon.

Question: The gridwork changed as it went through each center. Why is this?

Answer: You are beginning to notice what each center does to your mental energy body and your mental energy body's connection to the Universal Mind. Remember your mental energy body is a gridwork, just like the Universal Mind. You are beginning to observe the way your mental energy body is being affected by the energy of the center you are working with.

Question: My Leow really changed. Did anyone else notice a change? (The majority of the class said that the Leow changed. Some said it had more light, color, or a shimmer.)

Answer: Good, and from this observation you may notice something else. [Each center is actually a state of consciousness, a place you can experience as well as a center that influences your physical, emotional, and mental energy bodies.](#) You could spend time in the Nu'a exploring for months or years, and never exhaust all the experiences you could have just in this center. Just as you traveled interdimensionally to other realms, so does each center take you to many "places." Try this exercise of running a finer gridwork through your Nu'a, for example, and play with all the experiences you can have just with this center. [You have enough tools with the vibrational energy bodies to spend a lifetime, if not lifetimes, exploring all the places and states of consciousness you can now reach.](#) Begin to notice the distinct energy that each center has.

Comment: I noticed how much my gridwork varies when I am around other people and how I need to keep it more constant.

Comment: I became aware of how important it is for me to run the energy and spend time at least once a day going into these higher states of consciousness. I saw that these are the times I am growing spiritually, and that all the light I bring in during these times creates positive changes in every area of my life.

Comment: I saw that I could use the image of the gridwork during the day as an inner measurement of how high my energy was. I could see that the finer, clearer, more shimmering, radiant, glowing, flowing, and moving my gridwork looked, the more my energy was centered in my Higher Self.

People's Comments and Reactions to the Traeo, Pieah, and Renawre

Even though it wasn't always easy, people felt inner satisfaction because they were facing things more readily, releasing old blocks and fears, and having major breakthroughs in many areas of their lives. One man commented that for the first time he saw how he was afraid of intimacy and how he had always sabotaged a relationship when it got too close - although he had always blamed his partner for being the one to pull away. He realized that he was the one who created the circumstances that drove his partners away, letting him feel victimized and blameless. He was currently in a relationship that was starting to get close, and he saw that he was about to initiate the same pattern. He worked with Orin's Age Regression process, ran the energy, and asked for guidance from his Higher Self. He affirmed that he was ready to release this pattern. As he worked with age regression, he reported some breakthrough insights about his parents and their relationship to him and each other. He realized he believed he would get hurt if he let anyone get too close. As a result he had never had more than a series of superficial relationships, always blaming the other person for not being able to get close. He knew he was ready for a deeper commitment. He released his old decisions and beliefs, and chose to believe that it was safe to get intimate with and be vulnerable to another person. With elation, he reported several months later that he was allowing the relationship to get more intimate than he had ever let a past relationship become. He felt more loved by and close to another person than had even been possible for him.

People told us repeatedly that they had many issues come up and felt they were doing a lot of growing, changing, and processing. Some said these issues were ones they thought they had settled long ago doubts about their self-worth, self-depreciation, relationship and survival issues, and so on. This time they resolved to get to the root of things and create a real shift in this area. Many worked with the Age Regression and Subpersonality journeys by Orin, worked with other guided meditations, contacted their Higher Selves for answers, or ran the energy and found deep insights about these issues that allowed them to more completely resolve these issues this time around. If you find old issues coming up, realize you are untangling your mental and emotional body. As you open up to this expanded flow, unresolved issues may come to the surface as they are being released. You haven't failed or gone backward - you now have more light so you can handle things that in the past you weren't able to fully resolve. Besides working with these issues to understand them, love all the feelings that come up around them. Don't resist your feelings, judge them, or argue with them. Simply love and accept your feelings and they will continue their transformation into a higher vibration. When you gain this level of mental fluidity, you may find any issues that hold less light, or represent a lower level of thinking coming up to the surface to be resolved. As you resolve them you gain the necessary harmony in your energy bodies to hold higher levels of awareness in your conscious mind and be your Higher Self.

Many people commented that it was easier to see their limiting thoughts. They would suddenly become aware of a thought and realize it could be more unlimited, positive, and take them higher rather than limit their self-expression. Several people commented that they realized they needed to have a more positive self-image and more belief in themselves. They were observing their thinking patterns and watching how they created their reality. Some said that as they observed their thoughts more closely, they were surprised at how judgmental and critical they were of themselves. They decided to be more loving to themselves. Many commented that they felt more forgiving of themselves and others and they continued to observe, love, and work with their thoughts. Some realized how much they worried about things, and were able to catch these thoughts more rapidly and change them into trust and belief that their higher good was unfolding in its perfect way.

People commented that they continued to have good days and bad days, emotional ups and downs. They said the good times were even better than before, but the lows were sometimes worse because they now knew how good they could feel. Some people commented they realized for the first time that they wanted to hang onto feeling bad. Since they knew they could run the energy and feel good, they were surprised that they didn't always choose to do so. Because people were getting used to being in a more harmonized, flowing state, their awareness of when they were out of the flow increased. One man said, "Since starting this course I have had moments of pure ecstasy. I have had moments of deep depression as I realized the changes I needed to make in my life. I would not trade it for anything!" A woman wrote, "My life has been like a roller coaster with rapidly changing ups and downs. My feelings vacillate between being very whole, fulfilled, secure, joyful, at peace, and so full of unconditional love and radiance coming from the inside out that I might burst from it all. I go from this state to being anxious, insecure, and fearful thinking of what I might be giving up or leaving behind on this spiritual journey, and not knowing what I'm headed for. I am sure I am going toward what is best for me in my own spiritual growth and world service. My

old values and criteria of decision-making are changing and I'm still evolving my new ones, so I don't always know what to base my decisions on. This is certainly a test of my commitment to my spiritual growth. Yet I know that this is my path, despite the difficulties and fear, I intend to go forward. The joys and the very positive changes that I see in myself and in some things around me, and the inner certainty that this path is best for me make it all worth while." Overall, people said they felt calm, centered, and peaceful much more often than in the past.

People often mentioned the word "trust" As one woman wrote, "my level of trust in the universe and in my own inner messages is increasing. My son had really been acting up and become a problem. Although I know many people said they found children calming down when they ran the energy, my son seemed to become even more difficult as I reached higher levels of inner peace. The word trust kept coming into my mind, and I continued to run the energy and include him in my awareness. A week later I saw a seminar advertised for parents of difficult children, and decided to go. I learned many things and saw that I needed to set more boundaries. It hasn't been easy, nor has change happened overnight, but things are changing for the better. As I keep trusting, I am lead to learning what I need to know to transform this situation and my relationship with my son is definitely improving." Many people wrote, "I feel more trusting," or "I know that trust is my issue," or "I know that the universe is perfect, and I trust that things are happening for my higher good even if I don't understand why at the time."

Several people felt they were in the void during this time, with the old leaving and the new not yet present As one man wrote, "Each time I discover a new core belief or core issue to work on I feel like I'm in the void again. I know what I need to change but I haven't yet changed it or experienced the new results. I go through confusion until I emerge on the other side. Each time my sense of who I am is increasing, and my level of trust in myself and my process is growing." Over and over people wrote about having a greater sense of self, increased self-confidence, and more self-acceptance.

Issues of self-love continued to surface, particularly in areas of communication. As one woman said, 'when Sanaya told us at the seminar that some people had experienced becoming more outspoken, and even militant about what they believed in after opening these upper centers, I remember thinking, 'I could never be that way.' I have always been a person who avoids confrontation; it is always easier, though not satisfying. Well, not anymore. What is interesting is that it feels so natural to speak up now. I used to feel resentful, thinking that people didn't respect my time or my rights. Since I began speaking up and getting clear on my boundaries, people who used to take my services for granted now truly ask and are grateful for my assistance." Many people reported they "found their voice" or were able to speak up on issues that they had silently held within in the past. We saw frequent comments like: "I didn't feel as great a need to pacify everyone," or "I was willing to speak my truth," or "I surprised myself by standing up for what I believe in. Many discovered that they were able to talk to friends and families about their beliefs, metaphysical ideas, and other areas they had avoided in the past. They said they had greater confidence in their ideas and a willingness to express their ideas to others without worrying what other people thought of them. As one woman said, "I feel I have a better sense of myself, that I'm an okay person right now. I don't need to please everyone all the time just to feel good about myself."

Many people said that their lives were working the best they ever had, except that they had many friends who were going through crises and turning to them for help. One man said, "All around me it seemed like my friends were having problems and wanting me to help solve their problems. In the past, I tried to solve everyone's problems and felt somehow responsible if they didn't get solved. This time when they came to visit I decided to simply run the energy, include them in my awareness, and not offer any advice. I took no responsibility for their problems. It was amazing! They would leave my house telling me what an enormous help I had been, and all I did was run the energy and listen. My friends had many new insights, and I didn't feel drained as I used to when people wanted me to help them." Another woman wrote, "I used to feel that I had to fix everyone's problems. As I worked with the upper centers, I began to see how easily people's problems could be solved if they really wanted to solve them. I wondered why they didn't make the simple, obvious changes they needed to make to solve their problems. At first I thought I was becoming less compassionate and colder because I didn't jump right in and offer advice, or try to solve their problems. It almost didn't feel right to feel so calm and peaceful when a friend had a problem. However, in the past I had spent hours helping people, and I realized that they still hadn't made any changes. I began to read books on co-dependency, and worked with my self-esteem and self-worth issues. For the first time I turned people's problems over to their Higher Selves, and let go of saving people. I have been focusing on making my own life work, making the changes I need to make. I decided the only action I would take to help my friends was to include them in my awareness when I am running the energy. One friend actually had a breakthrough as I held her in my awareness and ran the energy. I had poured energy into helping her for years with this problem, with no results.

This is powerful stuff!"

A comment we saw fairly frequently was that people were able to connect physical pain with emotional issues. Several people saw their stomach pain as a place they were holding fear. By loving the fear and holding it in their awareness, they were able to release the fear, and found the physical pain leaving as well. One woman saw her shoulder pain as self-depreciation. When she worked on appreciating herself, the physical pain left. One man realized his arm pain was self-pity for all the long hours he was working. When he let go of self-pity, affirmed that he had chosen his path and that it was perfect for him, the arm pain disappeared. Not everyone was able to let go of pain, however. While many people were able to work with certain physical symptoms, many found one or two areas that were more difficult than others to work with. People's work with headaches, cuts, burns, and minor colds and flus continued to bring the best results in self-healing. Many people were able to create shifts in a physical condition. They reported that as they continued to include this area in their awareness they were gaining many insights about what the condition represented and the changes they needed to make for the condition to shift.

Many people experienced an expansion of their creative endeavors in art, music, dance, writing, and other areas of creativity. One writer said, "In the past, when I wrote I used to have to work to get a page or two written. After I run the energies the words seem to flow right out of me without effort." Two artists said their paintings had taken a new direction, and several musicians said their music had become more uplifting and beautiful. Many said they had more ideas, opportunities, thoughts, and paths open up for them. One man said, "I have so many ideas about what I could be doing, so many paths are opening up, that I am almost immobilized. How do you choose what to do? The opportunities are all good ones, but there aren't enough hours in the day to do them all!" A dance instructor wrote, "I got so many ideas about classes that I implemented all of them. Now I'm working so many hours I need to cut back. This is so stimulating, but I realize now that I'll have to do things one at a time and not all at once." We have found that when you go beyond time and space into simultaneous time, you tap into many paths and possibilities. You are playing with the world of probabilities in the Pieah/Renawre, seeing many future things you maybe doing. If you feel overwhelmed with the number of ideas you receive about what you can do with your life, get quiet, run the energy, and find the idea that is next. Look for the idea or opportunity that feels the most fun and joyful to carry out, that calls to your heart, and that you have the resources and time to carry out now. These energies are very stimulating, and you may be challenged to focus your energy on just a few things and not scatter it by taking on too much.

People loved working with the upper centers. Although some felt the upper centers were harder to experience, most people found them easier. One common reaction to the upper centers was a desire for greater physical order in their houses and personal possessions. People reported cleaning out closets; organizing desks, drawers, and files; painting; buying new furniture; and generally making their environment more beautiful and orderly.

We heard many stories of changes people made in their lives, and minor miracles they were able to create by running the energy. People used the energies to create new houses, cars, relationships, let go of relationships, make a relationship work at a higher level, and more. One man wrote, "One of my major shifts has been that I now work with energy before I take action. The results have been wonderful. For instance, I tune in to a good time to call a person, running the energy for a few minutes before calling. This has worked wonderfully. I run the energy and send light to my family when I do not agree to do the things they ask or expect me to do. I am getting much more positive reactions to my responses than ever before." Another woman wrote, "We needed to create a house and only had three weeks left before our current lease ran out. I spent hours looking for a home, going to realtors, and combing the newspapers, but nothing I did worked out. Finally I decided not to act but to simply run the energy and wait for an indication of what to do. I had my husband and children hold a vision of the house that would be best for us. I magnetized, visualized, and finally surrendered to asking for the best house for us to appear and let go of any concrete form. Within the week a perfect home appeared, for half the rent we expected to pay, and closer to my husband's office."

Lastly, people became much more aware of the potential they had for growth and expansion. Many said they saw many new possibilities that spiritual growth and living in higher consciousness made possible. Their excitement continued to grow as they became aware of the opportunities that were opening up. People reported their perceptions were changing. They said they were experiencing expanded states of consciousness, inner peace, bliss, and harmony they had only dreamed possible in the past. Some said that things that used to be important had lost their meaning, and other things gained a new meaning. One man wrote, "It doesn't seem as necessary to have my own way any more. Little things don't have the meaning they used to."

As they realized the enormity of the path that was opening up and the changes that that might mean in their

lives, some people found their mind and ego reacting. The ego, or personality self, became aware that it was undergoing transformation and at times fought back by telling people the changes weren't real, the energies didn't exist, or what they were doing wasn't really valuable. These reactions of doubt were usually temporary, and never stopped anyone for more than a few days. If you should find your mind telling you that perhaps this isn't real, that these energies don't exist, or that you can't create profound changes simply by achieving energy states of flow, harmony, and fluidity, love these thoughts. Don't worry about them, don't resist them, just love them. You can thank them for what they are trying to do for you, show them a vision of who you are becoming, and give them a new role. Many people found that working with Orin's Subpersonality journey very useful during these times. Your personality is changing, and knows that it will never be the same. It may feel as if a part of yourself is dying as the new self is being born. Some people even reported thoughts of dying, detachment, and of letting go. Throughout history, spiritual literature talks about the path of enlightenment starting with the "death" or transformation of the ego-based personality. Often spiritual growth starts with a near death experience, or something that puts one in touch with their own mortality such as an illness, the death of a loved one, or the letting go of an attachment. Be gentle and loving to yourself if you are going through these feelings, for they will shortly transform into feelings of renewal, rebirth, and opening to the new.

As you awaken your light body you are bringing higher frequencies of light and energy to the earth plane. You are becoming a source of awakening for others and accelerating your own spiritual growth as you follow this path. You are opening the doorway for many people who will follow. Each time you work through your doubts, resistance, and other obstacles to reaching higher, you make it that much easier for those who follow. We look forward to hearing from you about your experiences as you awaken your light body.