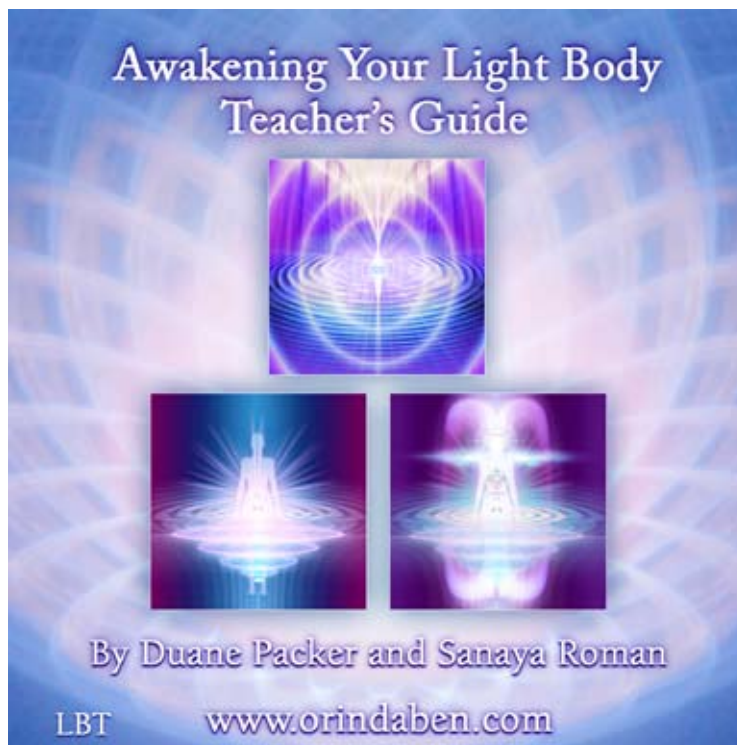


Awakening Your Light Body

by

DaBen and Orin

Channeled by Duane Packer and Sanaya Roman



Teacher's Guide

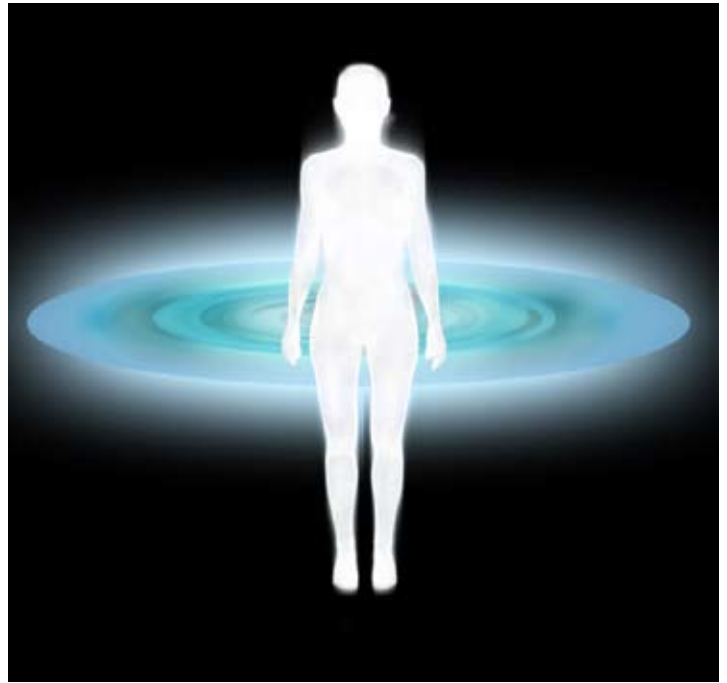
For Graduates of the
Radiance: Transmitting Light Course

Vibrational Energy Body

Visualization Aid for 3 Lower Centers



Nu'a



Dinia



Leow

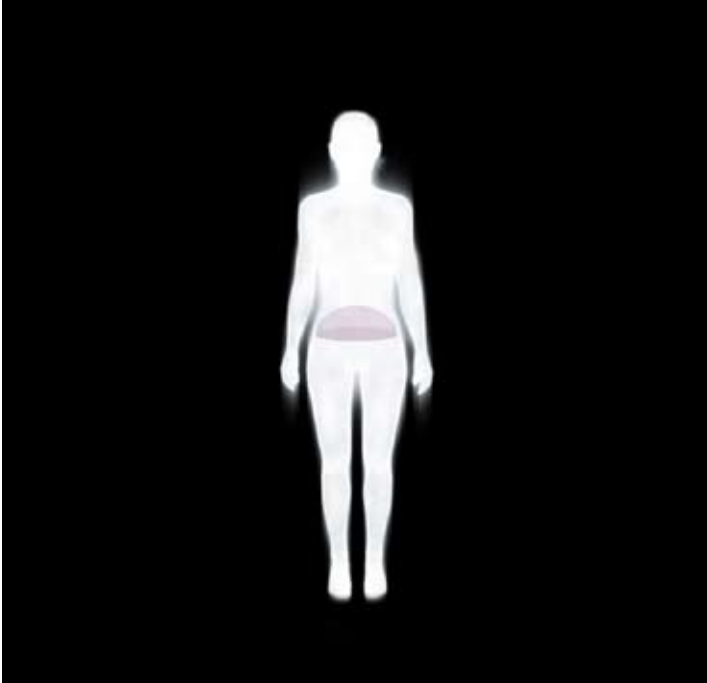


3 Lower Centers

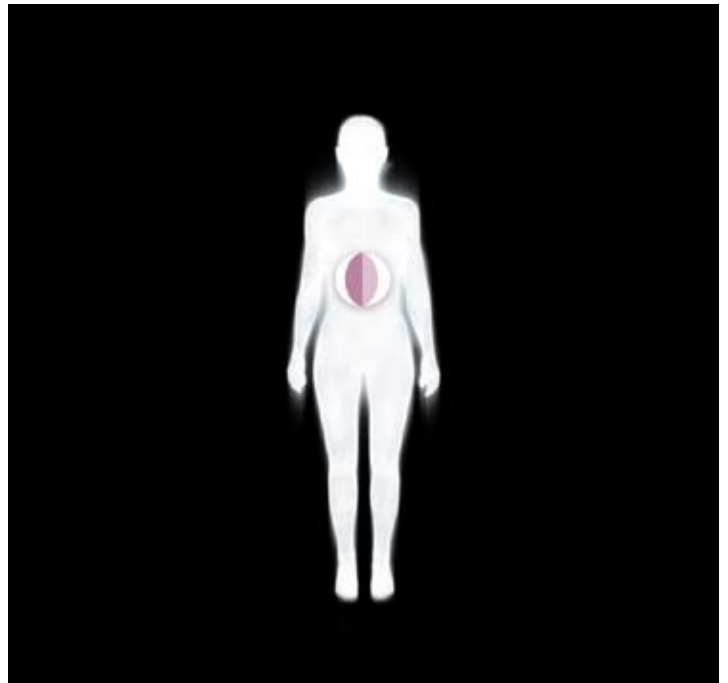
Please Note: Colors were used to make it easier to see the centers. Colors used are for illustration purposes only and do not represent the colors you or others may see, if any, when picturing the light body. In addition, each person visualizes the light body in different ways, so if your inner sense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

Vibrational Energy Body

Visualization Aid for Mumin and Ranthia with 3 Lower Centers



Mumin



Ranthia



Ranthia With 3 Lower Centers

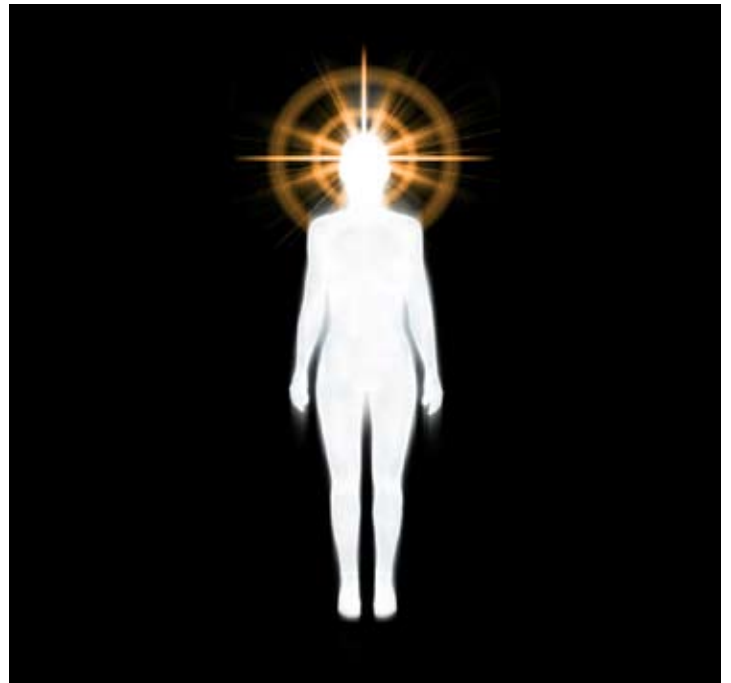
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Vibrational Energy Body

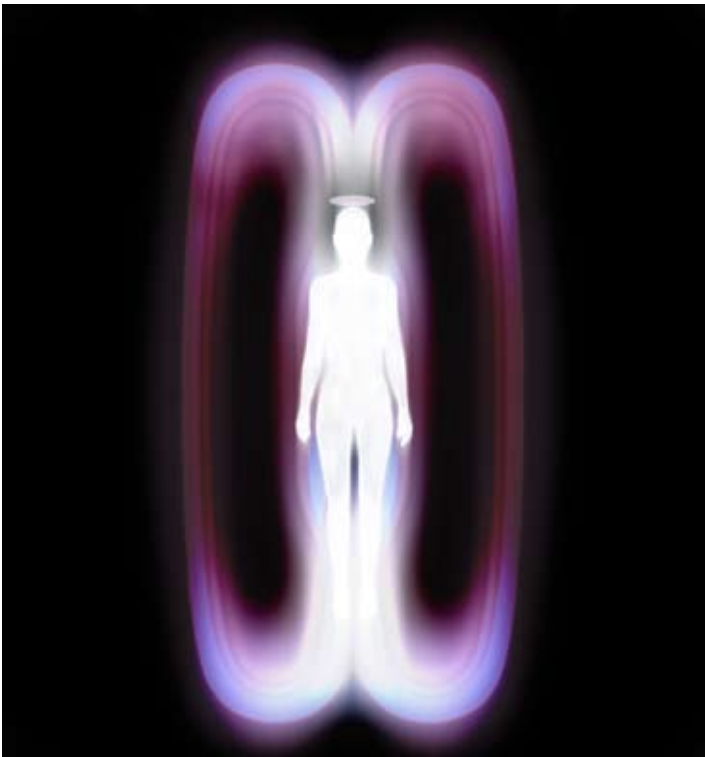
Visualization Aid for Upper Centers and Renawre



Traeo



Pieah



Renawre

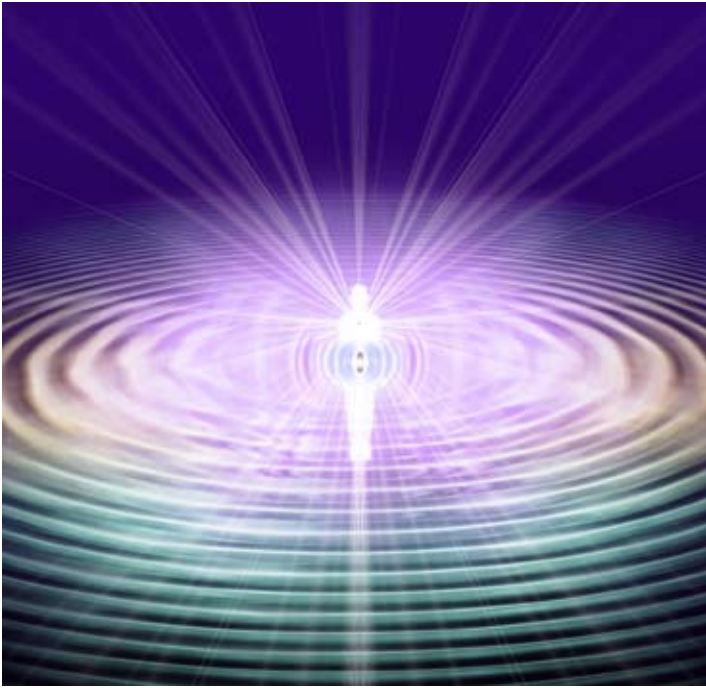


Renawre With All Centers

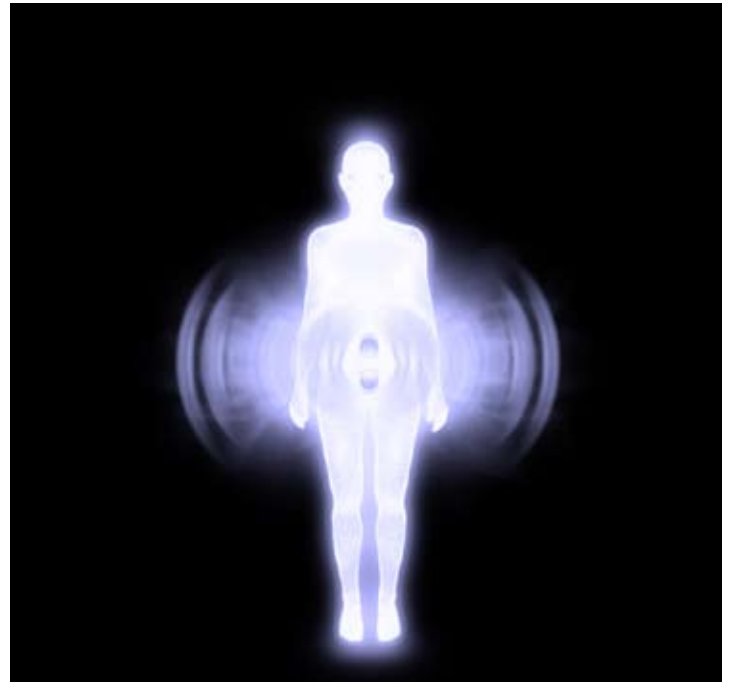
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Vibrational Energy Body

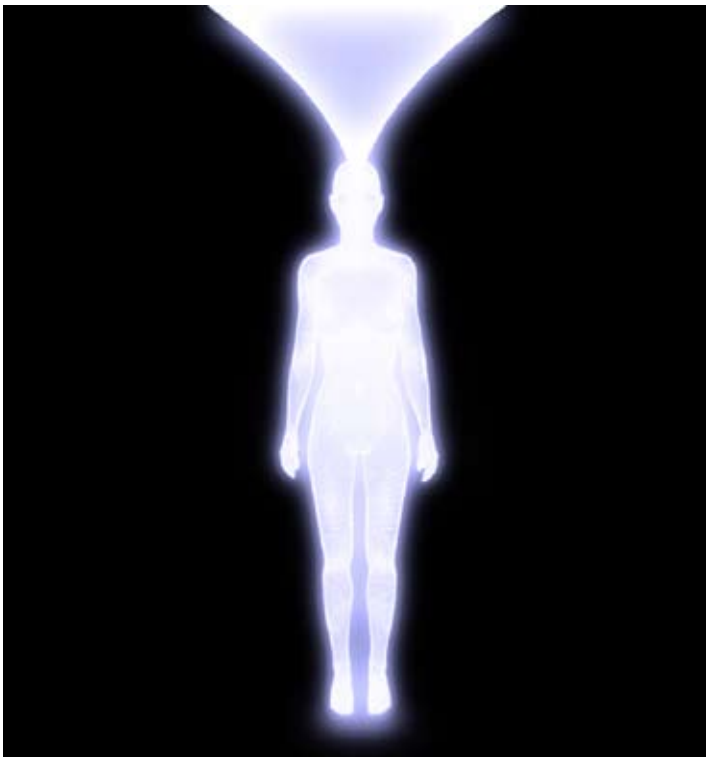
Visualization Aid for 3 Light Body Centers and Cocoon



Fullonia



Saha



Vee



Light Body Cocoon

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

Website Links

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

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

[Suggested Light Body Study Sequence](#)

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

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

PDF Tips

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

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

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

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Vision for the *Awakening Your Light Body* Course

Join us in holding a vision that:

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

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

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

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

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

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

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

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

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

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

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

Awakening Your Light Body Teacher's Guide

Congratulations and Welcome

With the completion of this album, you are a graduate of the *Radiance: Transmitting Light* course. We are sure you have grown in many ways and have an expanding sense of your increasing radiance. We wish you the best and send you our light as you continue to grow. It is our vision that you will become more and more radiant. We ask that you hold that vision for yourself as well and assist us in holding Orin and DaBen's "[Vision for the Awakening Your Light Body Course](#)" on the preceding pages. Please take a moment to read and hold each vision statement in your awareness.

We will define a light body teacher as one who transmits the sounds of the centers to their classes as DaBen is doing, and a sponsor as someone who uses their audio courses to sponsor others with.

Teaching and sponsoring others in awakening their light bodies can be a rewarding path of growth. It can give you a way to place your radiance and to transmit radiance to others. Teaching and sponsoring others requires commitment to your continued growth, a willingness to play, explore, and be creative and inventive.

There are many rewards as well as challenges when you undertake the role of a teacher and sponsor. Both offer you a rapid way to grow and to expand your light body skills and can assist you in bringing more awareness to each moment as you build your consciousness. Both require a commitment to your students and to being as solid, radiant, and consistent a light as you can.

Your most important goal as a teacher or sponsor should be the success of your students in awakening their light bodies. All of our policies have been designed with this goal in mind.

To make the transmittal of the *Awakening Your Light Body* information as effective and pure as possible, and to empower you as sponsors and teachers, DaBen and Orin ask that you follow the policies outlined in this Teacher's Guide to assist in accomplishing this. These policies are in effect until revised. We thank you for honoring the light body information and assisting us in making sure this information continues to transform people's lives by going out to the world in as pure a way as possible for many generations into the future.

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

Requirements for Teaching the *Awakening Your Light Body* Course

As a graduate of the *Radiance: Transmitting Light* course, you are eligible to transmit the energies of the vibrational energy and light body centers to others if you meet the following requirements and agree to the following:

- **USA:** We have you on record as having ordered from *LuminEssence* or from your light body teacher [DaBen and Orin's six-part *Awakening Your Light Body* course](#).
- **International:** You may own the [International Light Body Study](#) course instead of the six parts. (LB001). In addition, you may be required to own the official light body course in your language.
- **USA and International:** We have you on record as having ordered from *LuminEssence* or from your light body teacher DaBen's [Radiance: Self-Exciting–Building Your Light Body](#) audio course, (LB131) or taking this course from a qualified teacher.
- **USA:** You agree to require your students to purchase the six-part *Awakening Your Light Body* audio course by DaBen and Orin as a part of your classes. You may purchase them at a discount to resell to your students. (See following pages for more information.)

- **International:** You may fulfill this requirement by agreeing to play certain of DaBen's journeys for your classes from these albums so that your students can experience DaBen's transmissions of the light body. Please play the "9 DaBen Journeys to Play for Your Classes." If you do not own these albums, you and your students may use the [International Light Body Study Course](#). (LB001). (Read the following pages more information.) If an official *Awakening Your Light Body* course for your language exists, you and your students may be required to own a set.

What You May Say in Your Flyers and Announcements

Teaching provides a valuable opportunity for your growth and a way to place your radiance. In order to assist you in learning by creating your own forms to teach the *Awakening Your Light Body*, *LuminEssence* does not authorize, certify, or approve teachers of the *Awakening Your Light Body* course. To make this clear in your flyers, please use the exact wording that follows to describe your training in *Awakening Your Light Body* and your association with *LuminEssence*. If you have sent us your signed agreement and meet all of the requirements to teach, you may be listed on our website as a light body teacher. Visit our website at www.orindaben.com for more information.

_____ (Your name) is a graduate of the *Awakening Your Light Body* course as developed by DaBen and Orin, channeled by Duane Packer and Sanaya Roman, and is teaching or sponsoring others in awakening their light bodies based upon his/her understanding of it.

Optional additional statement: _____ (Your name) has completed the advanced *Awakening Your Light Body* courses: *Radiance: Self-Exciting–Building Your Light Body*, *Radiance: Filling in the Frequencies*, *Radiance: Transmitting Light*, and so on. (You may include any courses you have taken by DaBen and Orin, or your light body teacher.) Note: You may want to indicate how long you have studied the light body, and also the format you will be using to teach, i.e. live transmission, using Orin and DaBen's courses, guided meditations from you and your guide, and so on.

Do not say anything else about your connection to *LuminEssence*, Duane and Sanaya, or Orin and DaBen that is not contained in the above statements. Please do not imply that you have been authorized, approved, or certified as a teacher, as we are not accrediting *Awakening Your Light Body* teachers.

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

We believe those who are ready for the light body course will come to you, and we prefer you use inner work and word of mouth to bring your students to you. We have found that the most important work we do to draw students is our energy work, such as transmitting light, connecting with people's souls, finding on the inner planes those who are more receptive to our light, and becoming more radiant ourselves. Orin's audio course, [Becoming A World Server](#), (M200) contains many processes for calling to you your students. We want to keep the *Awakening Your Light Body* course as a special teaching, visible only to those who are ready. We suggest that you do not buy mailing lists. From our experience, this kind of promotion rarely brings you your students. Please help us to keep the light body as a very special teaching and make it your goal to only invite those who are ready.

Sponsoring Others Using the *Awakening Your Light Body* Course

Sponsoring Individuals, English Speaking: Sponsoring others means holding other people in your awareness on a consistent basis while they use DaBen and Orin's *Awakening Your Light Body* six-part course, or the official audio course in your language, if one exists. Sponsoring can include meeting on a regular basis or running the energies together.

Sponsoring Individuals, Non-English Speaking: Please note: We ask that you not use your teacher's seminar recordings to sponsor others with. Use DaBen and Orin's audio courses on *Awakening Your Light Body*, or the official audio recordings of these courses in your language, if they exist, rather than your teacher's recordings to sponsor others with.

If others want to learn the light body, they will need to take the course from a light body teacher, purchase DaBen and Orin's six-part course, or use the official light body course for your language.

You may translate the written instructions and make them available to those you are sponsoring to refer to before or after they listen to the DaBen and Orin light body journeys. Please do not sell or make these commercially available. Many sponsors have used DaBen's light body journeys, and have found that people can experience the light body energies when they listen to DaBen's journeys even if they do not speak English. You may not sell recordings of your seminars to anyone other than your seminar participants.

You may not translate and make audio recordings of DaBen and Orin's journeys in your own voice. Please note that copyright laws apply to this. In some languages an official home-study course is or will be available for your students to use, see our website for information.

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

If you meet all requirements you may purchase DaBen and Orin's *Awakening Your Light Body* course at a discount. Visit our website and log in to the Member's Area to order using any discounted prices you may be eligible for.

Building Your Community and Selecting Students

Building Your Community

Orin and DaBen tell us you are drawn to teach the *Awakening Your Light Body* course because you are a teacher, healer, and leader. The next step for you in your spiritual growth may be to begin connecting with your "group" and transmitting light to them through the inner planes. As you do this you will draw to you those you are here to work with and serve.

This group can include your family and friends, people you have not yet met, your students, those whose lives will be most enhanced by your work, business clients, or the plant, animal, or mineral kingdoms. Find those you are here to serve as energy, both as individuals and as a group, and experience all you can about them as energy.

Hold them in your awareness as you run the energies and enhance your own experience, and ask what is next for their growth. You may be drawn to do inner or outer work. If you keep asking what you can offer this group as the next step of their growth you will be guided to the right forms that allow you to best reach and bring light to these people. You may list yourself as a light body teacher on our website if you meet all our teaching requirements and have sent us your signed agreements. (Refer to the following pages for requirements.)

Some of you may teach the *Awakening Your Light Body* course to other people; some of you may use these spaces in your music, art, healing, counseling, and other areas of your life's work to bring these frequencies of light to people through your work. Now is the time to start drawing your group to you. We will join you on the inner planes and transmit light to you, the healers, teachers, and leaders, as you begin to build your community and increase your world service.

Selecting Students

Because your goal is the success of your students, one of the most important aspects of being a successful teacher or sponsor is working with those who are most likely to succeed. We suggest you accept only those students whom your Higher Self or guide regard as appropriate, considering the student's commitment and readiness for this step.

Only work with people you feel are ready, committed to finishing the course, have had some exposure to self-growth techniques, and are on a growth path already. You might want to use questions like those that follow under "[Are you ready to take the Awakening Your Light Body course?](#)" to determine if your students are ready for this course.

We have found that the best students believe they create their own reality, are willing to take responsibility for the events that occur in their lives, and feel their spiritual growth is one of the most important aspects of their lives. You will want students who are interested in experiencing expanded states of consciousness, and preferably have already had some experience with meditation or other consciousness-expanding techniques. Try transmitting to a student in advance, and observe the feedback. Sometimes people with no prior experience have a wonderful ability with the energies.

The most important thing for you as a teacher or sponsor is to have students who will successfully learn and be empowered by what you are teaching. It is better to have one student who truly responds to and learns what you are teaching than ten who are only curious and do not use or apply the skills they learn. The success of your students will build a stronger base for your work and will draw to you even more students, as well as increase your own light and success in continuing to awaken *your* light body.

BE VERY SELECTIVE ABOUT WHO YOU TEACH OR SPONSOR!

Listing on Our Website As An Awakening Your Light Body Teacher

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

We list *Awakening Your Light Body* teachers, *Radiance: Self-Exciting* teachers, *Radiance: Transmitting Light*, *Radiance Transmitting Self-Exciting*, and other light body teachers, based on the graduate light body courses you have completed.

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

To Support You in Your Teaching, We Will:

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

We ask from you:

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

- Your signed Teacher's Agreement. [The agreement](#) is in this booklet and [can be downloaded](#) from our website.

- Your class dates so we can put them on our calendar to transmit to you and your students.
- The names and addresses of your students.
- Email addresses of your students. You can indicate if they do not want to receive an occasional Email or newsletter from us.
- You agree that you will not copy the audio journeys or the written material, nor will you produce or sell any written material or light body audio recordings you make to people other than to those who come to your live classes (unless you are producing audio courses in a non-English language and have signed contracts with us).
- You agree to not post these audio journeys on the Internet. Please do not copy or transfer these copyrighted journeys to other people via audio listening devices, other digital media, file sharing programs, or other methods.

Send Your Student's Names/Privacy Information

We appreciate your giving us your students' names and addresses as well as your class schedule so Sanaya and Duane, with Orin and DaBen, can transmit to you and your students during those times. We also keep track of all light body students, and Sanaya and Duane include them in their meditations. You may enter your student information once you register and log in to your [Member's Area](#). Use the "Teacher's Link" on the Member's page that will appear in your Member's Area if you are a light body teacher who has fulfilled all the light body teacher's requirements and signed and sent us the appropriate agreements. See our [Privacy Policy](#). Your students are welcome to contact us and sign our guestbook letting us know they are taking your classes as well

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

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

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

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

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

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

How can you know if you are ready to take the *Awakening Your Light Body* course? We have prepared some questions to ask yourself to help you determine if you are ready:

1. Have you been on a path of spiritual growth for awhile? Are you ready to be on an accelerated path of growth?
2. Are you interested in experiencing higher, expanded states of consciousness?
3. Is finding and living your higher purpose important to you?
4. Are you fairly open to the new? Are you willing to let go of those things that no longer

serve your higher good, and are you willing to create those things that do?

5. Are you somewhat self-reliant and creative? Do you trust your inner guidance and seek to follow it with action?

6. Do you believe you create your own reality?

7. Are you aware that you have a Higher Self and soul? Are you drawn to such things as meditation, learning how to channel, developing your psychic or clairvoyant abilities, or other things that expand your consciousness?

8. Is your spiritual growth important to you and are you willing to devote some time and energy to it every week?

9. Are you receiving inner guidance to create new things in your life, to put more time and energy into your higher path and purpose?

10. Have you learned how to deal with the emotional issues that may come up as a result of being on a path of spiritual growth? Do you look for the good in every experience?

11. Are you sensitive to energy? Do you want to learn more about subtle energies and how to work with them?

12. Do you believe you deserve to have a wonderful, joyful, and abundant life?

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

Light Body Course not Therapeutic in Nature

We advise people who might enroll in the light body course the following, and we ask that you do the same:

"As a part of simply being alive on the earth plane, you will experience various situations that challenge you emotionally, physically, mentally, and spiritually. Awakening your light body does not create these challenges, nor does it create physical, emotional, or mental illness. It does, however, give you tools with which to work with challenges. The light body is not meant to be therapeutic; if you experience emotional problems during this course, we suggest working with a licensed psychotherapist who can assist you. The light body course works at another level to take you into higher spaces and to assist you in bringing those spaces back into your ordinary life. If you have any history of, or are currently in treatment for mental illness, such as manic-depressive, bipolar, schizophrenia, or other mental or emotional problems, *do not* take any light body courses until you have the consent of a licensed psychologist or psychotherapist."

"The light body is not meant to replace any medical treatment. You can work with the light body to gain more emotional flow, mental fluidity, and physical ease in conjunction with any regular medical advice or therapeutic treatment you may be receiving. Any physical effects from using the light body cease shortly after you return to ordinary reality and stop running the energy. If you have any physical symptoms that occur as you awaken your light body, treat them as you would treat any unusual physical symptoms and get the appropriate medical assistance and advice from your physician."

To determine people's readiness, you might want them to answer questions like those on the preceding pages. We have included these questions for people to ask themselves before enrolling in DaBen and Orin's six-part *Awakening Your Light Body* course.

Release Students Who Are Not Ready

Sometimes students think they are ready for awakening their light bodies, and after they enroll in your course, discover that they are not ready, or that this is not their path. Please do not sign contracts with students obligating them to pay for your classes if they drop out.

Do not pressure or penalize people for choosing to leave the light body. It is important that people take the light body when they are ready, and that they not be forced or pressured into continuing if they decide that this is not the right path. You may want to have them do a subpersonality journey before stopping your classes, to explore if it is their Higher Self or a subpersonality that is wanting to quit.

If they decide to drop out, trust their inner wisdom, and release them with love. You may want to charge a very small processing fee, stating in the very beginning that this will be done; however, do not make people pay for courses they do not want to take or have dropped out of.

Some students do not continue because they need time to integrate. You can continue to transmit to these students as part of the light body gridwork to assist them in their integration of these energies, even if they are no longer attending your classes. We have found that many students return to learn more about awakening their light bodies at a later date, having integrated all they have learned, and feeling ready to continue.

Teaching by Transmitting the Sounds of the Centers

General Guidelines

All of these guidelines have been created to assist you in being a better teacher, so that your students may be successful in awakening their light bodies. If you have not taught classes before, we recommend starting by sponsoring one or two people with the six-part *Awakening Your Light Body* audio course by DaBen and Orin or the official language albums for your country, if they exist. In addition, we suggest you assist your teacher or a light body teacher during a full cycle of three light body classes to gain experience in teaching a light body class. This will prepare you for teaching a larger group. Before you teach, read this Teacher's Guide thoroughly. This is your guide to what you may and may not do to support us in bringing this body of work to the world. Before you teach a class:

1. Read and know the information on this and the following pages.
2. Know and practice the Basic Transmission Principles.
3. Review the Suggested Class Structure for Teaching Light Body Centers—General Guidelines for presenting the light body centers.
4. Review the Summary of Skills to Teach and design your classes accordingly.
5. Answer the questions on A Quiz to Take to Prepare You for Teaching. Check your answers in the light body manual, and be prepared!
6. Note in this manual what light body skills you may transmit, but not call out or teach.
7. **USA teachers:** If you are teaching classes by transmitting the sounds of the centers, you will need to provide each of your class members with a set of the six-part DaBen and Orin *Awakening Your Light Body* course in addition to your live classes. In this manual there is information about how to purchase these albums at a discount.

International teachers: If you are teaching in another language, or if you are teaching in English in another country besides the USA, you may fulfill this requirement by agreeing to play certain of DaBen's journeys for your classes from these albums so that your students can experience DaBen's transmissions of the light body. Please play the journeys from the six-part set as indicated in "[9 DaBen Journeys to Play for Your Classes.](#)" You may purchase these journeys separately in the [International Light Body Study course](#), which also contains English

transcripts of these DaBen journeys. (*Specify LB001*). If an [official Awakening Your Light Body course for your language](#) exists, it may be required.

8. Transmit to your class members and find your group on the inner planes often.
9. **Do not duplicate** DaBen and Orin's journeys to give to your class members. The integrity of this work now lies in your hands; we are entrusting it to you and we ask that you respect it. In our experience, when someone makes an investment in this work their chances of success are much greater. By creating a formal commitment in your students for them to purchase their own copies of these journeys you are saying to them: "This is real. This is an investment in your future. This is your professional equipment to learn an advanced set of energy skills." Our most successful teachers are those that have required their students to make this investment.
10. Note that your students may not use your seminar recordings with which to sponsor others, unless your courses are the official language set. This is because DaBen's transmissions of the centers contain many subtle frequencies that are designed to reach everyone, including you, who will work with the course throughout time. It also contains variations on the centers as they will change over time. In addition, many frequencies are included in each of the journeys that go beyond anything DaBen has yet taught, offering your students an opportunity to go as far in awakening their light bodies as their consciousness is capable of. Your teacher's journeys, as excellent as they might be, were made just for those of you in your particular live class.

Please support the light body gridwork by using DaBen and Orin's course as a base for your sponsorship and teaching. If you want to share special journeys from your teacher's live classes in addition to DaBen and Orin's audio course, be sure to ask your teacher's permission first. If you have studied the light body in a non-English language, we may have an official course in your language which you may purchase to sponsor others with, visit our website for more information.

11. Upon graduation review with your students the Sponsor's Guide contained at the back of the manual that comes with Part 6: *Becoming Radiant (LB116)* light body album. If you are not teaching using the albums, you can visit our website and [download the free Sponsor's Guide \(LBS\)](#). Remind your students that they are not eligible to sponsor or teach others until they have finished learning all the vibrational energy and light body centers. If they want to sponsor others, they will need to use the six-part *Awakening Your Light Body* course by DaBen and Orin or the official light body course for your language, if one exists. If your students want to teach as you have by transmitting the sounds of the centers, they will need to take the *Radiance: Transmitting Light* course and learn the self-exciting light body skills.

Upon graduating, your students are welcome to come to the DaBen and Orin light body seminars for which they are eligible, enroll in advanced light body courses, or sponsor others using Orin and DaBen's six-part *Awakening Your Light Body* course or the official albums in your language. We will assume they know all the skills necessary to create their own experience of the light body and are familiar with each of the centers.

It is important that you receive an equal energy exchange for teaching. Giving you energy back in the form of payment or whatever is of value to you can make it worth your while to invest time and energy into teaching. The commitment of time, energy, and payment of some sort empowers your students to take your course more seriously, make a stronger commitment to it, and gives them a much better chance of successfully awakening their light bodies. Should you feel drained by your work, review if you are pushing for results. Review your agreements with your students to discover if you are taking too much responsibility for their growth. Work with people at an energy level and connect with their souls. Use your light body skills rather than your will power or personality to shift these and other situations between you and your students.

In teaching, presenting the centers, or answering questions, be true to your experience and come from the highest level you can. We ask that you not distribute any of your own written material about the light body nor make available any audio recordings for purchase containing the light body sounds on them made by yourself, except to students of your classes. DaBen and Orin feel it would dilute the purity of this work to have a lot of versions of the light body available.

Some people have asked us if it is now possible to teach the centers more rapidly since more people have awakened their light bodies. Remember, it is your goal for your students to succeed, and part of their success is their ability to recreate the spaces you are transmitting on their own. While it is possible for people to experience the Vee even before they have started the course, it is usually not possible for them to easily recreate this experience for themselves. Part of your students' success will come from integrating the energies of the light body so they can form a solid base before continuing to more advanced skills. Our experienced light body teachers feel that at least one, and preferable two months, is important between classes.

You may discover a whole new richness to the centers as you transmit them to others and assist others in awakening their light bodies. Enjoy!

Basic Transmission Principles

Whether you are giving classes using DaBen and Orin's course, or transmitting the sounds of the centers yourself, you will want to observe a few basic principles of transmission. If you are using the journeys, transmit to your students along with DaBen.

Connect with your guide if you have a guide, your soul and Higher Self as you transmit.

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

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

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

Remember These Important Points

- To transmit the centers, hold them in your awareness.
- Do not try for a specific result or experience. You can never know how others will use or respond to your transmission. Have no expectations. Let it all be a learning experience for you.
- Constantly find yourself and the other people as energy when you transmit.
- Track as many channels as you can at once: your experience, the pure frequencies of the centers, the other people involved, your guide and soul, the subtle energies in the room, and so on.
- Pay attention to the feedback you are getting. If you are finding it easier and easier to enhance your experience, then there is a resonance occurring.
- Do not push! Do not use your own energy to give other people an experience. Simply include them in your awareness, and let them have whatever experience they are having.

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

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

Remember to stay in stable places yourself. If you start getting lost in your experience and lose awareness of the people you are transmitting to, you are no longer transmitting in a way that enhances their ability to learn to return to these spaces on their own.

If your students are experiencing the Fullonia along with the lower vibrational energy body centers as you transmit them, you will need to transmit a more precise and pure frequency of the center involved.

Just because your students can experience the Fullonia or Vee when they first begin does not mean they can recreate it on their own. They need to learn and integrate all the vibrational energy body centers to have the necessary harmony to consistently find and experience the light body centers.

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

Sometimes students may tell you that they want to awaken their light bodies, but cannot afford to pay for their classes. Some teachers have wondered if their students can afford to pay for both the six-part DaBen and Orin *Awakening Your Light Body* albums in addition to their class fees. We have many successful teachers who have done so, and want to pass on to you their advice. Remember that your main goal is your students' success in awakening their light bodies.

Read and review Orin and DaBen's *Creating Money* book to increase your clarity around money and equal energy exchange. Your clarity supports your success as a teacher and your students' success. Our most successful light body teachers set the energy exchange at a rate that reflects all the time and energy they are putting into developing and teaching these classes.

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

Some of our beginning teachers have told us that they do not feel that students could afford the six-part *Awakening Your Light Body* albums by DaBen and Orin or the official language sets, in addition to their classes. When you are clear about the importance of this as a path and the value of what people will learn, you will find that the universe supports you, and that the people who are drawn to you are able to make the financial commitment involved.

We have usually found that people who say they do not have the money to pay for course or classes, that ask for special exceptions, or who are unwilling to offer an equal energy exchange are usually the ones who are not ready to awaken their light bodies. Often these students do not finish your classes, or do not experience the energies in a way that they feel successful.

Awakening the light body can create many changes in people's lives, and the ability to manifest is an important one. Manifesting is a necessary skill to make the changes that bring people's outer world into alignment with their inner world of increasing light. Making their lives work on the physical plane, learning how to create money and abundance, and supporting themselves and paying their bills may be the next step for some people rather than awakening their light bodies. We find that when people are ready, the money is there.

Suggested Class Structure for Teaching Light Body Centers

General Guidelines

DaBen requests that you follow these guidelines, as they were designed to contribute to your students' success in awakening their light bodies.

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

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

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

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

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

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

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

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

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

We want to keep this teaching as pure as possible, and at the same time we want you to be able to be creative with your own classes. We ask that you teach the centers as outlined in the above criteria. You are welcome to develop your own processes to assist people in transforming their personalities and handling an accelerated rate of spiritual growth.

Orin's areas of focus in *Awakening Your Light Body* included advanced tools to accelerate and integrate rapid growth, processes to transform the personality, processes to see the self as a Master and to open the channel to the Higher Self. Orin wanted to prepare you for more world service and teach you how to soul link with other people, Masters, and guides so you could receive assistance in awakening and be able to give assistance to others in their process of awakening.

Summary of DaBen and Orin's Processes for Each Course

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

Part 1 - Basic: Building Your Power Base (3-4 days) Centers: Nu'a, Dinia, Leow, (Mumin), Ranthia. DaBen and Orin journeys contained in Parts 1 and 2 of the *Awakening Your Light Body* course.

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

Part 2 - Advanced: Activating Your Higher Energy Centers (3 days) Centers: Traeo, Pieah, Renawre. DaBen and Orin journeys contained in Parts 3 and 4 of the *Awakening Your Light Body* course.

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

Part 3 - *Awakening Your Light Body* (3-4 days) Centers: Fullonia, Saha, and Vee, light body core and cocoon. DaBen and Orin journeys contained in Parts 5 and 6 of the *Awakening Your Light Body* course.

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

When planning your seminars, remember to allow time for journeys, questions and answers, time to work with partners, and time to work alone. You need to alternate quiet time with talking time; higher spaces with the opportunity to come back and be in personality spaces. We suggest no more than 6 to 8 meditations per day for courses; leave time for discussion, answering questions, personality interactions, breaks, and so on. Please recommend that your students visit our website, sign our guestbook, and let us know that they are your light body students. This helps us in the event that they contact us, for we can recommend your courses and better serve them when or if they contact us.

Summary of Skills to Teach

To become a successful light body teacher, work with the light body skills taught in DaBen and Orin's or your teacher's *Awakening Your Light Body* course journeys a number of times before teaching a class, and review them before your classes. You will learn more from them each time you listen.

Read the light body manual that comes with each of the albums and study the written material before your classes. Be as fully prepared as you can be. Be as fully prepared as you can be.

Please do not hand out information about specific centers or the DaBen and Orin journeys until AFTER you have taught the centers involved. This helps your students experience the energy of the center without preconceptions, and it increases their chances of success and ease of learning. Give your students the DaBen and Orin albums during or after your classes to build upon what you have taught.

USA Teachers: Because your students will have DaBen and Orin's *Awakening Your Light Body* albums as a part of your classes, you can leave out some of the journeys that are on the albums to fit your class schedule and time available, and require your students to work with the albums in-between your classes. However, you as the teacher should understand all the points on the following list, and ensure that your students understand these points before they graduate from your *Awakening Your Light Body* course.

International Teachers: Please be sure to play the [9 required DaBen journeys](#).

We ask that you cover the following in your classes:

Nu'a

Introduce Nu'a, Dinia during first journey. Do not introduce Dinia plane, opening cone of Nu'a until later journeys. You may play with length of Nu'a cone in first journey DaBen uses at least five different rhythms involving contraction, hold, and release (variations of long and short rhythms with each phase)
Play with angle of cone from a cylinder all the way up to a plane, possibly in second journey
Let plane spin, this is more advanced, do after introducing Leow, Ranthia
Use long, slow contraction of Nu'a to enhance experience of other centers
Find as small a muscle as you can
Notice Nu'a and breathing
Optional: Play with Nu'a as a plane and Ranthia as a plane, let them spin together after introducing Ranthia
Notice areas of heightened physical awareness on return from Nu'a spaces

Dinia

Introduce in same journey with Nu'a, note location and how affected by contracting muscles
Play with contracting balls in different rhythms, fast and slow, with different release, contraction rates
Follow wavelength out as far as you can
Make wavelength longer, shorter
Play with the rhythm of the Dinia wave
Experience how Nu'a brings energy in, Dinia modulates it
Angle Dinia plane up in front, down in back (this lets in more energy from Nu'a)
Angle Dinia plane down in front, up in back (this lets in less energy from Nu'a)

Alternate fast Nu'a, Dinia rhythm with long, slow Nu'a, Dinia rhythm

Optional: Play with Dinia and Traeo plane together. Follow out to where they complement each other

Optional: Alternate contraction of balls rather than contracting together. Make balls into ovoids (Drinia)

Play with Dinia, Drinia, alternating

Leow

First stage: Start by watching each ball spin about its own axis for awhile, then observe as balls spin about each other in increasingly intricate patterns

Second stage: Follow the individual balls as they spin about each other until you cannot find any longer, explodes, or moves to the next stage. Allow awareness to move outward as the light explodes

Third stage: Let the balls go from your awareness when they are beyond your ability to track them, then ride on the energy they create

Play with Nu'a, Dinia, Leow, holding all three in your awareness simultaneously

Use Leow to amplify any experience you are having

Highly recommended: Explore emotional release/ breathing/Leow/Dinia/Nu'a in expansion mode (cone out, longer, Dinia plane up, etc.) as you deepen breathing

Optional: Notice how Leow amplifies light in Renawre, play with Renawre/Leow

Optional: Make one ball larger, notice what effect this has

Mumin

Play with different curvatures of dome

Play with how far out the dome extends

Let through different energies: lifting, harmonizing, expanding, calming, and so on

Ranthia

Observe the planes
Observe rate of rotation
Observe direction of rotation
Follow the waves from the Ranthia as they flow outward
Note that this is the first center that you cannot affect with muscles, only change your experience by observing it
Notice way Ranthia spreads out all around you, in all directions
Notice how this state of flow changes environment around you
Move awareness further out from body, notice way energy supports floating of Ranthia
Observe vibrations within your Ranthia experience, like having a magnifying glass
Send awareness out along plane of Dinia while simultaneously observing spin of Ranthia
Highly Recommended: Using Ranthia to stay neutral, to set a healing space, and to shift a muscle ache or pain. (From Ranthia, include stomach, muscle area of pain in awareness to bring flow to this area)
Optional: Drinia and Ranthia

Traeo

Observe petals, flight like
Watch energy coming up from the Ranthia
Watch energy coming up from Traeo to Pieah
Watch plane of energy created, coming out from petals of Traeo
Watch ways thoughts set up and release
Explore light body gridwork
Optional: Quietening thoughts by working with Traeo and Dinia together

Pieah

Teach both stages of the Pieah:
Stage 1 Pieah as rods moving outward, observe rods going in and out
Stage 2 Moving inside Pieah ball, going into the void
Variation: Open eyes with rods going in and out
Variation: Use the Pieah rods as a sensory means of exploring/finding things as energy
Variation: Use the Pieah to explore creativity
Stay in Renawre then go into Pieah ball for more stability and awareness of where you are going
Discover infinity of space from inside the ball

Renawre

First journey, explore disk at top of head, perhaps watch how far down energy flows
Second journey, follow energy up and around and down, in through Nu'a or as far as you can
Adjust lower centers, observe upper centers from Renawre
Watch layers of Renawre further out from body as they decrease
Increase your skill of placing your awareness anywhere in this cocoon, and everywhere
Increase your skill of adjusting the lower centers, observing the upper centers to create greater and greater harmony in the Renawre cocoon
Optional: Play with balance Pieah/Renawre for creativity, insights
Optional: Play with balance Pieah/Renawre for entering Pieah void
Optional: Play with Ranthia/Renawre balance
Optional: Recharging at core; making all centers into planes; balancing all centers

Fullonia

First journey to introduce finding smaller and smaller point of light
Second journey to introduce following light outward
Play with different stages of Fullonia
Play with transitions
Experience waves, transitions, go between the transitions
Experience intensity with Fullonia
Teach transmission of energy by using Fullonia

Saha

Hold balls together, then bring apart. Alternate together/apart rapidly
Watch spirals in torso that result
Hold balls together and experience tension, power
Optional: Play with Fullonia/Saha and the Vibrational Energy Bodies
Optional: Play with Fullonia/Saha and the Renawre Cocoon
Optional: Play with Fullonia getting smaller in core, power in Saha

Vee

Give one journey for each stage:
Stage 1: Triangle Forming
Stage 2: Ball and Flower
Stage 3: Pollination of Flower
Do not teach the nodes
Optional: Play with Saha and Vee

Core/ Cocoon

Core
Light Body Cocoon

Other Basic Skills You May Teach as taught by Orin:

*Subpersonality work
Age regression
*Awakening your inner healer
*Journey to the Temple of the Masters, six journeys in albums
*Opening your channel to your guide, to higher dimensions of self
*Practice experiencing how you would be and act if you were the Master
Forgiveness
Compassion
Experiencing your birth as an evolved being
Experiencing the Absolute
Soul Linking
Meeting the Planetary Logos
Running finer gridwork through your centers

*We consider these to be essential skills to teach to assist people in awakening their light bodies. Feel free to play Orin's journeys for your classes, as well as teach them yourself.

Please note: Your guide and Higher Self may use your light body classes as part of their path in bringing through new information for you and your students. Recording your classes is a valuable way to preserve this information. Good quality audio equipment is available for a small investment and creating your own seminar recordings can add to the professionalism of your teaching. Remember that your students cannot use your seminar recordings to sponsor others in awakening their light bodies; they will need to take your classes if their friends want to awaken their light bodies.

A Quiz to Take to Prepare You for Teaching

What follows is a list of questions to use both as a quiz, to see how well you know your light body material, and as a teaching aid to point out the kinds of information you will want to know thoroughly before you teach an *Awakening Your Light Body* class. (All answers can be found in the six *Awakening Your Light Body* manuals that accompany the albums and in the Light Body Manual.) This list of questions covers some basic information but not everything you will need to know. When you teach the course you will want to know the information in the manuals completely. We suggest you write or record your answers to these questions, then check to see how well your answers match DaBen's.

Nu'a

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

Dinia

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

Leow

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

Mumin

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

Ranthia

1. Describe the Ranthia. What size is it?
2. Where is it in your body? What does the Ranthia do?
3. If you follow the Ranthia as it turns, does it matter what direction it is turning in?
4. Can you make the Ranthia rotation faster or slower? What affects its rate of rotation?
5. How many compartments does the Ranthia have?

6. Describe what happens to the Ranthia when there is a lot of flow coming up from the lower centers, and when there is only a little.
7. What is different about the way you work with the Ranthia and all the upper centers from the way you work with the lower vibrational energy bodies?
8. What kinds of spaces and emotional states can working with the Ranthia create?
9. Does the axis of the Ranthia tilt?

Traeo

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

Pieah

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

Renawre, the last vibrational energy body center

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

Fullonia, the first light body center

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

Saha

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

Vee

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

Miscellaneous

1. Which centers can form planes?
2. Which centers can take on a spin?
3. What is the light body gridwork? Can you describe it?
4. How is transmitting energy different from sending energy?
5. Describe your emotional body. Is it smaller or larger than your mental body?
6. What happens to your emotional body when you create more flow in your lower centers?
7. What does it mean in light body terms to "be in the flow?"
8. How do you influence the lower centers?
9. How do you influence the upper centers?
10. How do you deepen and enhance your experience of the upper centers?
11. What happens when you make all the centers into planes? Can this be done?
12. How do you set a healing space using the light body energies?
13. How do you stay neutral using the light body energies?
14. How do you harmonize with the energies about you using the light body energies?
15. How do you quiet your thoughts, or have new, more creative thoughts using the light body?
16. Is there any formula for how to use the centers to create certain experiences or results?
17. Are we working with Kundulini energy as the light body is awakened?
18. Why is it important to continue to build your skill with the lower vibrational energy bodies while you are learning the upper centers or the light body centers?
19. What light body center is located in the area between the Diania and the Leow?
20. Can these energies be used in a negative way?

General Questions

1. What is the light body that we are awakening?
2. Which three centers form the power base for the light body?
3. How is the light body different from the chakras?
4. Do you know how to teach people how to open the energy at the back of the head and neck? Why would you want to teach them this skill?
5. Can you describe what it means to find things as energy? Why would you want to find things as energy?
How do you do this?

6. Do you know what it means when the room "goes mental?" Do you know how to recognize it, influence it, bring it about consciously, and stop it when you want the energy to shift?
7. What do you tell your students if they:
 - Come back from the journey feeling spacey? Come back from the journey feeling dizzy, nauseous, or hot?
 - Come back from the journey with itching or tingling all over?
 - Feel scared or nervous after the journeys?
 - Think they experienced nothing during your journey?
 - Have so much mental chatter they can't follow the journey?
 - Wonder if any of this is real?
 - Don't feel they are getting it because their experiences aren't the same as others?
 - Don't feel they are getting it because they can't follow your instructions, or can't visualize?
 - Feel fragile after returning from a journey?
 - Have muscle aches or headaches after your journeys?
 - Want to get mental and ask you question after question, and feel confused?
 - Fall asleep during the journey and want to know what to do about it?
 - Go somewhere during the journey but can't remember where?
 - Don't feel they are doing as well as your other students?
8. How do you plan to handle the class and the person if someone has a large emotional release, starts crying, faints, or has other physical responses?
9. What will you tell your students if they want you to teach them more light body skills and they don't want to wait for the next class to learn what's next?
10. Ask you if this is a religion, and if it is compatible with other disciplines?
11. Ask if your teaching is better than another teacher's?

Be sure to have answers to these questions

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

A hint: The light body can take you into higher spaces where you can sense and work with the subtle energies, find things as energy, place your radiance, gain more radiance and light, quiet your thoughts, have emotional flow and mental fluidity, harmonize with the energies around you, open your channel upward, connect with your soul and monad, connect with the nonphysical beings of light, manifest by working with things as energy, and all the things you have learned as you took the *Awakening Your Light Body* course.

Transmission Questions

- What center do you use to transmit the vibrational energy body centers from?
- What center do you use to transmit the Fullonia from?
- What center do you use to transmit the Saha from?
- What center do you use to transmit the first stage of the Vee from?
- What do you use as a stable place to transmit the later stages of the Vee from?
- Can you create a specific result or experience for people?
- How do you know a resonance is occurring as you transmit?
- What do you do if the other person is not resonating with your transmission?
- What do you do if the room takes off? How do you handle too much flow?
- What might be the indications that you are pushing or using your own energy to get results?

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

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

Remember, the most important aspect of your teaching is your student's success in awakening their light bodies. The energy shift you create in them will come back to you many times over, and will greatly increase your own light and your ability to shift even more people.

Be prepared, and enjoy your teaching experiences!

Please Do Not Teach Skills Beyond *Awakening Your Light Body*

As an *Awakening Your Light Body* teacher you may transmit the seven vibrational energy and three light body centers. You may also transmit the basic light body core and cocoon. We ask that you not teach skills beyond skills in the *Awakening Your Light Body* course because DaBen feels that the focus needs to be on the basic development of light body skills as a solid foundation for future growth.

Learning skills that go beyond the basic *Awakening Your Light Body* skills dilutes the focus for a beginning student, and may be too much to integrate at this stage of people's awakening. If your students are doing very well and want to go further, assist them in exploring the centers in more depth and in discovering how to form an even more solid foundation of emotional flow and mental fluidity.

DO NOT TEACH, TALK ABOUT, OR CALL OUT:

Nodes
Self-Exciting Skills, including the frequencies, spinning, going underneath, and liftout
Translation
Trailing Consciousness
Lifting up to the distant star, lifting up to star and spinning
How to transmit the sounds of the centers
Internal/External Awareness
States of Oneness/ Individuality
Later stages of Saha and Ranthia (not taught in the *Awakening Your Light Body* course)
Riding Light Beams
Going into or spinning inside the core
Tension and Focus
Renawre/Light Body, Moving In Between
Emotional Body Explorations
Monad Explorations
Creation Skills, Whole/Source, Potential skills
Expanded *Awakening Your Light Body* skills, Expanded Frequencies, Expanded Self-Exciting skills
Light Body Consciousness skills, Expanded Light Body Consciousness skills
Lower to Higher, Higher to Lower
Expanded Skills
Skills from DaBen graduate light body seminars
Any other advanced skills you have learned through DaBen's audio courses or seminar journeys.

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

Although you may transmit other energies, only call out, teach, and talk about those light body skills and strategies that DaBen has taught in the six-part *Awakening Your Light Body* audio course. Refer to this manual for titles of DaBen and Orin's *Awakening Your Light Body* journeys.

Using DaBen and Orin's *Awakening Your Light Body* Course With Your Live Classes

You Can Purchase the Six-Part *Awakening Your Light Body* Course at A Discount

As a graduate of the *Radiance: Transmitting Light* course you are eligible to purchase the six-part *Awakening Your Light Body* course by DaBen and Orin at a discount. For your students please visit our website and sign-in to the Member's Area to view your teacher's information and teacher's discounts for which you may be eligible.

USA teachers: this course is required for all of your students; both those you sponsor and those you teach. If you are teaching in other languages, or teaching in English in other countries, you are required to play 9 DaBen journeys as indicated in this guide in lieu of requiring students to purchase the six-part set. You may purchase these DaBen journeys separately in our [International Light Body Study Course](#). We have found that students are able to track DaBen's transmissions whether or not they understand English. Your students may not use your seminar journeys to sponsor others. Your students may be required to purchase the official *Awakening Your Light Body* course in your language, if one exists.

There are many reasons DaBen and Orin want your students to have a connection to DaBen. As the size of the light body group grows, it is important that everyone has the opportunity to experience the centers as they are transmitted by DaBen, creating a common reference point for the entire group. This will help bring the light body group to a coherent energy with shared experiences of each of the centers. All of us are establishing these frequencies of light on the earth plane, and their purity is important so that these frequencies can become more stable and be more easily held in the energy of the earth plane.

You can use the six-part DaBen and Orin light body course to complement your live classes, either during your classes or in-between class sets. The goal of all classes and sponsorship is to allow people to experience the centers, and to empower them in being able to recreate the centers—with all their potential for expansion—on their own.

These DaBen and Orin journeys will teach your students many subtle aspects of the light body and break the light body energies into smaller steps than there is usually time to teach in a live course. DaBen transmits many of the variations of the centers as they will be changing over time, and transmits energies that contain many advanced states of consciousness that go beyond the centers. You can have many new experiences of the centers each time you listen. By requiring your students to purchase their own copies of these journeys you are saying to them: "This is real. This is an investment in your future. This is your professional equipment to learn an advanced set of energy skills." Our most successful teachers are those that have required their students to make this investment. These albums connect them to the root source of the energy and DaBen's transmissions will assist them in awakening their light body in ways that add to what you are doing as a teacher.

Some people have asked us why people would want to take their live classes in addition to studying the six-part *Awakening Your Light Body* course by DaBen and Orin or one of our official International light body courses. We have found that many people prefer to learn with a live teacher, in a group setting, getting feedback, and with someone sponsoring their awakening in person. The encouragement and support of a teacher can be important in the student's success.

In addition, many people want to meet and connect with others who are on a similar path. Many people would rather take your live course than study alone. You are welcome to record your classes; however we ask that you make your seminar recordings available only to the students in your classes, and that they not be used by your students for sponsoring others. You may also use the six-part set instead of making your own recorded journeys. We ask that you not put out any written material or artwork (other than your flyers) on the light body as taught by DaBen and Orin.

As a light body teacher you may purchase all six albums for a discounted price off the retail price. At the time you purchase a set, please tell us the name and address of the student who will receive it.

You may not sell or post the *Awakening Your Light Body* audio recordings on the Internet or sell them at a retail outlet. You may not rent your audio recordings to others under any circumstances. We hope your teacher's discount will allow you to make the sets more readily available to your students and those you sponsor. Please make albums available in their proper order and do not skip or change the order of the albums as you make them available to your students. You may resell these albums to your students for whatever cost you want up to the *LuminEssence* retail price. [Visit our website for more information.](#)

***Awakening Your Light Body* Course Titles**

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

Part 1: Building Your Power Base

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

Part 2: Opening Your Heart Center

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

Part 3: Activating Your Higher Energy Centers

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

Part 4: Aligning Your Vibrational Energy Bodies

- Program 1 DaBen: Traeo/Dinia
- Program 2 DaBen: Renawre/Ranthia
- Program 3 DaBen: Renawre/Pieah
- Program 4 DaBen: Drinia/Dinia
- Program 5 DaBen: Experiencing Centers as Planes
- Program 6 DaBen: Recharging at Core
- Program 7 DaBen: Working on a Relationship Issue as Energy
- Program 8 DaBen: Working with Abundance Issues as Energy
- Program 9 DaBen/Orin: Running a Finer Gridwork Through All Centers
- Program 10 DaBen: Expanding Your Aura
- Program 11 DaBen/Orin: Opening Your Channel
- Program 12 DaBen/Orin: Journey to the Temple of the Masters

Part 5: Awakening Your Light Body

- Program 1 DaBen: Fullonia Introduction
- Program 2 DaBen: Second Fullonia Journey
- Program 3 DaBen: Fullonia, Saha Introduction
- Program 4 DaBen/Orin: Meeting the Planetary Logos
- Program 5 DaBen: Fullonia–Intensity
- Program 6 DaBen: Transmission
- Program 7 DaBen: Fullonia–Waving
- Program 8 DaBen/Orin: Soul Linking
- Program 9 DaBen: Fullonia/Saha Power
- Program 10 DaBen: Fullonia/Saha and the Vibrational Energy Bodies
- Program 11 DaBen: Fullonia/Saha and the Renawre Cocoon
- Program 12 Orin: Journey to the Temple of the Masters

Part 6: Becoming Radiant

- Program 1 DaBen: Introduction to Vee
- Program 2 DaBen: Vee–Triangle Forming
- Program 3 DaBen: Vee–Ball and Flower
- Program 4 DaBen: Vee–Ball and Flower Second Journey
- Program 5 DaBen: Vee to Pollination of Flower
- Program 6 DaBen: Vee to Pollination of Flower Second Journey

Part 6: Becoming Radiant (continued)

Program 7 DaBen/Orin: Transforming Your Personality

Program 8 DaBen/Orin: Building the Cord Upward

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

Program 10 DaBen: Saha and Vee

Program 11 DaBen/Orin: Experiencing the Absolute

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

Program 13 DaBen: Core/Cocoon Journey 1

Program 14 DaBen: Core/Cocoon Journey 2

International Teachers, English or Non-English

9 Required DaBen Journeys to Play for Your Classes

DaBen would like people studying the *Awakening Your Light Body* course to be able to use and experience these energies as transmitted by him in the *Awakening Your Light Body* course.

As DaBen transmits the centers, he is also transmitting energies that go beyond anything he has yet taught, offering people an opportunity to make many wonderful shifts as they listen. Listening to DaBen gives all students a common reference point so people can have common experiences of the seven vibrational energy body and three light body centers.

Because of this, if you are teaching by transmitting as DaBen has done, you are required to purchase the *Awakening Your Light Body* course for your use as a teaching tool and reference, or the official light body course for your language, if one exists.

DaBen asks that you play the following journeys from the six-part DaBen and Orin *Awakening Your Light Body* course after you have taught these centers:

DaBen journeys to play for class set 1 on the Nu'a, Dinia, Leow, Mumin and Ranthia:

Part 1, Program 6–Nu'a, Dinia Third Journey; Program 8–Nu'a, Dinia, Leow; and Part 2, Program 4–Explorations of the Ranthia. You are welcome to play other journeys from Part 1 and Part 2 for your classes. Also suggested: Part 1, Program 2–Nu'a, Dinia, and Part 1 Program 7–Leow; Part 2, Program 1–Introduction to the Ranthia.

DaBen journeys to play for class set 2 on the Traeo, Pieah, and Renawre:

Part 3, Program 4–Exploring the Renawre Cocoon, and Program 10–Entering the Void; and Part 4: Program 5–Experiencing Centers as Planes. You are welcome to play any other journeys you like from Part 3 and Part 4 for your classes.

DaBen journeys to play for class set 3 on the light body centers:

Part 5, Program 5–Fullonia: Intensity; Program 9–Fullonia/Saha: Power; and Part 6, Program 5–Vee to Pollination of Flower. You are welcome to play any other journeys you like from Part 5 and Part 6 for your classes.

You may play these DaBen journeys during your classes, or you may order the *International Light Body Study Course* for your students to study on their own during or after your classes. If you do not own the six-part DaBen and Orin *Awakening Your Light Body* course, you can purchase the *International Light Body Study Course* which contain these journeys, plus the English transcript of them. (LB001).

In addition to playing journeys, please encourage your students to purchase and use DaBen and Orin's six-part *Awakening Your Light Body* course, or the official light body course for your language, as a way for them to gain even more skills in awakening their light bodies.

After playing DaBen's journeys the first time, you may want to talk to your students about the difference in their experience between your and DaBen's transmissions. Discuss DaBen's transmissions and how it might give them new or different experiences of the centers than your transmissions, as DaBen is transmitting, along with the centers, many advanced states of the light body.

International Teachers, Non-English Speaking Students

Using DaBen's Journeys for Your Classes If Your Students Do Not Speak English

We are asking that you play certain of DaBen's journeys for your classes, even though the instructions are in English and your students may not understand English. We have received much feedback from many teachers who are requiring their non-English speaking students to purchase and use DaBen and Orin's six-part *Awakening Your Light Body* album. Teachers tell us that their students are able to experience DaBen's transmissions of the centers, even without understanding the language or instructions on the journeys. Some teachers have facilitated their students experience of DaBen's journeys by:

1. Translating the instructions for their students as a handout, which their students read in advance of doing the journey.
2. Turning the audio player to low volume during DaBen's instructions, and translating the instructions for their students. Teachers pause during DaBen's transmissions, so that their students can experience DaBen's transmissions of the centers. As you play DaBen's audio journeys for your class you are joining with him to teach the class, and his energy will be with you during your classes as you transmit the centers.
3. You may have your students purchase and work with the [International Light Body Study Course](#) which contain the 9 required and the 3 suggested DaBen journeys from the six-part set, as well as the English transcript of these 12 journeys. Your students may listen to these during or after your classes. Contains 12 journeys in album plus manual with transcripts of all twelve journeys. (LB001).

In talking to many teachers of all languages, we have found that the biggest challenge to teaching the light body is not the language, but the shifts that the students must make in their beliefs to allow them to integrate what they have experienced in awakening their light bodies. This includes such things as teaching people that it is possible to change their lives by working with light, that you can create things in the physical world by working on them as energy first, and that you can use the light body to shift your emotions, thoughts, and physical energy body. Concepts such as transmission, placing radiance, and working with the subtle energies will need to be conveyed and taught as much as the centers.

You will need to have our permission, and sign an agreement with us before you sell any translated manuscript to anyone other than the students who attend your live seminars. Some people have translated the manual into other languages on their own. Unless a manuscript has been deemed the official manual for your language, please do not assume that the information in these unofficial versions is correct, and do not use them for your classes.

Announcements and new information for international light body teachers will be posted on our website. Visit www.orindaben.com for more information.

Official *Awakening Your Light Body* Non-English Courses

In some languages, an [official *Awakening Your Light Body* course](#) exists that is similar to the DaBen and Orin six-part *Awakening Your Light Body* course. Rules vary by country, and in some countries these courses are required study material in addition to your playing the nine DaBen journeys for your students. As these courses become available, they may be required. Please check with your teacher, or view our website for additional information. Visit our website for a listing of official light body courses in other languages.

To Awakening Your Light Body Teachers

Some Suggestions on How to Present What Is Next to Your Graduating Light Body Students

Your students will want to know what is next for them during your final *Awakening Your Light Body* class. There are several paths your students can take, and we have listed some to assist you in presenting some options to your students. Information about *LuminEssence* graduate light body courses and seminars is on our website.

We have a [Light Body Sequence Chart](#) you may want to study to guide your students in graduate light body courses.

During your last class we suggest you go over the Sponsor's Guide in the manual that comes with Part 6, *Becoming Radiant of the Awakening Your Light Body* course, or the Sponsor's Guide (*LBS*) if you are not using the albums. You can [download the Sponsor's Guide for free](#) on our website.

The next step after the *Awakening Your Light Body* course is DaBen's [Radiance: Self-Exciting–Building Your Light Body](#) graduate course. DaBen and Orin's [Radiance: Filling in the Frequencies](#) course can be taken during or after the *Radiance: Self-Exciting* course. Information about both of these courses is on our website on the Light Body Study Sequence guide referenced above. Your students are also eligible to take certain graduate courses with DaBen and Orin.

You as the teacher may be eligible to teach your students the *Radiance: Self-Exciting* course including the frequencies of vision, precision, intensity, and clarity if you meet the requirements and have taken DaBen's [Radiance: Transmitting Self-Exciting \(LB852\)](#) course. (To teach self-exciting, you are required to have studied DaBen's self-exciting course in addition to any teacher's course on self-exciting.)

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

Possible paths your students can take as *Awakening Your Light Body* graduates:

1. To continue developing their light body skills by:
 - Practicing with your seminar journeys and the six-part DaBen and Orin light body albums.
 - Attending live [DaBen and Orin seminars](#) they are eligible for.
 - Taking your *Radiance: Self-Exciting* course and any other light body graduate courses you are qualified to teach.
 - Taking DaBen's *Radiance: Self-Exciting–Building Your Light Body* course.
 - Refer to the Light body Study Sequence Chart on our website for additional guidance.
2. To sponsor and assist others in awakening their light bodies:
 - Your students will need to use the six-part *Awakening Your Light Body* course by DaBen and Orin to sponsor others, or the official light body course in your language if one exists. Or, they can send their friends to your live classes.
3. To teach and transmit live to *Awakening Your Light Body* classes, your students will need to purchase DaBen's *Radiance: Self-Exciting* course, or take this course from you (if you are qualified) or a qualified self-exciting teacher, and take the *Radiance: Transmitting Light* course, either through *LuminEssence* or a qualified teacher.
4. To explore and develop skills in other areas enhanced by their light body skills that you feel your students need to learn and/or that you are teaching yourself. Remember that your students have been drawn to you for the gifts you can offer each other. We often teach best those areas of growth that we ourselves have just learned or want to master.
5. To explore and develop skills in other areas that build upon the light body, some of which are taught by other light body teachers. We ask that you support each other as light body teachers and respect each other's work.

Continuing Education for You As A Light Body Teacher

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

1. Active and on-going teaching or sponsoring, including being open to student's questions, expanding your light body and its purity and clarity through the gift of your students' willingness to learn, to grow, and to challenge your knowledge and skills and;
2. Continuing your education in the following ways:
 - a. Learn advanced light body skills, taught by DaBen, with support and complementary skills taught by Orin. This would include learning the frequencies of vision, precision, intensity, clarity, harmony, brilliance, and transparency. These frequencies assist you in becoming even more powerful in transmitting the light body centers and spaces, assisting both you and your students. Filling in the frequencies of your light body can create many shifts in your life, in your radiance, in your ability to manifest and to place your radiance, and in your ability to awaken other people's light bodies.
 - b. Other opportunities for advanced study: Become more skilled with self-exciting, as this is the foundation of most of DaBen's advanced teachings.
 - c. Expand your consciousness with the *Building Consciousness* light body skills, learn *Light Body Consciousness* skills, and work with other light body courses as they are made available and as you feel drawn to do so.
 - d. Learn the *Awakening Your Light Body Expanded* skills
 - e. Develop your own directions and complementary directions that come out of your light body knowledge and experiences.
 - f. Learn complementary skills that other teachers, including light body teachers, have developed.

In the DaBen and Orin work, it is especially helpful to:

1. Participate in DaBen's newest work including live and online seminars whenever possible. This is where much of the new work in the light body occurs. There is always much to learn, and this increased "live" contact with the transmissions does much to strengthen your energy base. It can significantly increase the power of your transmission, even when the course topic is not directly about transmission. In addition, you can experience the power of a group running the energy together, as well as receive DaBen and Orin's direct and individual transmissions of energy just for you.
2. Use and work with any Orin journeys that can assist you in better serving your group, such as the [*Becoming a World Server*](#) course (M200), Orin's meditation called [*Public Recognition*](#) (SI015) and any others that you feel drawn to.

Earth Plane Skills to develop:

1. Increase your physical fitness and awareness of your body so that you can more easily handle the increased flow that these energies and teaching can bring into your life.
 2. Learn basic earth plane skills such as how to design a good flyer, type, use a computer, make audio recordings, and find and negotiate for appropriate seminar space. We suggest having your classes in a place that has good heating and lighting that you can control; that has carpeting, plenty of space, and has some sleeping and eating arrangements nearby.
- Think of your students, and make as many arrangements as you can to assist them in feeling welcomed, comfortable, and well taken care of on the logistical side. Start and end on time, give people a schedule of your class that you stick to, and act in a professional manner at all times.

We also suggest that you have assistants at your classes who are graduates of the *Awakening Your Light Body* course who can assist you in holding the space and to assist you in handling your students. Be prepared, rehearse, train your assistants, have good notes, and give the very best seminar you are capable of giving. The success of your students is the most important aspect of your courses to focus on.

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

Eligibility for Future Teaching Opportunities

Eligibility to Become a *Radiance: Self-Exciting* Teacher:

If you would like to teach your students the self-exciting skills, you will need to take the [Radiance: Transmitting Self-Exciting course](#) (LB852), you are eligible to transmit the energies of self-exciting and frequencies to others if you meet the following requirements:

1. **USA:** You need to be on record as having purchased from *LuminEssence* or your light body teacher DaBen and Orin's six-part *Awakening Your Light Body* audio course. **International:** Be a graduate of the *Awakening Your Light Body* course taught by a qualified teacher. If a light body course exists for your language and is required, you will need to purchase it. Otherwise, you will need to own DaBen's [International Light Body Study Course](#) (LB001)
2. **USA:** You need to have learned the frequencies, and be on record as having ordered from *LuminEssence* or your light body teacher, the first four parts of DaBen and Orin's [Radiance: Filling in the Frequencies](#) course. (*Frequencies of Vision, Precision, Intensity, and Clarity*. LB121-124) *
3. **USA:** You will need to have learned the self-exciting skills, and be on record as having ordered from *LuminEssence* or from your light body teacher, DaBen's [Radiance: Self-Exciting—Building Your Light Body](#) (LB131) course. *
4. You need to be a graduate of the [Radiance: Transmitting Light](#) course.
5. **USA and International:** You need to have purchased and learned the skills in DaBen's *Radiance: Transmitting Self-Exciting* (LB852) course or take this course from a qualified teacher.
6. You will need to have experience teaching *Awakening Your Light Body* classes.

***International and Non-English speaking students:** You may learn these skills from a teacher and are not required to have purchased the Orin and DaBen light body albums. [Visit our website](#) for information on qualified teachers of these courses.

Eligibility to Become a *Radiance: Transmitting Light* Teacher

Becoming a teacher of this course is by invitation only. We have a few teachers who have been asked by us to teach this course. They have attended many live seminars, taught the *Awakening Your Light Body* course for a number of years, and intend to continue to teach these classes for a number of years.

If they are teaching in English, they have required all their students to purchase DaBen and Orin's six-part *Awakening Your Light Body* albums as a part of their classes. They have also taught the *Radiance: Self-Exciting* skills and the *Radiance: Filling in the Frequencies* to people. Our international teachers are required to have their non-English speaking students to listen to and learn from DaBen and Orin's *Awakening Your Light Body* sets, finding that language is no barrier to people's learning these energies directly from the "source."

Those we have asked to teach the *Radiance: Transmitting Light* teacher's course have learned all the light body skills that are available. We ask that you energetically support these teachers. We will be considering other teachers as time unfolds. Internationally, at this time we are allowing a few teachers per country, based on similar criteria. A list of our *Radiance: Transmitting Light* teachers can be found on our website by visiting www.orindaben.com.

Light Body Teaching Materials and Tools Available From LuminEssence

[Awakening Your Light Body Course](#): As a graduate of the *Radiance: Transmitting Light* course you may purchase this six-part set for a special discounted price off the retail price. Included in this price are the manuals that come with each album. You may resell these albums to your students for any cost up to the retail price, use them to sponsor others with, arrange classes around these journeys and use them as a teaching aid for yourself if you originally studied with a teacher other than DaBen and Orin. (LB111-LB116)

[International Light Body Study Course](#): Album contains twelve DaBen light body journeys, including nine required journeys to be played for your classes and three suggested journeys. These journeys come from the six-part DaBen and Orin *Awakening Your Light Body* course. Journeys are for playing in your classes and are available for purchase by non-English speaking students. Comes with an extensive manual containing the English transcript of these twelve journeys. Contains 12 journeys plus manual with transcripts of all twelve journeys. (LB001)

[Awakening Your Light Body Sponsor's Guide](#): Free guide for *Awakening Your Light Body* graduates to use as a guide for sponsoring others with their six-part DaBen and Orin *Awakening Your Light Body* course. Included in the manual that comes with Part 6. Visit our website to [download your free Sponsor's Guide](#). (LBS)

[Radiance: Self-Exciting-Building Your Light Body Course](#): This course contains 24 journeys by DaBen and is required if you are planning on teaching the *Awakening Your Light Body* skills to others by transmitting the sounds of the centers live. It comes with an extensive manual of written material with information about the self-exciting skills, answers to commonly asked questions, and information by Duane on how to live the light body and use your light body self-exciting skills in your daily life. You may also learn these skills from a qualified teacher, however to teach the *Awakening Your Light Body* skills to others, you will need to use DaBen's *Radiance: Self-Exciting* audio course in addition to your teacher's course. (LB131)

[Radiance: Self-Exciting English Transcripts](#) of the twenty-four (24) DaBen journeys in the *Radiance: Self-Exciting-Building Your Light Body* course are available. (LB131T)

[Radiance: Filling in the Frequencies Course](#): If you are a graduate of the *Radiance: Transmitting Light* course, you may be eligible to purchase the six-part DaBen and Orin *Radiance: Filling in the Frequencies* course at a discounted price if you have already purchased a set for yourself at the regular price. Frequencies of Vision (LB121), Precision (LB122), Intensity (LB123), Clarity (LB124), Harmony (LB125), Brilliance (LB126) and Transparency (LB221).

[Radiance: Transmitting Self-Exciting Course](#): When you have completed the *Radiance: Transmitting Light* course, and we have you on record as purchasing DaBen's *Radiance: Self-Exciting* course, and if you meet all the requirements you may purchase this course and learn how to transmit the self-exciting skills and frequencies to your classes. (LB852)

[Thaddeus Music](#): All Thaddeus' music albums contain two music CDs of approximately 60 minutes in length to use as background music for your meditations. You have permission is given to play this music for your light body classes. To listen to Thaddeus music samples, and to order, go to the [Thaddeus' Music Listening Room](#) on our website. Also included is information about [how to use Thaddeus' music with light body journeys](#), and more [information about each of Thaddeus' music pieces](#).

Visit our website for the latest light body teacher's announcements, information on new light body and other courses, a summary of requirements for teaching, and a list of all light body teachers who have signed agreements with us, completed the Internet form, and meet the requirements for teaching. Enjoy listening to samples of Thaddeus' music, which you may play for your classes and put on your light body course journeys. Get your personal daily light body affirmation and much more. We hope you visit us and give us your feedback.

Summary of Key Points

Before you teach, read this Teacher's Guide thoroughly. This is your guide to what you may and may not do to support us in bringing this body of work to the world. Some key teaching principles:

Your most important goal as a teacher or sponsor should be the success of your students in awakening their light bodies.

Successful teachers empower their students to have a direct, good experience of these higher spaces and teach their students how to create these experiences for themselves.

There is no right or wrong way to experience the centers. Remind your students that any experience they have is the right one for them.

Help us keep the light body as a pure teaching so that it can contribute to your success as a teacher and to the success of your students.

Eligibility to Teach

As a graduate of the *Radiance: Transmitting Light* course, you are eligible to transmit the energies of the vibrational energy and light body centers to others if:

- **USA:** We have you on record as having ordered from *LuminEssence* or from your light body teacher DaBen and Orin's six-part *Awakening Your Light Body* course. International: You may own the *International Light Body Study* course instead of the six albums. (LB001). In addition, you may be required to own the official light body course in your language.

- **USA:** We have you on record as having ordered from *LuminEssence* or from your light body teacher DaBen's *Radiance: Self-Exciting–Building Your Light Body* course. International: You are required to have taken the *Radiance: Self-Exciting* course from a qualified teacher or to have DaBen's *Radiance: Self-Exciting* album. You will need to have the *Radiance: Self-Exciting* Manual that comes with DaBen's course.

- **USA:** You agree to require your students to purchase the six-part [Awakening Your Light Body](#) course by DaBen and Orin as a part of your classes. You may purchase them at a discount from current retail price to resell to your students. **International:** You may fulfill this requirement by agreeing to play certain of DaBen's journeys for your classes from this album so that your students can experience DaBen's transmissions of the light body. Please play the "[9 Required DaBen Journeys to Play for Your Classes](#)." If you do not own these journeys by DaBen, you and your students may purchase and use the [International Light Body Study Course](#). (LB001). If an [official light body course exists for your language](#), your students may be required to own this as a part of your classes.

Please Note the Following

Send us your class dates, or email these dates to us, and Orin and DaBen will send energy to your classes.

Send us the names and addresses of your students when they begin your classes and we will add them to our list of light body students and transmit to them as a part of the light body gridwork.

Or - Have your students visit our website and sign our guestbook, letting us know that they are your light body students. We will add them to our list of light body students and transmit to them as a part of the light body gridwork.

We ask that you not put out your own printed material, artwork, or drawings of the centers.

Please review and note our Copying and Sharing Policies on the previous pages and in the Teacher's Agreement on the pages to follow.

Agreements for Teaching DaBen and Orin's *Awakening Your Light Body* Course

Congratulations! Completing the *Radiance: Transmitting Light* teacher's course (LB851) and meeting other teaching requirements, qualifies you to teach the basic *Awakening Your Light Body* course. We have formed the following agreement to make clear what *LuminEssence* expects of you and what you can expect from *LuminEssence*. *LuminEssence* may revise or refine this agreement as we benefit from your feedback and hear about your experiences, and you will be given the opportunity to meet any future requirements and agreements. All of our policies are designed to support the success of your students in learning the light body skills, and your success as a teacher of these skills. This agreement is in effect until notified of changes.

Qualifications to Teach the *Awakening Your Light Body* Skills

In order to teach, or to continue to teach the *Awakening Your Light Body* courses, in addition to completing the *Radiance: Transmitting Light* teacher's course (LB851), you agree to complete the following requirements, starting with your next cycle of light body classes.

- As a light body teacher you agree to read, know, and follow the information in this Teacher's Guide.
- We have you on record as having ordered from *LuminEssence* or from your light body teacher DaBen and Orin's six-part *Awakening Your Light Body* course if you are in the USA, or the *International Study* course (LB001) so you can play the 9 required DaBen journeys for your classes if you are not in the USA. Please make sure you own a set of these volumes that you can refer to often as you teach classes.
- We have you on record as having ordered from *LuminEssence* or from your light body teacher DaBen's *Radiance: Self-Exciting—Building Your Light Body* course.
- **USA Teachers:** You agree to require your students to purchase the six-part *Awakening Your Light Body* course by DaBen and Orin as a part of your classes. You may purchase them at a discount to resell to your students. Refer to "Using DaBen and Orin's *Awakening Your Light Body* Course with Your Live Classes" section in the Teacher's Guide for information.
- **International Teachers:** If you are teaching in another language, or if you are teaching in English in another country besides the USA, you agree to play the 9 (nine) required DaBen journeys for your classes, or have your students purchase the set of these DaBen journeys to listen to during or after your classes. Please use the corresponding journeys from the six-part *Awakening Your Light Body* course as indicated in the "9 Required DaBen Journeys to Play for Your Classes" section in the Teacher's Guide.

You agree to recommend that all students work with DaBen and Orin's *Awakening Your Light Body* course. These are available as a set of 12 (twelve) DaBen journeys which include the 9 required and the 3 (three) suggested DaBen journeys to play for your classes. The *International Light Body Study Course* includes English transcripts of all 12 (twelve) journeys (LB001). This allows your students to experience DaBen's transmissions of the light body directly.

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

USA Teachers: You agree to require all your *Awakening Your Light Body* students to purchase the DaBen and Orin six-part *Awakening Your Light Body* course as a part of your classes.

International Teachers: You agree to make sure your new light body students are clear that they may not use your seminar recordings to sponsor others with unless your recordings are the official home-study course for your language. You agree to be familiar with our reasons for this policy, and to actively support the policy with clear speech and actions. Refer to the "Using DaBen's Journeys for Your Classes If Your Students Do Not Speak English" section in the Teacher's Guide for our reasons for this policy. If your students want to sponsor others in learning the light body, those people will either need to take your classes, order the six-part *Awakening Your Light Body* course directly from *LuminEssence*, or use the official light body courses for your language, if they exist.

Agreements with Students

Your students may not teach the *Awakening Your Light Body* course unless they have taken the *Radiance: Self-Exciting* and *Radiance: Transmitting Light* courses and meet all of the requirements. You agree not to sell your *Awakening Your Light Body* seminar recordings to other than those who attended your live classes.

Please do not make your own agreements with students that confuse or dilute the *LuminEssence* agreements. Use *LuminEssence's* agreements so that there are uniform standards among light body teachers who are offering *Awakening Your Light Body* courses.

Course Structure

You agree to offer these courses as outlined in the Teacher's Guide, including but not limited to:

- Teaching all the centers as taught by DaBen, not leaving out any centers
- Teaching the centers in the order specified
- Teaching all the aspects of the centers as outlined in the "Summary of Skills to Teach" section of the Teacher's Guide.

Clear Focus

In your *Awakening Your Light Body* classes you agree to focus on teaching people to successfully awaken their light bodies as your primary focus. Please minimize your advertising of other courses, seminars, and so on. Let the focus be on your students and setting them up to become successful at awakening their light bodies.

Continuing Education—Your students

You agree to support your *Awakening Your Light Body* students' continuing education in the Light Body work, encouraging them to:

- Learn the self-exciting skills taught by DaBen in home-study courses, or by you if you are a *Radiance: Self-Exciting* teacher.
- Explore the possibility of their becoming an *Awakening Your Light Body* teacher.
- Learn the frequencies of Vision, Precision, Intensity, Clarity, Harmony, Brilliance, and Transparency.
- Participate in live seminars with DaBen and Orin that they are eligible for when possible.

Your Continuing Education

You agree to continue your own education and growth. Please refer to the Teacher's Guide section under the title, "Continuing Education for You as A Light Body Teacher." Visit our website and search under graduate light body courses for complete information. It is highly recommended, and may some day be required, that you have studied the frequencies of Vision, Precision, Intensity, Clarity, Harmony, Brilliance, and Transparency in DaBen and Orin's *Radiance: Filling in the Frequencies* courses. This will make you a much better light body teacher, and your expanded consciousness will contribute to the success of your students in awakening their light bodies.

Reporting Requirements

You agree to give us a list of your *Awakening Your Light Body* students. We attempt to track all light body students throughout the world. Please refer to the section in the teacher's guide "Send Your Student's Names/Privacy Information." You can add your Light Body class dates and student information directly in the Member's Area when you log in using your email address as the log in and your current password. Once you have logged in to the Member's page, click on the Light Body Teacher link. From here, you can enter your student's names and view the names of students we have on record for you as their teacher. If any students do not graduate, you will need to let us know by email or a call and we will remove these names from your list.

If you forget your password, please do not create a new account or you will lose all of your previous order history. Instead, please use the “forgot your password” link to receive an email with instructions on how to create a new password.

Privileges for your *Awakening Your Light Body* graduates:

Your students may participate in any of the live or online DaBen and Orin graduate light body seminars for which they are eligible. They are also eligible to learn any graduate light body skills. They may sponsor others with DaBen and Orin’s six-part *Awakening Your Light Body* course once they have completed the entire course.

What You May Say in Your Flyers / Internet Information and Audio Policies

You agree to follow the guidelines in the Teacher’s Guide in “What You May Say in Your Flyers and Announcements” section. You may announce your *Awakening Your Light Body* classes on the Internet. Send us your class dates so we can transmit to you and your students.

You agree not to sell or rent DaBen and Orin’s *Awakening Your Light Body* course or any other light body courses over the Internet or at a retail outlet, including your own audio courses unless they are the official volumes for your language and sold to students participating in your classes. You agree to call your classes the *Awakening Your Light Body* course or its equivalent translation.

For the *Radiance: Transmitting Light* Course

Policies for Sharing *LuminEssence* Audio Journeys and Teaching *Awakening Your Light Body*

Sharing Your DaBen and Orin Teacher’s Journeys

1. You are not authorized to share the DaBen and Orin journeys in the *Radiance: Transmitting Light* Teacher’s course with others. This Teacher’s course is just for you to use to learn to transmit light, and so that you may teach the *Awakening Your Light Body* skills to others when you have met all other teaching requirements.

2. People who want to become a light body teacher will need to meet all requirements and purchase and own DaBen and Orin’s *Radiance: Transmitting Light* teacher’s course, or take it from a qualified teacher, and meet all other teaching requirements.

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

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

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

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

We have evolved our policies after much thought, reflection, and experience based on today's technology. These policies may evolve and change as future technologies are developed. We have repeatedly found that when people do not purchase or make an investment in the course, they usually do not value the course enough to finish it. Know that when people are ready for the course, their soul, higher self, guides, and the Divine within will provide them with all the resources they need to take this course.

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

Holding *Awakening Your Light Body* classes if you meet all teaching requirements

You may teach the *Awakening Your Light Body* course if you have met all the requirements to become a teacher. Please [visit our website](#) for information on requirements to become a teacher. In addition to the above policies about not sharing your *LuminEssence* audio journeys, please note these policies for holding classes:

1. With the completion of this Teacher's course, and if you meet the prerequisites, you may teach the *Awakening Your Light Body* skills and transmit the light body skills as DaBen does.

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

3. You may not conduct classes through the Internet by playing or posting your *Awakening Your Light Body* journeys online in any format unless they are password protected and only for members of your class. This includes but is not limited to any broadcast or podcast of the journeys. Each class member who wants your *Awakening Your Light Body* class journeys will need to purchase and own their own course.

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

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

- Please visit our website and sign-in to the [Member's Area](#) to view your teacher's information and for teacher's discounts for which you may be eligible.

- Please let us know the names of your class members.

- You agree to let your light body students know about our sharing/copying/duplicating policies.

- You agree to let your students know that any recordings of your live classes are only for them and not to be shared with others in any format. If their friends want to study the light body they will need to enroll in your live light body classes; purchase the course from *LuminEssence*; or purchase the authorized set for your language, if one exists.

- You may use any of [Thaddeus' music](#) for your classes and for your audio recordings, royalty free, as our gift to you. Please go online for our [terms and agreements about using Thaddeus' music](#).

I promise *LuminEssence* that I will honor these agreements to preserve the purity of the light body teachings. I share the goal of empowering students to successfully awaken their light bodies. If you agree to these terms and meet the requirements to teach this course, please print, sign and return the signature area of this agreement.

This is my signed agreement for teaching the *Awakening Your Light Body* Course.

Signature _____

Date _____

Your Name (Please Print) _____

Internet Listing Form

Please note: You can also [go to our website and fill out this information](#).

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

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

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

Course Name:

Teacher's Name If Not DaBen and Orin course:

Awakening Your Light Body Teachers

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

Do you intend to continue teaching light body classes for at least one cycle per year for the next two years?

Yes _____ No _____

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

Approximately how many light body students have you taught? _____

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

USA: I now currently require all students to purchase the six-part DaBen and Orin audio course as part of my classes _____

I will require all students to purchase the six-part DaBen and Orin course in my next cycle of classes starting on _____ (date).

Radiance: Self-Exciting Teachers

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

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

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

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

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

I now require my students to purchase DaBen's *Radiance Self-Exciting* audio course as part of my class. Yes _____ No _____

Your Name _____

Company Name _____

Current Address (Include zip code and country) _____

Your daytime phone number (_____) _____

You have my permission to use my address and phone number on your website _____

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

Your signature _____ Date _____