

# *Light Body Study Path Overview*

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## *Awakening Your Light Body Study Sequence Guides*

We are providing two charts to assist you in understanding the light body as a sequenced path.

On pages 3–4 we have provided an overview of the Light Body path by key states and qualities. On page 5 we have provided a Light Body study path by courses so you can connect the key states and qualities to the Light Body courses that teach them. The arrows indicate the sequence of courses.

You can study any level at any time after graduating from the basic six-part *Awakening Your Light Body* courses, and you do not have to complete the courses at one level to move to the next. You can have wonderful, expansive, and breakthrough experiences at all levels of study as you get into light body spaces, and you have the opportunity in each meditation to expand into the highest energies you can reach. Skill at the lower levels will assist you in having more depth to your experience of higher energies, in knowing how to navigate them, sustain and have a more in-depth experience of them.

*Each light body journey can bring you incredible experiences  
and life-changing realizations at any level of study.*

The more skills you have with the light body, the better you become at translating the higher spaces back into insights, directions, and guidance. However, these skills are not necessary to experience states of consciousness that are peaceful, flowing, expansive, mystical, and deeply transformative at all levels of study. The journeys in all courses offer you unique, memorable, and wonderful experiences that will expand your consciousness.

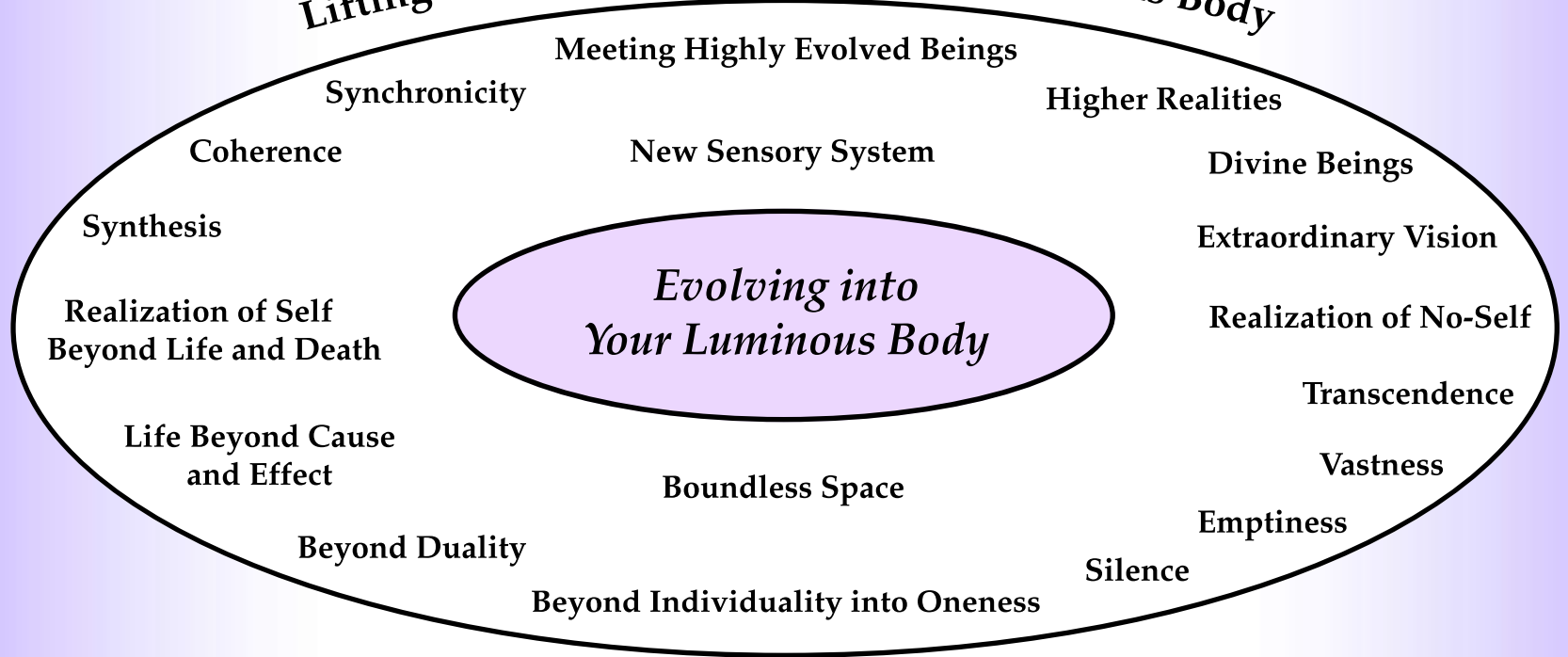
### **Use Whatever Information About the Light Body Levels That Is Useful to You**

On the pages that follow, we present charts of key states and qualities you may experience at each level. There are many more states you can experience than the ones indicated. As you read these key experiences and states, think of the many additional qualities, states, and new consciousness you have already experienced as you awakened, built, and lifted into upper levels of your light body.

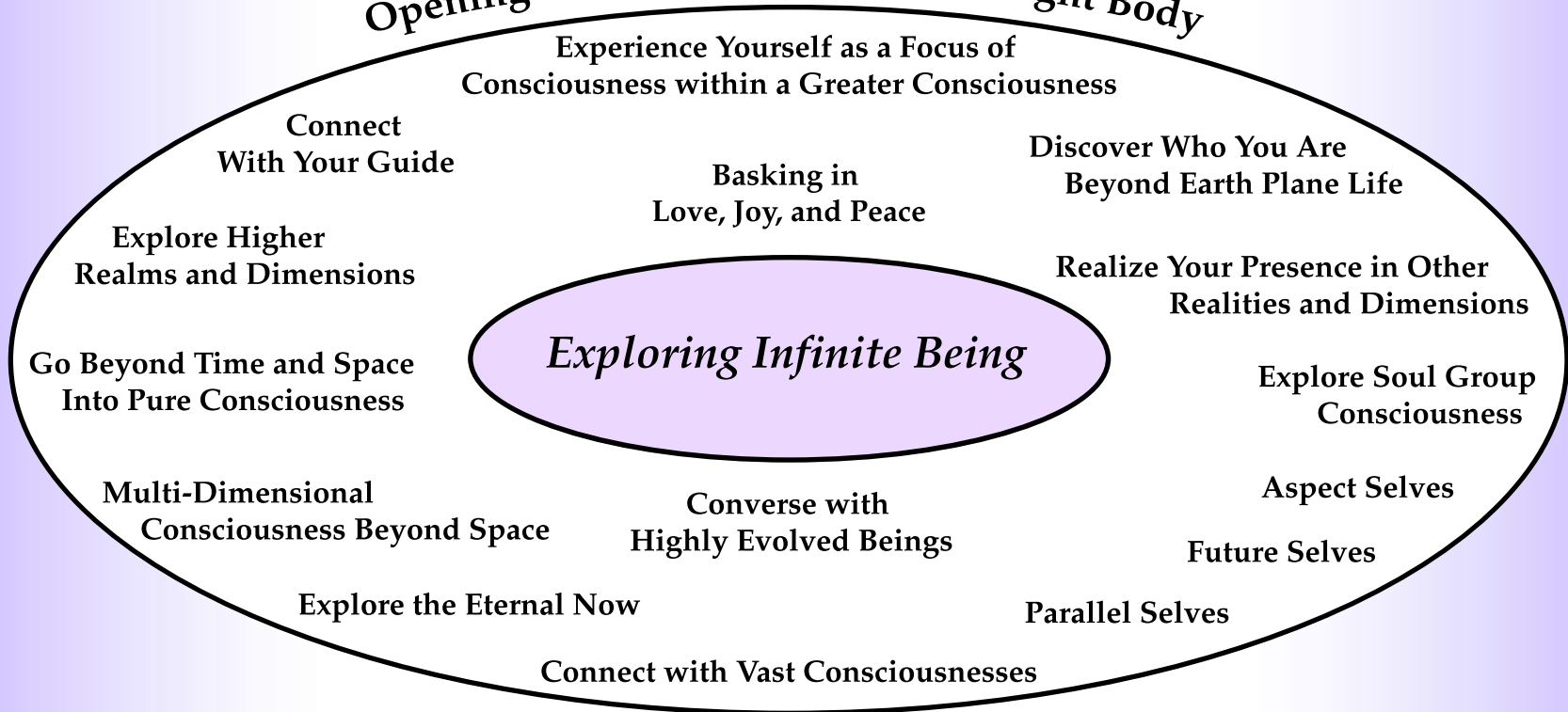
Note: You may already have a way of sequencing, viewing, and thinking about the light body. Use any information about the light body study levels presented here that is useful to you, and integrate it with however you already view the light body levels. There is no right or wrong way to explore the light body; *your way is perfect for you.*

# Source

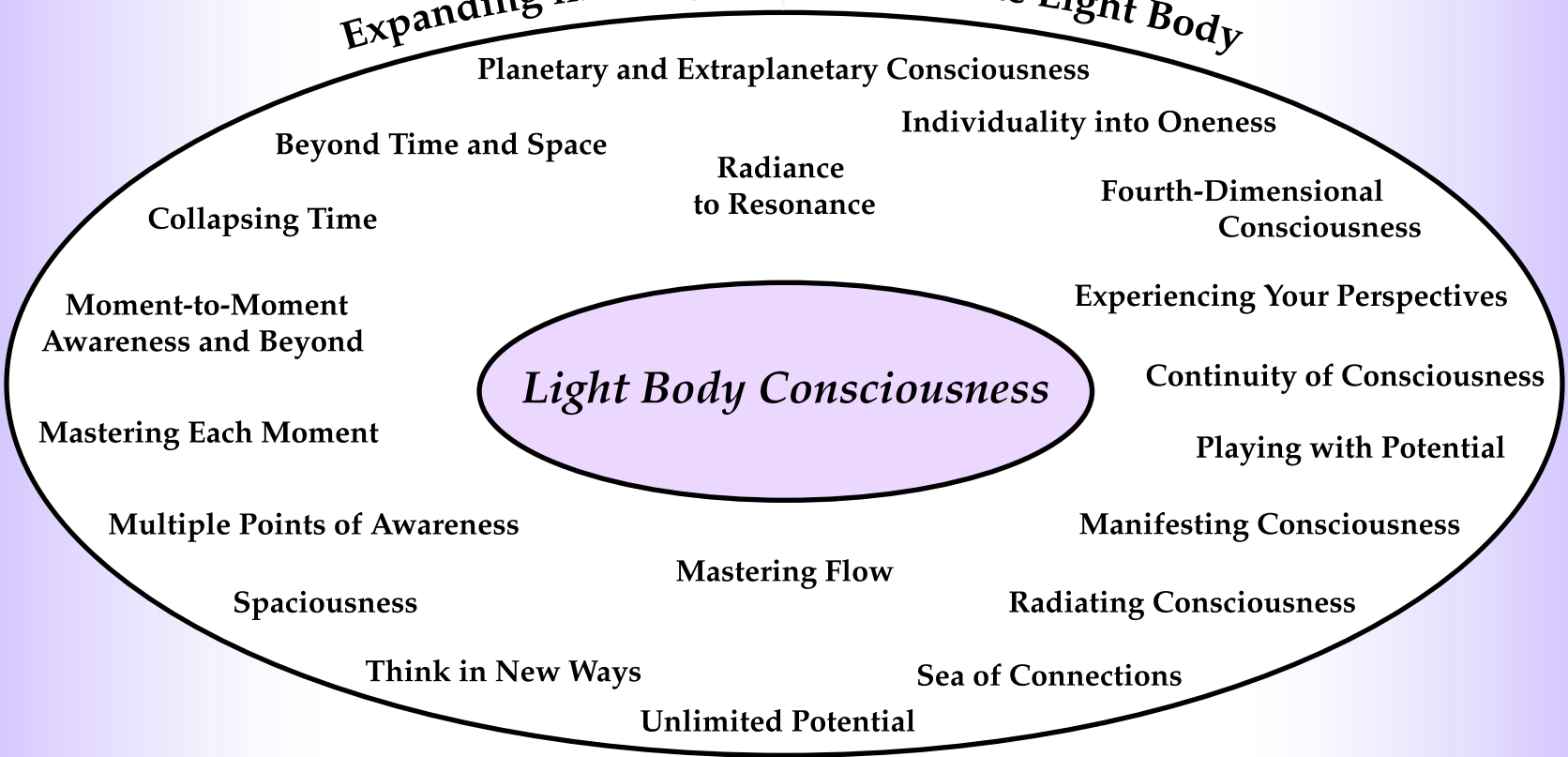
## Lifting Beyond the Light Body into Luminous Body



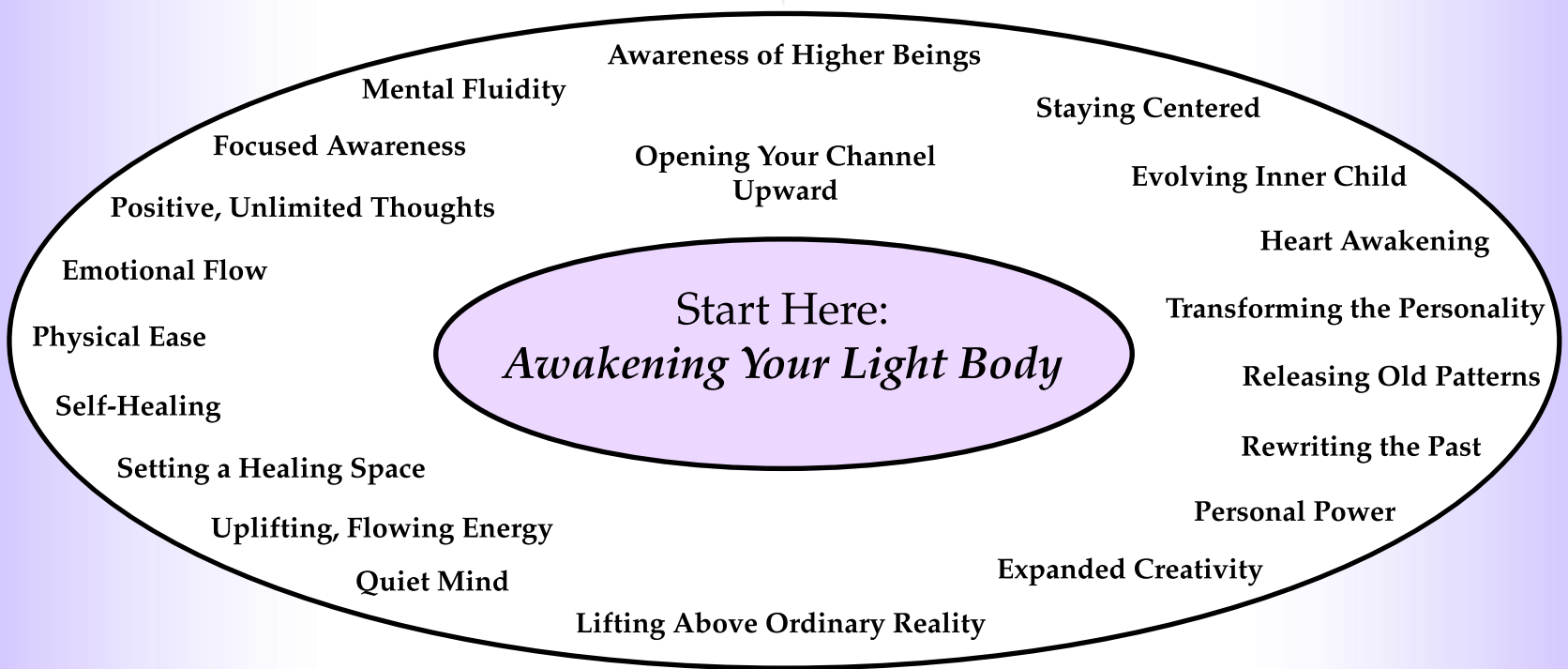
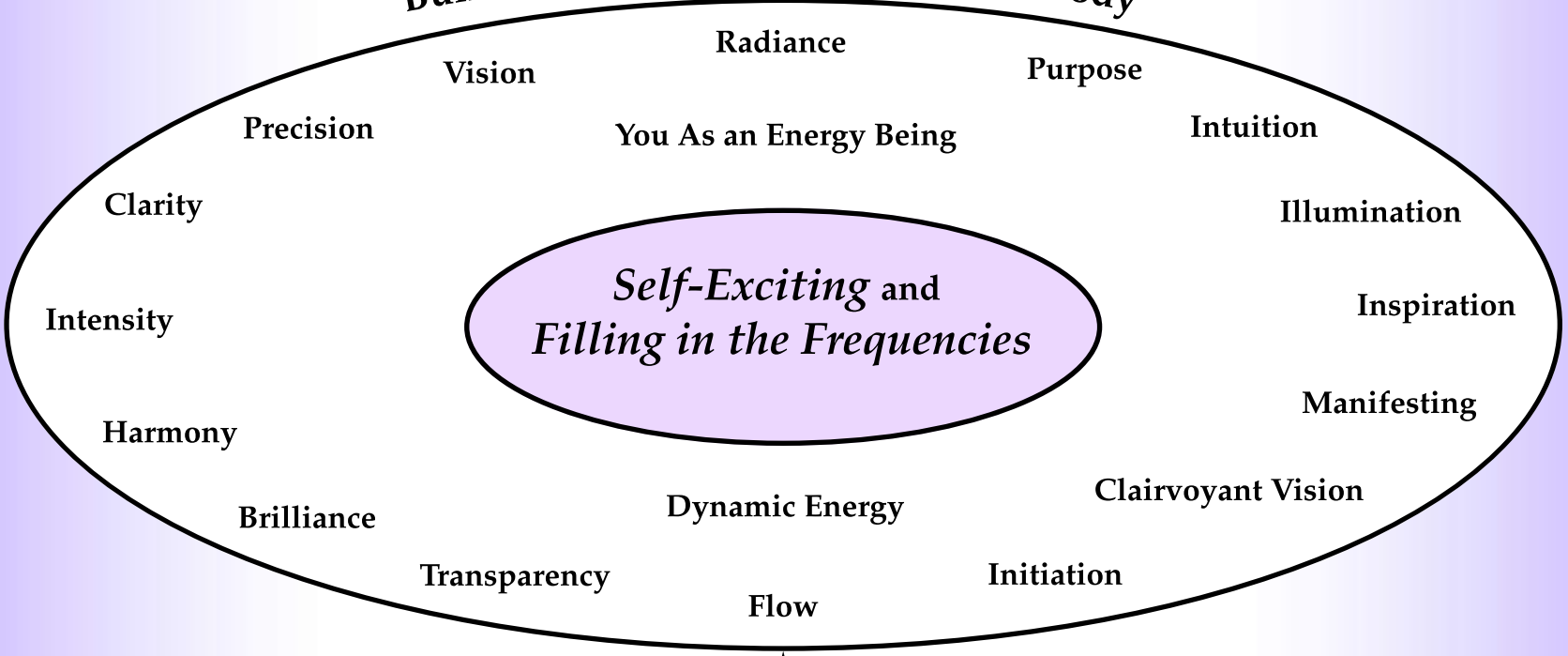
## Opening to Infinite Being, Upper Light Body



**Expanding into Higher Levels of the Light Body**



**Building and Filling in Your Light Body**



Ordinary Reality

# Awakening Your Light Body Path

*Strengthening Main Path  
and Skills*

*Light Body Main Path  
and Skills*

*Expressing and Manifesting  
Opening up Possibilities  
on the Earth Plane*

*S o u r c e*

Lifting Beyond the Light Body into Luminous Body

*DaBen's Evolving Into Your  
Luminous Body (LB961-LB966)*

Opening to Infinite Being, Upper Light Body

*DaBen's Exploring Infinite Being  
(LB951-LB956)*

Expanding into Higher Levels of the Light Body

*Building Your Consciousness  
Series (LB921-LB923)*

*Expanded Series  
(LB931-LB933)*

*DaBen's  
Light Body  
Consciousness  
(LB941-LB945)*

*Transitions into Balance (LB946)*

*Exploring Connections (LB947)*

*Manifesting from Light Body  
Consciousness (LB948)*

Building and Filling in Your Light Body

*DaBen and Orin's  
Radiance: Filling  
in the Frequencies  
(LB121-LB221)*

*DaBen's  
Radiance:  
Self-Exciting  
(LB131)*

*Intuition (LB924)  
Illumination (LB925)  
Inspiration (LB926)  
Divine Manifesting (LB927)  
Vision (LB917-LB918)  
Celebrations (LB914-LB916)  
Ceremonies (LB911-LB913)*

All Courses Above are Graduate Light Body Courses

Start Here: Awakening Your Light Body

*DaBen and Orin's  
Awakening Your Light Body  
(LB111-LB116)*

*Ordinary Reality*

# *Awakening Your Light Body*

## *A Path of Awakening to Higher Consciousness*

Imagine that these images symbolize moving into higher consciousness as you notice the story they tell. Observe how the view of the Earth and lakes change as you view the Earth from higher up.

Now imagine that as you awaken your light body you are moving into progressively higher realms of light, exponentially expanding your perspective of your life and who you are.



### **Story Describing the Light Body Path**

We are providing this story/analogy as a way to help you think about the light body levels. It also offers a way to describe your light body experiences to others, in an easily understood symbolic way. We found it a useful analogy for your light body journey upward into higher realms and dimensions, into experiences of vastly expanded consciousness, closer to Source as you awaken, build, fill-in, and lift into higher levels of your light body.



Imagine the view as you sit by a lake, feel the water and the sun, notice the smells, and enjoy seeing the beauty of the lake, mountains, and sky. You are peaceful, your emotions are flowing, your thoughts are quiet, and you are enjoying yourself.

Now imagine flying above the lake in a small plane. You can still make out the details of the lake, yet from here you can see much further out into the distance; your view is expanded. You are more aware of the area surrounding the lake, and are able to see the lake in the context of a larger view. Along with the memory of the feel of the water and sun on your skin the view can enhance your experience of the lake and your feelings of joy and well-being. Without any direct experience of the lake, you would only have a concept of it and would be unable to benefit as much because you would not really know what the lake would be like to touch, feel, and directly experience.



Picture the view from an airliner, thousands of feet or meters above the earth. You are no longer aware of the details of the lake or the plants, animals, and people below. You are viewing the mountains and valleys, the weather patterns, the clouds and sun in a different way. You can see the lake in an even larger context as you view the environment around and above it. You no longer feel the water or the ground; you see them from a higher perspective. However, because you have experienced the lake and water directly, you know what you are looking at. The lake is not just a mental concept to you, but something you have directly experienced.



Next imagine what the view might be like if you are orbiting the Earth in the space station. You become more aware of the Earth as a whole. You can see mountain ranges, oceans, and the shape of land masses. You are no longer focused on the lake; in fact depending on its size you may even have trouble finding it. However, the view is incredible, beautiful, and fascinating, and you can see much more of the world below.

Expanding even more, you might imagine the view of Earth from the moon, or even further out, from the edge of the solar system. At that point you must look very closely to even see the Earth. Everything looks different from this level and you have a completely different view point than you had at other distances and perspectives.



You might think of the light body levels of consciousness in a similar way. Rather than exploring physical space, as you progress through the courses you are developing a sensory system that allows you to experience increasingly higher realms and dimensions that are non-physical, exist outside of time and space, are multi-dimensional, and closer to Source. With each expansion you experience even more fully the truth of your being.

## Light Body Levels and How the Light Body Relates to the Story Above

**At all levels of study, the light body courses guide you to experience states of consciousness that are peaceful, profound, flowing, expansive, mystical, and deeply transformative.**

You might think of the light body levels of consciousness in a similar way. Rather than exploring physical space, as you progress through the courses you are developing a sensory system that allows you to experience increasingly higher realms and dimensions that are non-physical, exist outside of time and space, are multi-dimensional, and closer to Source. With each expansion you experience even more fully the truth of your being.



Starting with the basic six-volume *Awakening Your Light Body* series, DaBen and Orin guide you to experience increasingly expanded states of consciousness. Throughout all courses you are developing a sensory system that allows you to lift above ordinary reality and sense higher and finer energies, realms, and dimensions and yourself as you exist at higher levels of being.



After you finish the basic six-volume light body courses you are ready to move into higher levels of the light body. With Self-Exciting and Frequencies skills you are building and filling in your light body. This allows you to sense and work at an energy level to create a more fulfilling, abundant life. Like the story above, you are flying above the Earth, enjoying a different perspective and viewpoint. You are developing the sensory system to experience this higher view and expanded reality. You are moving above ordinary reality into levels of energy and light where you can directly affect your Earth life from a higher perspective, with greater understanding.



The next level DaBen calls *Light Body Consciousness*. You expand into the higher levels of the light body which allows you to sense some of the vaster energies and realms that exist all around you that are affecting your Earth life. The light body consciousness skills teach you not only how to reach higher dimensions, but also how to perceive the energies there, navigate, explore, and manifest from these higher spaces. You work in the realm of potential to unfold the highest potential within every relationship, form, and situation. You gain more ability to work in and experience simultaneous time where what you want already exists. DaBen has called this “fourth dimensional manifesting” and you will learn more about this in courses at the light body consciousness level.



As you move into the upper levels of the light body through DaBen’s *Exploring Infinite Being* courses, you learn to sense higher realms and dimensions and to “converse” and work with the very evolved beings who are there. You expand your perspective to know more of who you are, recognizing yourself as a focus of consciousness within a greater consciousness. You expand your sense of self to include soul group consciousness, parallel and aspect lives, and past and future lives. You begin to experience how vast your consciousness truly is.

**At every level of light body study  
you can have incredible experiences  
and life-changing realizations.**



The focus from the *Exploring Infinite Being* level up into the *Evolving Into Your Luminous Body* courses currently being taught by Duane and DaBen is no longer about Earth life, but instead about learning more about the vastness of your being as you exist in higher realities. You realize that you already have a presence in these higher realms, and that this presence is waiting for you to evolve into it.

While explorations at these higher levels do not directly affect your earth life, the ability to sense and work in these realms can give your life new meaning and purpose. You have a better idea of why you are here. You become aware of energies you can experience that were not visible to you before. You know beyond doubt that your consciousness is continuous throughout time.

**All light body courses offer wonderful experiences.  
You can have breathtaking, profound,  
and memorable experiences  
throughout all light body courses and meditations.**

You can play at any level of the light body you are drawn to after completing the six-volume basic *Awakening Your Light Body* course. You will learn whatever is taught at that level. Listening to DaBen’s meditations that teach the higher light body levels can give you amazing, even peak inner experiences. However, you will not have as much skill with the energies if you have not studied the lower levels. For instance, studying light body consciousness skills gives you a greater ability to discern what energies to play with, learn how to focus on them, navigate and find the flows that take you higher, and express that energy into your daily life. Studying the lower levels before or after these courses will provide you with a base to better enjoy, understand, explore, and sustain what you are experiencing at higher levels.

With all the levels, a wondrous sense of being can emerge. As you listen to DaBen and Orin’s guided meditations, you will open to what is next for you on your journey of awakening and enlightenment.