

Duane and DaBen - DaBen's Light Body Consciousness Course Level 1

Perceiving Energy, Developing Dimensions

Read people's comments and/or listen to them talk about the *Light Body Consciousness* courses.

This series of courses teaches you skills you need to navigate and live in higher dimensions of light.

This five-part course may be studied any time after the completion of the six-part Awakening Your Light Body course. DaBen created the Light Body Consciousness course in five progressive levels. It offers an extraordinary opportunity to learn how to enter states of consciousness that many have called "enlightened" where time becomes non-linear and simultaneous, where you can sense your presence throughout many other dimensions, your mind is still, divine love is seen shining through all events, and cause and effect change in their meaning.

What is Light Body Consciousness?

Duane: Light body consciousness offers you a powerful opportunity to accelerate the evolution of your consciousness. This can result in many very direct and dramatic positive impacts on your personal life, as you can notice from the comments of people who have completed these courses.

DaBen and I have created the *Light Body Consciousness* courses, starting with five progressive levels which offer you an extraordinary opportunity to learn how to enter states of consciousness where time becomes non-linear and simultaneous, where you can sense your presence throughout many other dimensions, your perspective of your earth life expands to include your lives in other dimensions, your mind is still, divine love is seen shining through all events, and cause and effect change in their meaning.

You will learn how to change
the nature and structure of your awareness.



With light body consciousness, you will be going inside your own consciousness to understand how you experience and construct your reality. You will learn how to change whatever you choose about your perceptions—you can deepen your intuitive awareness and experience innovative ideas that put you in a higher flow and open up life-changing possibilities.

With light body consciousness, you can understand more about the nature of reality and who you are beyond your ego. You begin to have enough consciousness in these "enlightened" spaces so that when you return to ordinary reality you can experience yourself in new ways, including shifts in your perspectives, understandings, relationships, and manifesting skills.

The light body consciousness states are experiences of moment-to-moment awareness. They allow you to see your life through many different perspectives, giving you creative and expanded insights into the potential of your life, relationships, career, and whatever you focus on.

Light Body Consciousness is unity, harmony, and flow between you and all the energies around you.



Light body consciousness opens up into infinity; you can experience level after level of expansion of your awareness. With light body consciousness you have an increasing ability to discover and manifest new paths and directions. You no longer need to be trapped by resistance, old patterns and habits, or aspects of your awareness that create struggle. As you understand the nature of your consciousness and how to change it at a higher energy level, this can result in positive changes in every level of your life and being.

These courses are the light body on a grand scale, with a planetary and extra-planetary perspective. Each of you who participates is making a difference in the group consciousness and potential shift for humanity. DaBen is grateful to have you and a large and growing group who is ready for this level of work, for all the potential it will open up for humanity. From the expanded perspective of light body consciousness, you can view your earth life and purpose with greater awareness and understanding. You can learn how to radiate light to your earth plane presence—your personality—and to the earth plane itself.

You are pioneers in opening the potential for humanity to unfold a new awareness of individuality that will allow greater peace, harmony, cooperation, and unity between

individuals and all life. As you move through the *Light Body Consciousness* courses, I expect that these states that we will be playing with will become more stable for you as pioneers of this work, and for all who will follow and are ready for this shift.

Light Body Consciousness greatly expands your choices.

You can more effectively choose how much energy you want to put into various activities, and to invest in certain forms. You become aware of new ways to carry out your purpose that are more effective and efficient. You can experience how free you really are to create an abundant, loving, and purposeful life.



There is so much potential in every moment—the potential for shifting energy, for opening and expanding into new awareness and understanding, the potential for expressing the higher energies in ways that bring you joy, love, abundance, and fulfillment—that once you become aware of this potential you can continuously experience your life in new and wonderful ways.

You can learn *Light Body Consciousness* from the Light Body Consciousness courses, Levels 1 - 5. In addition, there are two courses you can take to explore aspects of *Light Body Consciousness*, (without needing to take the first five levels) called *Exploring Connections With Light Body Consciousness* and *Manifesting From Light Body Consciousness*. These two additional courses come with a quick overview of the first five Light Body Consciousness levels, and are actually levels 6 and 7 of the *Light Body Consciousness* course.

DaBen and I look forward to our connection to you as you transform your life with light body consciousness. ~ Duane

Light Body Consciousness Courses

DaBen's goal with these five courses is to create a shift for each of you and for humanity that in a significant, lasting, and new way, expands how individuality (the you that you know) can express itself. You can then live in cooperation with all the energies about you, and those in higher realms and dimensions as well.

DaBen has been putting out a call to those of you who are ready for this work. He feels that this course can be as big a step in expanding your consciousness as your experiences of awakening your light body. As a participant in the *Light Body Consciousness* courses, DaBen will include you in ongoing transmissions to support you in learning light body consciousness. You will receive transmissions from many beings of light throughout the course to support you in making this shift of consciousness. This series is much more than just a series of courses, for it offers you a new way of living, experiencing, and being in the world.

This series consists of five (5) DaBen *Light Body Consciousness* courses, with DaBen journeys and talks by Duane. These are progressive, sequenced courses, and you will need to complete each level before moving onto the next level, as each level builds on the previous level. You can study at any pace that is comfortable for you.

Orin journeys are included with Levels 2, 3, 4, and 5 to further assist you in making the transition to a new consciousness.

If you would like to meet others on a similar path, we recommend attending a live light body seminar, a wonderful way to meet other light body graduates.

Information about Each Level

All courses below include a PDF manual including transcripts of the journeys, and color artwork for your MP3 player that you can also print if you are burning CDs.



Level 1: Light Body Consciousness—Perceiving Energy, Developing Dimensions. Contains 19 DaBen journeys and talks by Duane. LB941



Level 2: Light Body Consciousness—Discovering Equilibrium, Becoming Discernment. Contains 20 DaBen journeys and talks by Duane and 2 Orin Meditations. LB942



Level 3: Light Body Consciousness—Creating Focus, Mastering Flows. Contains 21 DaBen journeys and talks by Duane, and 3 Orin meditations called Expansions of Self. LB943



Level 4: Light Body Consciousness—Precipitating Shift, Manifesting Consciousness. Contains 22 DaBen journeys and talks by Duane, and 10 Orin meditations called Birthing New Consciousness. LB944



Level 5: Light Body Consciousness—Being, Beyond Experience and Choosing to Express. Contains 23 DaBen journeys and talks by Duane, and 4 Orin meditations called Transitions to a New Consciousness. LB945

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