

# Duane and DaBen - Exploring the Immense Scope of Your Life: and the Nature of Reality Part 3

In this third course of the Luminous Body: Portal to Your Consciousness, called *Exploring the Immense Scope of Your Life and the Nature of Reality*, you will expand your experience of who you are, into the immense scope of awareness that is **you**, your presence in these vast dimensions of light. We will be going beyond the levels of your self in these dimensions explored in any other course so far.

***Opening to new levels of your being brings you an amazing universe of discoveries.***

You become conscious of new perspectives and thoughts. You are able to recognize and converse with highly evolved beings. You become more aware of the nature of reality and the energy you are around on the earth plane.

As you expand beyond earth plane consciousness, you can then look down at the earth plane and your consciousness as if viewing them from above. You can have a clearer understanding of the energies, thought forms, beliefs, cultural conditioning, and higher and lesser energies that make up earth plane energy. From this elevated perspective you can feel more at choice about what energies you might choose to act on or ignore. You are more aware of the choices that were not visible to you from a less expanded viewpoint. You gain the ability to make better, more productive, life-filled choices based on your larger vision of your life and who you are.

***With the expanded consciousness from beyond the earth plane***

***you can be more at peace with “what is” in your life.***

You can learn to use the power of “what is” to join the flow and be lifted higher. Resistance to “what is” is no longer an issue as you simply embrace all that is happening as a way to find higher flows and more opportunities. You are no longer pushing or resisting the flow, but joining the flow and letting it take you to wonderful new experiences. From that context the statement, “don’t sweat the small stuff, and it’s all small stuff” becomes real and meaningful.

You contribute to the energies simply by your presence, but you also draw to yourself opportunities to take action and make a contribution on a larger scale. With this expanded consciousness your personality transforms in the light of greater understanding of who you are and how you can make a difference in the world.

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**In this course you will open to the divine within you, to the immense scope of your being for a greater ability to:**

- Explore and deepen your connection to Source and the divine.
- Radiate more light, on a larger scale.
- Recognize and choose energies and circumstances that are good for you, ignore or release those that are not.
- Receive insights and fresh answers and solutions that come from these higher energy states and viewpoints.
- Experience your consciousness not only from an earth plane, personality level, but from a level where you can see human energy as a whole, in context with a larger universe.
- Make a greater contribution from this expanded perspective of human energy, and knowing more about the nature of reality.
- Bring earth plane energies up to the higher vibration of the luminous energies and light that you are capable of reaching.
- Develop the skill to know what state of consciousness you want to experience, and then be able to create that state at will, such as a flowing, peaceful, creative, energized, alive, or joyful state.
- Enjoy some very high, flowing, blissful states of consciousness.



**Message from Duane on How You Might Experience the Spaces Taught in this Course:**

Imagine that you can experience the energy and the space about you as flawless, seamless, and fully connected, where you can travel with your awareness anywhere you direct it to without effort. In this state there is an amazing feeling of peace and well-being, no matter what turbulent or discordant energies are flowing around you in ordinary reality. You will be amazed at how easily and smoothly you can move into this peaceful space.

Any thought you have about what you are experiencing opens to a peace so profoundly complete, so filled with luminous body light, that the dynamic nature of your energy carries you into a deeper state of inner peace. You become immersed and absorbed into a greater and more sustained feeling of well-being.

In this space even discordant thoughts become such an integral part of the bigger picture you are experiencing that your sense of peace and well-being increases. Any disharmonious thoughts, feelings, or situations simply enhance your ability to feel the perfection and peace that is possible in this state.

***You are able to focus higher and see beyond the illusion of ordinary reality.***

In this state you are more fully connected to Source, able to hear your inner guidance and act from a state of knowingness that goes beyond the mind.

For me this state has become an effortless opening into stillness, even in the midst of all the chaotic energies coming from ordinary reality. This space is like a refuge of peace that can provide a perspective and an invitation to dynamically join the energies in more meaningful and fulfilling ways as you learn to play bigger and direct your life from above.

## Proof Content

