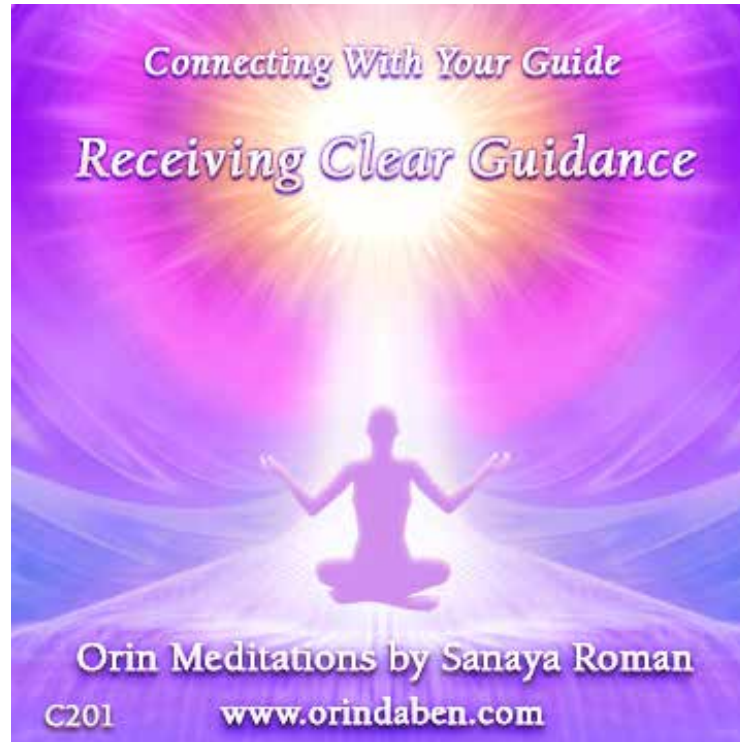


Connecting with Your Guide *Receiving Clear Guidance*



Orin Meditations
by Sanaya Roman
Music by Thaddeus

Written Material to Accompany
Orin's Audio Course

Includes Transcripts

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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](#)

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

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Connecting with Your Guide

Receiving Clear Guidance

Orin Journeys by Sanaya Roman
Music by Thaddeus

Audio Program Index

Below is a listing of all guided meditations, talks, and times. Thaddeus music is listed after each journey and can be ordered by going to [Thaddeus' Music Listening Room](#) on our website.

To listen to the audio journeys, you will need to purchase them from *LuminEssence* at www.orindaben.com and download them using your Member ID and password.

Part 1: Removing Blockages to Receiving Clear Guidance

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Program 6	Letting Go of Expectations, Attachments, and the Past for Clear Guidance <i>Music: Illumination TH061E</i>	23:02
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Program 9	Viewing the Bigger Picture <i>Music: River of Love TH041E</i>	25:50
Program 10	Looking into the Details <i>Music: The Blessed One TH063E</i>	25:09
Program 11	Playing with Time <i>Music: Sacred Journey TH056E</i>	23:48
Program 12	Opening to Creative Inspiration <i>Music: The Master of Light TH029E</i>	25:45
Program 13	Getting a Clear Vision, Moving into Action <i>Music: Spiritual Sun Vortex TH051E</i>	24:42

Read up to date information on our website about all of our [channeling materials](#).

For an overview of all of Orin's courses please visit [Orin's Path of Self Realization](#).

Connecting with Your Guide

Receiving Clear Guidance

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General Information

Welcome to Orin's audio course on *Receiving Clear Guidance*. The purpose of this album is to support you in connecting with a guide to receive clear guidance, either directly into your mind, or through channeling aloud. You will be guided throughout the meditations to receive energy from your guide to assist you in removing obstacles to becoming a clear channel. You will learn how to increase your ability to receive breakthrough new ideas and clear, useful guidance as you connect with your guide.

These journeys are helpful in improving your ability to receive clear guidance whether you are just learning to channel and making the first contact with your guide, or have been channeling for a long time. You have the ability to receive excellent, accurate, and wise inner guidance and this course will teach you how to do so.

You can receive clear guidance about:

- Creating abundance and prosperity
- Relationships • Health, healing, and well-being
- Projects, activities, and upcoming events
- Decisions or choices you need to make
- Everyday situations, diet, body, lifestyle questions
- and much more!

In Part 1 Removing Blockages to Receiving Clear Guidance, you will learn how to:

- Clear obstacles that keep you from establishing a strong connection to your guide
- Better sense your guide and know that the connection is real
- Remove doubts and concerns about the accuracy of your guidance
- Identify and let go of anything that would interfere with getting clear guidance
- Trust your guidance

In Part 2 Exploring Divine Perfection and Infinite Possibilities, you will strengthen your ability to:

- Receive guidance that will provide you with answers and solutions that will unfold the divine perfection that is possible in every part of your life
- Channel inspired, creative guidance
- Receive guidance about the bigger picture
- Be able to see more of the details
- Look into time
- Get a vision that is clear enough to take action

If you have not yet done so, we highly recommend that you read Orin and DaBen's book, [*Opening to Channel – How to Connect With Your Guide*](#), by Sanaya Roman and Duane Packer, published by H J Kramer Inc. The information in this book will assist you in verbally channeling your guide if you have not yet done so. Chapters 1 through 5 of the book describe what channeling will feel like, how to attract a high-level guide, who the guides are, and how to prepare for your opening.

The first time, it is best to work with the processes in this course in a sequential manner. Proceed through them at your own speed, going on to the next journey when you feel ready. You can repeat the journeys as often as you like. Once you have worked with all the journeys one time, you can then pick whatever ones you are drawn to that will most assist you in receiving clear guidance. Feel free to expand upon what you will learn and ask your guide to show you even more ways to receive clear guidance.

As you open to receive clear guidance, be loving and patient with yourself and allow playfulness to direct your efforts. Keep in mind that you are unique and your experience will be your own. As with any new skill, some readiness and willingness to explore areas that are new for you is important.

If this is your first experience channeling a guide, it is best to make your first connection with a guide when you are feeling rested, healthy, and in a positive mood. The way to excellence in channeling is the same as for any skill—continued study, determination, and the intention to succeed.

Quick Summary and Overview of the Journeys in This Course

Part 1 Removing Blockages to Receiving Clear Guidance

You will work in the first part of this course to strengthen your connection to your guide, to better realize that you have connected with your guide, and to remove doubts and fears about channeling. You will discover how to release concerns that you are not really channeling and develop a better understanding of how clear guidance is given and received. A high-level guide always wants what is best for you, to empower you to become stronger, wiser, and better able to create the life you want.

Program 1: Connecting With a High-Level Guide—You will be guided to meet and deepen your connection to a high master guide, either a new one or your current guide, whose purpose is to assist you in living the best life possible, aligned with your higher purpose, and to provide you with clear guidance to support you in doing so. You will be guided to receive information about who this guide is, get a name, and increase your ability to sense that your guide is really present. This journey is useful whether you have worked with your guide for years, to deepen your connection, or if you want to find a new guide who will work with you for the purpose of giving you clear guidance.

Program 2: Removing Blockages to Connecting with Your Guide—Receive energy from your guide to assist you in releasing doubts or fears that may stop or hinder you from making this connection. These might include a concern that you are making it up, feeling that you do not need any help, thinking that no answers exist anyway so why ask, or simply forgetting that you can turn to your guide to assist you. You do not need to sense or feel your guide in any way for your guide to be present and to assist you.

Program 3: Strengthening Your Ability to Receive Guidance—Your guide will assist you to better trust the guidance you receive, accept the way it comes through, the form it takes, and how much or how little you receive. You will explore how to be more aware of the guidance being sent you from your guide. You will expand the qualities of trust, acceptance, patience, self-confidence, and perseverance to increase your ability to bring through clear guidance.

Program 4: Orin Talk: Recognizing Guidance You Can Trust—This is a talk by Orin about how to recognize guidance you can trust, and how to sort through what guidance you want to follow, or not.

Program 5: Releasing Doubts and Fears to Receive Clear Guidance—Your guide will work with you to assist you in releasing doubts, fears, and concerns you may have about receiving higher guidance so you can receive accurate, clear guidance that uplifts and inspires you. Some of these may be concerns that the guidance you get may be wrong, misleading, or will not bring you the results you seek, worry that the guidance will be hard to follow or not what you want to hear, a feeling that you are not capable of getting clear guidance on some issue, or receiving conflicting guidance at various times.

Program 6: Letting Go of Expectations, Attachments, and the Past for Clear Guidance—Learn how to get into the clearest channeling state possible to bring through guidance that is free from being influenced by attachments, limited thinking, strong desires, judgments, opinions, and past memories. You will work with your guide to clear emotions, thoughts, and beliefs about any area you channel or receive guidance about that would interfere with the guidance and insights your guide is offering you.

Program 7: Receiving Clear Guidance General Process—This is a guided journey you can use to get into the clearest possible channeling state, using all that you have learned in programs 1–6. You will then link with your guide to receive clear guidance about some area of your life.

Part 2 Expanding the Guidance You Can Receive

All of the journeys in Part 2 will assist you in receiving guidance that will assist you in creating all that you need to manifest the divine perfection, plan, purpose and blueprint of your life in any area you focus on. You will expand your ability to channel breakthrough information and solutions. You will work with your guide to open up new possibilities and potential for your life, such as for your relationships, health, prosperity, projects, and career. These journeys will assist you to open up stuck places, gain understanding about your life and circumstances, receive guidance to help you make a decision or choice, and to know when and what actions to take so you can create your highest good in every area of your life.

Program 8: Exploring Divine Perfection and Infinite Possibilities—Journey to a place of great light, the light of unmanifest potential, of divine perfection. You will work with your guide to learn how to tune into the divine perfection and the divine plan, purpose, and blueprint that exists within all situations, circumstances, activities, relationships, waiting for you to recognize and unfold it. You can gain more vision of the possibilities and potential that exists for every part of your life. You can break through past limitations and stuck areas and make choices and decisions that lead to more love, harmony, and peace.

Program 9: Viewing the Bigger Picture—Link with your guide to get an overview, a bigger picture of any part of your life about which you want clear guidance. Orin will teach you more about how to work with your guide and how guidance comes through when you are looking for the larger picture. With this understanding you can better know what to focus on, what to let go of, what is important to know about, and what is not. Opening up one area of your life in the way you will learn can open up possibilities that did not even exist before for your entire life.

Program 10: Looking into the Details—Fine-tune your ability to work with your guide to receive clear guidance about whatever level of detail is needed and perfect for you to have about any situation or circumstance. Your guide will assist you in looking at details that are important for you to know about to bring about the divine perfection that is possible. Bringing through the details your guide is showing you can reveal new ideas, directions, and actions that you were not aware of before.

Program 11: Playing with Time—Your guide exists in a world of no-time and can assist you in gaining insights about some area of your life by viewing it from a future viewpoint. You will view the future of some part of your life where divine perfection has already manifested at a future date, and from this perspective better know what to do now to bring this about. You will be more able to see what steps to take right now as you get a clearer vision of what is possible.

Program 12: Opening to Creative Inspiration—Expand your ability to be creative and to receive inspiration from your guide so you can discover new actions, solutions and thoughts. You can better recognize what to do to unfold the divine perfection that is the possibility that lies within all circumstances, relationships, and events. This creative energy feels as if you have become smarter, that your vision has expanded, and your ability to put things together in novel and unique ways has increased. Your guide will assist you in opening to this creative energy and in receiving inspired ideas as you channel on a relationship, prosperity and abundance, health, diet, your body, a project you are working on, an upcoming event for the highest outcome, and a decision or choice you are faced with making.

Program 13: Getting a Clear Vision, Moving into Action—Discover how to work with your guide to create a vision that is clear enough to know what steps and actions to take to create divine perfection in some specific area of your life. This may be a vision that includes your next steps, a possible outcome, and some of the potential that is possible to create right now. You will bring together all that you have learned in this course as well as learn new channeling skills to build a vision of some part of your life that is complete enough to know what action you can take now to bring about your higher purpose in this area.

Connecting with Your Guide

Receiving Clear Guidance

Orin Journeys by Sanaya Roman

Music by Thaddeus

Transcripts of Journeys and Talks

Welcome to transcripts of Orin and DaBen's *Connecting with Your Guide: Receiving Clear Guidance* guided meditations. We have provided these transcripts to assist you in better understanding the material covered. While we have an excellent transcriber, we do not guarantee that these transcripts perfectly match the audio course or that they are perfectly typed or edited. In addition, some of the material has been slightly modified to make it more readable.

Part 1: Removing Blockages to Receiving Clear Guidance

Program 1 Connecting with a High-Level Guide

Greetings from Orin. Start this journey by setting your intention to meet a guide, either a new one or your current guide, whose purpose is to assist you in receiving clear guidance. Do this now.

Ask for the highest master guide you can channel who is here to give you guidance. This may be a guide you are already familiar with or a new guide.

Start the process of making this connection by relaxing your body, taking a deep breath in, and putting your body in a comfortable position. With each breath imagine that you are going higher and higher and letting go of your concerns and any thoughts about the day, just relaxing right now.

Put your feet and your legs in a comfortable position, adjusting your hips and your thighs so that your body is relaxed. Notice your stomach, and your back, and your chest, and breathe in a way that is natural, and smooth, and even. You might want to breathe a little more deeply than normal to assist you in coming to a centered space within yourself.

This is your time to go inward to meet and work with a wonderful being, a guide who is here just for you, to assist you in your life in receiving clear guidance.

Relax your shoulders and your neck, your head, and your eyes, relaxing the muscles around your eyes and your jaw. You are moving into a state of receptivity, becoming more aware of your inner world and letting go of the outside world for now. You are moving your awareness into the center of your being.

As you move your awareness into the center of your being, call light to yourself, beginning to charge yourself with light. Letting light come and form a pole of light around your spine in the center of your being, lighting up your innermost self, the light within you — light coming from within you, light coming from without, light coming from everywhere.

As you call light to yourself and charge yourself with light, you are lifting up into the higher realms where you can meet and blend with a guide. As you call more and more light to yourself, you are lifting up out of the density, out of mass consciousness, out of all the thoughtforms and beliefs, into a realm of light, of beauty and harmony.

This realm is so clear. Symbolically it is like you can see for miles in all directions. As you lift up into this light, any of the fogs of emotions, feelings, or thoughts begin to dissipate as you leave behind your cares and concerns. You are opening to more and more light, to a realm of great light.

Imagine that you are now calling for a guide to come forward who has been wanting to work with you; a guide who is here to bring through clear guidance to assist you in living the best possible life. This may be your existing guide, if you have one, or a new guide whose purpose is to provide you with clear guidance, to teach you how to work with him or her to receive and interpret, and use the guidance that this guide will offer you.

You might imagine your guide off in a distance, a radiant being of great light. This guide is coming closer and closer to you. Really focus on this guide. You might sense or feel this guide in some way, you might have a visual image, you may see light or color or shapes, or hear a sound, or receive a feeling. Be open to all the ways your guide is showing him or herself to you right now.

As your guide comes closer and closer you can see or feel or sense more about your guide. Stay very focused on this guide. Practice keeping your attention on the sense that you have of this guide.

If you have no sense of this guide, ask your guide, who is definitely there, to make it easier for you to sense this guide in some way. And then listen; be very alert and patient, and wait for some sense, some feeling, some inner recognition to occur.

Ask this guide, "Are you from the light? Are you the guide I am to work with to receive clear guidance?" Only proceed when you get a "Yes." If you do not get a clear "Yes," or if you have any hesitation, ask for another guide to come forth. Work with this until you find a guide that feels comfortable to you, and that at every level of your being you get a "Yes, I want to work with this guide."

Your guide is revealing more about him or herself to you right now, as if your guide is standing in front of you. Connections are being made from your guide to you. This guide is beginning to assist you in opening up your ability to sense and work with this guide to lift up to the level of light where the two of you can meet and play together and grow. Observe all that you can right now as this guide reveals more about him or herself to you.

Ask this guide if this is a new guide or if it is the same guide you have worked with in the past. If it is the same guide, ask to have more revealed about this guide than you have known in the past. Ask to have the connection strengthened and deepened.

Ask this guide if there is a name. As you do, ask this guide if he or she is an individual or a collective guide, or any other information that is important for you to know or sense about this guide. Let the guide work with you for clear guidance to come through you about the nature of this guide and who you are connecting with.

Allow this guide, if you choose, to come even closer. Imagine that this guide's aura, the radiant light all around this guide, is touching your aura. Something within you is growing stronger, more confident, and wiser as this guide approaches you.

Feel this guide's love for you. This guide is offering you love and understanding. You can feel or sense in some way the rightness of your connection to this guide — a friend and companion, and a teacher.

Open and allow this guide to come even closer and sense or feel in some way this guide's presence just by your own sense of greater openness.

Perhaps as your guide comes closer you can know your guide by a physical sensation as your guide touches your aura with light, and you grow more familiar with this feeling of your guide. Notice if there is any physical sensation, no matter how slight or subtle as your guide comes closer and closer, touching you with love and respect, and joy.

Notice if you have any emotional response to this guide, such as a feeling of greater expansion or joy, or a sense of love, compassion, and wisdom. Notice this now.

Notice if there are any other signals to you that your guide is present, perhaps through certain images, inner pictures or visualizations, or a feeling of energy, or light, or color. Notice this even more now as you focus upon your guide.

Ask this guide what you can do right now and in the future to connect with this guide.

Let this guide tell you more about him or herself, anything this guide wants to tell you, or show you, or convey to you. Open to receive this now.

If you have any thoughts that you are making this up, ask your guide to assist you in dissolving these thoughts and to be more conscious of what is there. Really focus upon this guide and listen with your inner ears. Just be very silent; again, waiting, open, attentive.

All right, thank this guide.

Know that you have made a clear and strong connection. Your guide is present. This guide is a guide who will be here to give you clear guidance and to work with you so that you can receive and accurately interpret the guidance that is given.

So when you are ready, come back into the room, just imagining that your guide is there with you. You are letting go of the connection for now, knowing that your guide will be there whenever you ask, whenever you have a need, whenever you are ready.

And with that I will bid you good day.

Program 2 Removing Blockages to Connecting with Your Guide

Sanaya: In this journey you are going to work with some of the beliefs that stop people from connecting with a guide and receiving all the guidance and help that is available. Developing a relationship with a guide who is here for you, and working in this way will assist you in more rapidly creating a wonderful, clear relationship with your guide and receiving clear guidance.

Greetings from Orin. Start by putting your body in a comfortable position. Mentally go through your body, adjusting your feet and your legs and thighs, your stomach and your back and your chest, adjusting the position of your arms, your hands, your neck, and your shoulders. Your face, your eyes, and your jaw are relaxing. Whether you are sitting or lying, find a position that allows you to be calm, focused, and alert.

Channeling a guide requires good focus and concentration, and it helps to do this at a time when you are mentally alert.

Pay attention to your breathing, letting it be calm, even, and relaxed.

You are beginning to lift higher into the light. As you rise into the light, set your intention to work with your guide to remove all blockages that may keep you from connecting with your guide.

Mentally call upon your guide and feel your guide respond.

Your guide is always there for you whenever you call upon him or her. Your guide is an invaluable resource to assist you on your path of spiritual awakening, to help you move through issues and concerns more easily, and to lift your consciousness to a higher plane of greater light, wisdom, and love.

Every time you work with your guide you will recognize more and more how valuable this connection is, and all the light and love that is available through this connection.

Feel the connection to your guide growing stronger and better. You can either sense your guide working with you as outside of you, perhaps across from you, facing you, transmitting to you, or you can call your guide closer and closer, blending your aura with your guide's aura, feeling yourself being lifted up out of the density, into the light. It is as if you are becoming wiser. You are expanding who you know yourself to be. Your confidence is growing. You are becoming more of who you have always been deep inside. As you blend with your guide, it feels as if the real you is emerging, stronger and clearer, and ready to work with your guide.

There are doubts and fears that may keep you from connecting with your guide, or from making the connection as often as might be useful. One of the fears is that you

are making it all up, that it is just your imagination, and that no guide is really there. Perhaps this is because you cannot hear or see your guide with your physical senses.

If this fear or concern has been part of your experience with your guide, let it arise right now. Bring it up into the light.

Know that a guide is always there when you call upon him or her. You may not yet have developed the sensory awareness to sense the subtle energies of your guide and the higher planes of reality.

Ask your guide to transmit energy to you that allows you to sense or feel, or know that your guide is present in some way. As you open to this transmission, imagine you are being lifted into so much light that these fears and concerns simply disappear in the light. Receive energy now from your guide.

Another concern is that the guide may take over. Your guide is there to assist you, to support you, and encourage you. A high-level guide has much other work he or she is doing, and is only here to support you in opening to your higher purpose, awakening spiritually, and any way that you request. We guides can only help when there is a request for help.

So if there is any concern about your guide taking over, let that arise to the surface right now.

Receive any transmission from your guide for your guide to show you that this will never be the case, and for your guide to show you how he or she will support you, encourage you, and be there for you, a valuable resource of great wisdom. Open to this now.

Another concern that keeps people from connecting with a guide is a concern that they will be dependent on their guide. If you have any concern about this, let it rise to the surface now.

High-level guides are here to empower you to become stronger and more confident on your own. The more capable you become, the greater can be the work together between you and your guide. Your guide always wants what is best for you, to strengthen you in every possible way, to help you awaken to your true identity as a radiant, unlimited being.

So bring any concerns to the light, and your guide is transmitting to you and showing you why you will never become dependent upon your guide. In fact, you will only become stronger, wiser, and better able to live the life you want.

Pride, feeling that you can do it on your own and you do not need to ask, is another way you can block your connection to your guide.

Let come to mind any pride that may come up, any feeling that in some way you are weaker if you ask for help. Let any concerns of this nature arise, so that you can look at them and dissolve them.

With your guide present, receive transmissions or guidance about how to let go of this. You are lifted into so much light that these feelings that separate you from your guide begin to dissolve in the light and are replaced by appreciation and gratitude for all the help that is there.

Another blockage you can remove in connecting with your guide is forgetting to ask, forgetting that help is there. Ask your guide to find a way to help you remember to ask for help and guidance, even in areas you have not thought of before.

In the next days, note if you can find more areas to channel on or to receive guidance about, and how much it helps, accelerates your growth, and moves you forward. Ask for this transmission now.

Another way you may block connecting with your guide is feeling it is too much work to rise up into the space where you can meet your guide and receive the information, or perhaps just a general feeling of resistance. Let come to mind ways you may resist connecting with your guide, ways you may feel it is too much work.

Ask to see how valuable the connection is to your guide. Ask to remember the wonderful shifts and immediate expansions that happen that can save days and hours of work when you receive clear guidance.

Your guide is now holding you in the light. Bring up one-by-one any feelings of resistance, any thoughts that it is too much work, any thoughts that you are too busy or there is not enough time. Let these come up one-by-one. Your guide will help you dissolve them in the light. As you do, you may recognize all the ways your guide will assist you, all the ways that it can save time and be more effective to receive clear guidance from your guide.

Something else that may stop you from connecting with your guide may be a belief that no answers exist that can make things better, or that there are no answers you have not thought of yourself.

Let come to mind, or look with your inner eyes, and ask, "Has this been true for you? Have there been times when you have not asked for guidance because you do not believe that any answers exist that can make things better, or that you have not thought of yourself?"

Let your guide transmit energy to you to help lift these thoughts. They are just thoughts. As you hold them in the light, you recognize that answers exist for everything, and that the expanded perspective of your guide can bring valuable insights.

Another concern is not feeling like you deserve to have a high-level guide, wondering why one would come to you. Remember that the guide has chosen you for what you will bring to this, and for all the potential your guide sees in you. If you have had any thoughts that you do not deserve a high-level guide, let these come to the surface.

In the light that your guide is holding for you and transmitting energy to you, let these thoughts begin to dissolve. Let your guide show you how special you are, and that you do have a high-level guide who is here for you, and who is looking forward to working with you and developing a very special relationship with you. Open to this now.

All right, as you have brought these concerns, and fears, and doubts into the light, you have begun to let go of those energies that would keep you from channeling and make you feel separate from your guide. Continue to work with these and any others that come up.

Ask your guide right now to help you recognize any thoughts, fears, concerns, or worries that would make it more difficult to channel, or that would in any way keep you from connecting with your guide.

Imagine you are being lifted into so much light that these fears and concerns simply disappear in the light. Receive energy now from your guide.

Over time as you bring these into the light, these concerns will dissipate and eventually disappear.

So come back when you are ready, knowing that you have cleared and opened much energy and potential for the future connections you will have with your guide.

And I bid you good day for now.

Program 3 Strengthening Your Ability to Receive Guidance

Greetings from Orin. In this journey you will work with your guide and open to receive qualities of consciousness that will allow you to become a better channel and receive clear guidance.

So get very quiet within. Take a moment to relax your body. Put it in a position where you feel comfortable, and where you can be alert and pay attention to the energy that is being transmitted to you from your guide, and to any messages that you may receive. Go within right now, letting go of the outside world, focusing on yourself and your guide.

Put out a call to your guide that you are ready and prepared to work with your guide to strengthen and deepen your connection, and to become a clearer channel.

As you work with the qualities of consciousness that follow, these will assist you in hearing and receiving and following the guidance that is possible when you link with your guide in this way.

Let your guide come closer and closer, either standing across from you and transmitting in whatever way your guide transmits to you, or blending with your aura, lifting you higher.

The first quality your guide will assist you in enhancing and deepening is the quality of trust.

Pause for a moment, get quiet, and open to the quality of trust. Ask for the feeling of trust to be increased in your life — trust in yourself, in your guide, and in your ability to receive clear guidance. Open to the quality of trust that your guide is holding and amplifying for you. Let it flood your being. Feel what it is like when you trust.

Expand your trust by opening to that feeling of trust that the answers you need will be there right as you need them, and that you will always have what you need in every moment.

You trust in your ability to receive clear guidance, and knowing that that ability will grow stronger every time you do. Ask for a transmission from your guide to assist you in trusting in your ability to receive clear guidance.

Ask for trust that the guidance you are getting is perfect and useful, even if you cannot see why, when you receive it. Let the energy of trust expand.

You are willing to trust the guidance, the way it comes through, the form it takes, how much or how little you receive, and know that it is perfect for whatever you are meant to have and need. Let your guide transmit to you right now to strengthen this conviction.

Another quality that will greatly strengthen your ability to connect with your guide is gratitude.

Open up to the quality of gratitude right now, letting that flood your being and pour out into your life. Let gratitude fill your being for all the blessings you have in your life. Think of some of these right now.

Feel your guide's gratitude for this opportunity to work with you.

When an insight or guidance is given to you, even if it feels incomplete, allow yourself to feel gratitude for what you have received, and do not send information away or feel that it is not enough. Honor even the smallest ideas, and with your gratitude allow them to blossom and grow.

You can increase your ability to receive guidance through gratitude of what you have already received. Ask to be able to express gratitude for any guidance you receive, knowing that as you do, you will receive more.

Another quality that will assist you in receiving clear guidance is attention. You can open to the quality of attention that allows you to recognize when guidance is coming to you, because you are expecting it and paying attention.

Ask for the quality of attention to be increased so that you can be alert and aware of guidance that you are receiving in every moment. Your guide is transmitting to you, and helping you in every possible way to be alert to and recognize the guidance that you are being offered.

Ask your guide to help you remove your attention from all the inconsequential, unnecessary, and mass consciousness thoughts, beliefs, and ideas, so you can pay attention to what is truly important.

Another quality is openness and receptivity. With your guide present and transmitting to you, ask for the quality of openness and allow it to flow into you. Sense how it feels to be more open and receptive to higher guidance. Let yourself feel very open right now and receptive.

With the quality of openness you are open to your guide and to all the gifts your guide has for you. You are open to your guide's new perspectives, solutions, and guidance.

Face your guide right now, or feel your guide merged with your aura, and open more right now to whatever is there for you from your guide. You are receptive and open. See if you can be even more open and receptive right now to your guide's energy.

As you open, you are willing to let go of any preconceived ideas or limitations you have placed on yourself. Ask your guide for assistance in releasing limitations, and feel yourself grow even more open.

You are willing to have your life work and to let go of the drama. You are open and receptive to all the guidance that will help you do this. Feel yourself growing even more open right now as you affirm that you are willing to listen to guidance that will assist you in living a peaceful and harmonious life.

You are opening to new possibilities. You are willing to move out of your comfort zone, try out new things, and expand your potential. Receive your guide's transmissions and work with you to assist you in opening to all the possibilities that are there for you.

You are now open to experiencing loving relationships, abundance, and physical well-being. You are willing to embrace all the expansive realizations and experiences that are possible when you connect with your guide.

Another quality to receive clear guidance is commitment and perseverance. Guidance usually comes in pieces and unfolds day-by-day. Sometimes it is only after you come up with the complete idea that you see how all the pieces fit together. Ask to have the quality of commitment and perseverance enhanced and deepened so you can stick with your guidance until you have received all that you need and it is complete.

Another quality that will assist you in becoming a better channel is the quality of acceptance. Ask your guide to assist you now in feeling the peace of acceptance, allowing the quality of acceptance to flow into you.

With acceptance you accept the guidance that comes as being exactly what you need in the moment, even if it is not what you expected. You know that there are infinite possibilities and that your guide is assisting you in recognizing some of the possibilities that fit your path and purpose and lift you higher.

You ask for the quality of acceptance right now and the peace that comes with it, where you accept the advice that is given, and let go of your expectations.

Another quality of receiving clear guidance is patience. Patience allows you to be in the moment, accepting, paying attention, being open and receptive, receiving whatever is there, knowing whatever is coming your way, the guidance that you are bringing through, is perfect for who you are and what you need right now. You trust that the guidance you need will come to you when you are ready for it and the time is right.

Open to the quality of patience right now. Your guide is transmitting this quality to you. It is like a breath of fresh air. You can take a deep breath, letting go of pushing and trying, and just being patient, trusting, and open.

It is important to believe in yourself and in your guidance. Ask your guide right now to help you find more inner strength, more confidence, so that you can believe in yourself and in your ability to receive clear guidance. Open to your guide's transmissions right now. You might notice a change in your breathing or in your posture as you feel more inner strength and confidence in yourself.

You have the ability to receive ongoingly excellent, clear inner guidance. There is not something magical or mystical about developing your guidance or hearing your guide's guidance that is always showing you the way. All that is required is your willingness to ask and to listen, and trust that you have the ability to receive clear guidance.

Let come to mind any other quality you might want to enhance right now that will strengthen your ability to become a clear channel and to receive clear guidance.

Ask your guide to assist you in developing more of this quality. Receive transmissions from your guide that enhance this quality right now.

When you are ready, thank your guide. Come back into the room, open your eyes, return to normal reality, carrying with you all the qualities you opened to, letting them deepen and grow on their own, as they will.

And I bid you good day.

Program 4 Orin Talk: Recognizing Guidance You Can Trust

Greetings from Orin. You can learn to recognize that if the advice you receive is truly higher guidance or not. There are many ways to recognize clear guidance. When you receive clear guidance it may come with a distinct feeling that you can recognize. There is often an aha moment, an inner click, a feeling of the rightness of the message conveyed, a renewed feeling of excitement, or a sense that something is possible that had not seemed possible before.

Clear guidance reveals opportunities. It often brings feelings of confidence, well-being, peace, and a feeling that things will be well, even if you cannot see how or why, or all the steps you need to take to make it happen.

Clear guidance dispels doubts and fears, inspires you, shows you action that you had not previously thought of, and leads to winning solutions for all involved. It leads you toward your higher path and purpose, and away from those choices and decisions and paths, that are not right for you.

When you receive higher guidance there is a greater certainty about the rightness of taking the action indicated. The guidance comes into your mind or your feelings in such a way that its power dissipates other directions you may have been considering.

It usually brings a shift in your perspective so that something that used to seem difficult or uncertain now seems possible. You may not know every step, and you probably will not in advance; however, there will come a feeling or a sense of what to do next, and you will no longer feel stuck or blocked.

Clear guidance is usually about your next steps rather than what to do for years to come. That is all it can be, for each action you take, based on your guidance, reveals the next action to take.

Once you take an action, you put into motion a certain trajectory that did not exist before you received the guidance and took action upon it. This in turn changes the future outcome. Each action opens up a new possibility for a future action that did not exist until you took the first one.

As you learn to recognize clear guidance, you can also learn what guidance to question — guidance you receive that may not be accurate, that you need to ask again, and continue to ask for clarification.

This would be guidance that sounds too good to be true. Continue to ask for guidance, and ask to know what is the truth. Ask to recognize what is based perhaps upon strong expectations or desires that you need to let go of. You can recognize this when you receive guidance that comes without a feeling of truth, that is just words but do not bring a feeling of peace or release. Continue to ask for guidance until the advice you receive does this.

Question any guidance that tells you to do something you do not want to do, or that has a bad feeling for you. Continue to ask for advice until you receive guidance that has a good feeling and is something you want to do.

Any guidance that makes you feel bad or fearful about the future, let go of that guidance and ask for guidance that is clear, that opens up your future, and brings you inspiration and hope.

If any advice you receive, or guidance, is not clear but confusing, continue to ask for advice until your guidance is so clear you know what to do, and there is no longer any doubt or confusion.

If any guidance you get creates division or separation between you and others, continue to ask for advice and for clarity until the answers bring you a sense of unity and peace in your heart.

There are many ways to receive guidance from your guide once you have asked for it. Guidance can come as information or messages from your guide, either received by your mind directly or through speaking aloud and verbally channeling. Guidance can come through feelings or a knowingness that does not involve words.

Your guidance may come in a feeling to take action, or not to take an action. You may have a stronger knowingness of what to do, or not to do.

You may feel like turning away from one path and turning toward another one. These inclinations may be very strong or very subtle. It is important to pay attention to your feelings and to do those things that call to your heart.

To receive ongoing guidance about any issue you want clarity about, keep your request close to your awareness, hold the area you want guidance about in your mind throughout the day, keep asking for guidance and listening for answers. Be alert to incoming thoughts and ideas, for the guidance your guide is sending you can come through inner messages and thoughts anytime, including after you have asked for it.

Your guidance may come through spontaneous insights. Sometimes guidance comes when you are thinking of other things, relaxing, taking a bath or shower, walking, or doing the dishes — odd moments during the day.

Something may unfold in your awareness, some thought or idea may spontaneously occur, bringing with it the spark of an idea that changes how you think about things in the area you want guidance about. You may even suddenly and spontaneously decide to take an action without even much thought or feeling about it. All of these are ways you can receive guidance.

You might receive guidance through books and media, and audio. After you have asked for guidance, notice if you are drawn to read a particular book, perhaps finding a passage that particularly applies. Especially notice any spiritual books you are drawn to, that you can open to any page and receive a message.

Sometimes you can get a phone call or a message from a friend that will bring you exactly what you need to hear. There are many ways your guide can speak to you. Notice what jumps out to you from any media, or people, or audio, or books. Know that guidance is constantly coming your way.

Program 5 Releasing Doubts and Fears to Receive Clear Guidance

Greetings from Orin. Put your body in a comfortable position, either sitting or lying, preparing to connect with your guide to receive clear guidance and energy that will assist you in releasing doubts and fears so that you can receive clear guidance.

Feel your breathing relaxed, smooth, and easy. Breathe a little bit deeper than normal and allow yourself to feel lifted up into the light, letting go of your cares, your concerns, and your thoughts about the day, coming into the center of your being. Your mind is growing clear and alert; you are calm and relaxed.

You are beginning to lift up into the light, up above mass consciousness and the Earth plane, into the higher realms of light where the beings of light and your guide exist. Your heart is opening. Your wisdom is growing. You are opening to the being you have always been deep within.

You are lifting higher and higher, and you are calling on your guide right now.

Your guide becomes visible. Perhaps your guide comes to you in the same way, or a new way. Notice the moment at which you become aware of your guide, where there is a transition between you, sensing yourself, and you, sensing your guide. There is a distinct moment when your guide becomes visible to your consciousness.

For this journey you can either receive transmissions from your guide as if your guide is standing outside of you, perhaps sending you light and energy, or you might feel your guide blended with you; your guide's aura touching your aura, expanding your inner light in some way.

As you connect with your guide right now, you are feeling calmer and more confident. There is an element of joy here, as if you are meeting a friend who loves you and cares about you, a friend who can give you guidance, who sees the bigger picture of your life and can add support, encouragement, and clarity to whatever you are doing.

Ask your guide now to strengthen and deepen your connection. Feel your openness and receptivity to your guide's energy.

Something within you is growing stronger, more peaceful and more confident.

In this journey you are going to look at some of the common fears about receiving clear guidance. Once you look at them and receive transmissions from your guide, you will be able to dissolve and lessen these fears, clearing the way for you to receive accurate, clear guidance that uplifts and inspires you.

As you are with your guide right now, ask to recognize a fear or doubt that is making it harder for you to receive clear, higher guidance. Let this arise to the surface, whatever comes. It will probably be a thought or a feeling.

As it arises, remember that it is just a thought or feeling, and it does not need to be a reality. You have the power to dissipate it and to let it go as you work with your guide.

Your guide is transmitting light to you, so much light that this thought is hard to hang onto. This doubt, or worry, or fear begins to disappear in the light. Your guide is holding and transmitting a very special light that dissolves fear and amplifies confidence and inner strength. Receive this now, and watch this fear dissolve or leave.

One concern that makes it more difficult to receive clear guidance is the fear or worry that the guidance you get is wrong, misleading, or will not bring you the results you seek. Ask to recognize if this worry is present, even slightly, for working to dissolve this now will greatly improve your ability to bring through clear inner guidance.

Your guide is now transmitting great light to you. You are sensing that the worry or concern about your guidance is beginning to disappear in this light your guide is transmitting and holding for you.

Your trust is increasing that your guidance will be right and accurate, and will accomplish exactly the purpose for which it is meant. Sense this fear beginning to dissolve, to disappear, and its emotional impact lessening. Perhaps it arises and you simply smile at it or brush it away.

Another concern that often makes it more difficult to receive clear guidance is the worry that the guidance will be hard to follow or not what you want to hear. This may stop you from even asking for guidance. If this has been a concern in any way, ask to have this arise to the surface. Your guide is holding much light for you.

Know that true guidance is always loving, supportive, and brings a sense of peace. It comes with it, the energy that you need to follow and take your next steps.

Receive transmissions from your guide to dissipate these concerns, to let them go, and to make a picture that your guidance will be easy to follow, and that what you hear in your guidance will resonate with your heart, and will encourage and support you in moving forward.

Another concern is the worry that the guidance will not be there, or that you are not capable of getting clear guidance on some issue. Ask to have revealed if this has been a concern of yours that may have stopped you in the past, or might stop you now, from receiving clear guidance. Let this come to mind right now.

Once you view it and know it is there, and work with it and send it light, this fear or concern will never again be as strong and will eventually disappear.

Ask for energy from your guide, so much light that you can release your concerns about not receiving the guidance you need, or any fears that you are not capable of getting clear advice. See these as thoughts that have no reality, and let them dissipate in the light of your guide's transmissions.

Fill yourself with confidence and certainty that the guidance is there, and that you are capable of receiving it. Your guide is assisting you.

Guidance is available to anyone who makes contact with their guide and listens. Your guide is present and is here to work with you, or you would not be drawn to this course and this path.

Allow yourself to know that what you are receiving is perfect for now. If when you ask for guidance there is not any message in the area you are focused on, ask if there

is a message about some other area. Sometimes you need to deal with another area before you can receive clear guidance on an issue you are concerned about.

You know that guidance can come about in many ways, at various times, and through many sources. Ask for peace and trust whenever you want guidance but feel it is not there at the moment you want it. Let go of your need to receive the guidance in any specific way and you will receive wonderful, clear guidance that is there for you, waiting for you to open to it.

Another challenge to receiving clear guidance may be that the advice you receive seems conflicting. Sometimes people worry if they receive different guidance at a different time, that perhaps the guidance they received in the past was not accurate. If there is any guidance you have received that is confusing or seems to be different from past advice, let this come to the surface right now. Perhaps it is simply a concern that this will happen in the future.

You can ask your guide to transmit to you understanding about the previous advice and why it appears to be different than the current advice you are receiving.

If when you channel or receive guidance from your guide that appears to be different than guidance you have received in the past, continue to bring through the information and ask your guide to transmit light and energy to assist you in recognizing the value of the guidance you are now receiving, trusting in its appropriateness.

Remember circumstances change. The guidance you received in the past was perfect for that time and getting you to where you are now. Your consciousness has changed; perhaps the outer world and the circumstances have changed, and so the guidance that you are receiving right now is appropriate for now. Your guidance will reflect your greater awareness and will show you what is possible right now.

Let your trust in what you are channeling or receiving as guidance deepen and expand to include all the advice that you have been previously given, and to know that it is all part of the bigger whole. Once you see the bigger picture, as you will as time goes by, you will see how all the guidance you received has had its place, has moved you forward, fits together, and was just right for what you needed at that time.

If there are still any thoughts left that you are making it all up and that your guide is not real, let this come to the surface right now.

These are just thoughts, and they are not real, and they can be easily dissipated and released. In the light of your guide, feel these thoughts begin to disappear.

You are opening to great, great light of the higher realms. There are many beings of light around you, and you are in a very brilliant, beautiful, expansive light. Light that is so present and beautiful, so radiant, that you can almost sense, see, or feel it, even though it is invisible and a part of a higher dimension. Your ability to sense subtle energy is increasing.

Ask right now for assistance from the higher realms and your guide in becoming more aware of the subtle energies of these realms and in sensing the beings who exist here. Open to this now.

Ask for help in letting go of any thoughts that this is not real, and to open to the greater reality that awaits you as you recognize this as your reality — a reality that offers great support and assistance, guidance and love, wisdom and understanding.

Know that the work you are doing will begin to gradually and surely dissolve fears and doubts, and that your sense that you really are channeling and your ability to bring through clear guidance will increase each time you release doubts, concerns, and worries.

Whenever you find any fear or doubt arising, simply ask your guide for help with them, shine light on them, and let them disappear from your consciousness, as they will more and more each time you do this. Catch yourself every time and in every way that you may be blocking your ability to hear and follow the clear inner guidance that is always there for you.

You might even begin to smile at the ingenious way a part of you tries to convince you that you cannot receive clear inner guidance. You know you can, and that there

have been many times in your life when your guidance has been clear, and true, and accurate.

What you are working on now is broadening the range of guidance that you can receive as you open to your guide and expand the clarity, and the depth, and the scope of the guidance you can bring through.

So come back when you are ready now, feeling the clear energy that is all around you, as you have released energies that are not useful, and opened to energy, and opened to the light that will lift your consciousness and expand you in every way, so that you can receive clear guidance, follow it, and change your life for the better.

Come back now, opening your eyes and feeling fully awake, full of energy and vitality. And I bid you good day for now.

Program 6 Letting Go of Expectations, Attachments, and the Past for Clear Guidance

Greetings from Orin. Take a deep breath in, and as you breathe out, imagine that you are relaxing your body. With each breath in you are lifting up into the light, and with each breath out you are sending that light into your body, emotions, and mind. You are filling yourself with light, more and more light.

There is so much light it is filling an area around your spine, forming a pole or a pillar of light around your spine. Light coming from within you, light all about, light from the innermost part of your being expanding outward, light coming to you from all over the universe.

In this light, sense your guide. Perhaps you see your guide coming closer and closer, or appearing in front of you in some way.

Feel your guide's presence. If you would like, ask your guide to show you how you might recognize in some new way his or her energy or presence.

Your guide is touching your aura with light. Sense or picture your guide as a radiant light. There is so much light all around your guide. His or her light extends in all directions. Your guide has an enormous aura of light, beautiful, radiant.

Beginning to expand your aura just by being in the presence of your guide. You are growing clearer and freer, and you are being lifted up into the light by the presence of your guide.

Ask your guide to assist you in achieving the clearest possible state for channeling and receiving guidance, a state that is free from attachments, memories, expectations, and the past. Ask for this now and feel your guide's response.

Your guide has agreed to work with you on this. Ask for your guide's help in clearing the energy around you, all the emotions, thoughts, and beliefs of yours and others that might stand in the way of your receiving clear guidance. Feel this energy clearing in the light all around you, and the light of your guide that is expanding your light.

Think of something you want guidance about.

To receive clear guidance it is important to release any expectations about what the answer will be and how much it will cover. Guidance does not usually come as advice that tells you what specific actions you need to take to get the exact results you seek.

With your guide present, transmitting to you, receive energy that will help you release your expectations and surrender, and accept whatever guidance that is there. Receive this now.

To receive clear guidance it is important to release expectations that the answer will solve all your problems immediately, give you the perfect and immediately achievable answers, or fulfill something you have wanted on the material plane in the exact form and way you expect.

Affirm that you are ready to let go of these expectations. Open to your guide's transmissions and light that will help you surrender these expectations, and accept and open to the guidance that is there.

To receive clear guidance is to release the expectations you have about how guidance comes. It may come at that moment or at another time. It may come as feelings, thoughts, or messages. It may come from a book or other people.

Ask for the light of your guide and your guide's transmissions to assist you in surrendering your expectations about how the guidance will come, and open to all the ways that guidance is sent to you. Do this now.

It is important if you want to receive clear guidance to release judgments about the answers you receive, to let go of your opinions of them as they are coming through, and accept and appreciate whatever guidance that is there.

Open to the light of your guide that enhances your light and ability to surrender, and release any judgments that you have, any opinions that may stand in your way of getting clear guidance. They simply dissolve and you accept and appreciate the guidance that is there. Do this now.

Now that you have released your expectations, think of the area that you want guidance about.

You are open, receptive, and surrendered. You will accept and feel grateful for whatever answers are there. Open now to receive guidance about this area.

Sometimes the past and what you have experienced can stand in the way of receiving clear guidance about future directions. Any negative thoughts coming from the past, any memories that might interfere or affect your ability to receive clear guidance can be released in the light that your guide is holding for you.

Think of the area in which you have asked for inner guidance.

Ask to come to the surface anything you are holding from the past that might interfere with your ability to receive clear guidance on this issue.

Ask your guide for assistance in releasing any memories of the past, any failures or inability to make things work the way you wanted. Let these be cleared and released. In the light your guide is holding and the transmissions of energy that are available from your guide, let this be released so that it can no longer affect you.

Open to receive clear guidance on this area, free from the past, any memories or negative thoughts that might affect you.

You can release attachments and the emotions associated with them to receive clear guidance. You are standing in the light of your guide, or your guide has blended with your aura, and in this light, as you think of the area you have asked for clear guidance about, let arise any attachments you have to receiving a certain answer, to having your way, to keeping things the same, to winning, and so on. Are there any attachments you have that would block your ability to receive clear guidance? Let these come to the surface right now.

In the light of your guide, with transmissions of light, let these attachments be released and dissolved. They can no longer affect you or stand in the way.

Open to receive more guidance in the area you are focused on.

It is important to free yourself from any limiting beliefs that might stand in the way of receiving clear guidance. These are beliefs about what is possible, about the nature of reality, about what you deserve to have.

If there is any belief that is standing in the way of your receiving the guidance you need, ask for this to be revealed right now in the light of your guide, in the light that is all about you.

In the light of your guide and in the transmissions of light that are available to you, see these beliefs being dissolved.

There is no limit to what you can have or create. Winning solutions and answers exist. The knowledge you need is available. You can receive all the guidance and insight that you need.

Again, bring through clear guidance on this area, if it is appropriate and the guidance is there.

Ask to have revealed anything else that might hold you back from receiving clear guidance on the area you are focusing on. Perhaps there are emotions, thoughts, or anything else that might come to the surface that you could release that would make it possible to receive clearer guidance than in the past. Let these be revealed to you right now.

With your guide and in the light, let these be dissolved. Ask that these and any limitations, expectations, attachments, of the past, be released so that it will no longer appear and will not ever again stand in your way. And you are in the light that allows this to be so.

Feel how clear you are, how free from the past and your expectations. You are able to get out of your own way and receive the pure, clear guidance that is there. If there is anything else, any other guidance you would like to tune into, do so now.

So come back when you are ready, knowing that you do have the ability to receive clear guidance, and you also have the ability to clear anything that would stop you so that you can move forward into more light, greater truth, and the ability to see and know your next steps on your path.

And with that, I bid you good day.

Program 7 Receiving Clear Guidance General Process

Greetings from Orin: Relax your body, calm your emotions, and quiet your mind. Feel yourself growing very calm, very peaceful, and centered. Scan your body and put it in a comfortable position where you can be alert and focus on your guide.

Feel yourself rising higher and higher into the light, going up into the higher realms, and calling upon your guide. Your guide is always available and is happy to be with you. Your guide comes closer and closer. Ask your guide to help you increase your ability to sense his or her energy and guidance.

Feel your guide even more strongly now, sensing your guide in some way, and feeling increased confidence in your ability to receive clear, higher guidance and in your connection to your guide.

You might sense your guide as transmitting messages into your mind, or your guide might blend with your aura in some way. You may choose to channel verbally the guidance you are receiving, letting your guide speak through you.

Acknowledge your guide's presence. Feel the love your guide has for you, and open up to the wisdom of your guide. Your guide knows your higher purpose, can see more of your path, and is helping you learn how to see it for yourself.

Ask for any blockages in connecting with your guide to be released and removed. Notice if any specific fears, doubts, thoughts, or concerns come up, and ask for help to release them.

Think of an area about which you would like to receive clear guidance.

To prepare to channel on, or bring through clear guidance in this area, ask your guide right now for assistance in achieving the clearest state possible, free from attachments, memories, beliefs, and the past, that might stand in the way of your receiving clear, higher guidance in this area. If anything in particular comes to mind, bring it into the light and let it dissolve and release itself from you.

Ask your guide for assistance in letting go of any expectations about what the guidance might be, or any desire for a particular answer.

Ask for the quality of openness, receptivity, and acceptance so that you can appreciate that the guidance you receive is exactly what you need in this moment. Let these qualities fill your being.

Ask your guide to assist you in releasing any doubt, fear, or concern you may have about receiving clear guidance on the issue you are asking about. Note if anything comes up, and if it does, bring it up into the light and with your guide's help, let any of these dissolve into nothingness.

If any doubt arises while you are receiving guidance, immediately ask your guide to help you release it. Affirm that you expect the answers you need to be there as you need them, and know that they will be.

Your guide is holding the space of your highest good, the plan and purpose of your life, and the best outcome for any area you ask about.

Think of the area you want to receive guidance about. Really concentrate on this area. Take your time. Hold the situation in your mind for a while, until you have a really good sense of it, many aspects about it, and all that is there to receive guidance about.

Focus on your guide. You are being lifted by your guide to a place where you can sense or receive the information you need. You may receive the information verbally and channel aloud. Let the guidance unfold; follow the flow. If guidance is not there in one area, let your guide speak of, or give you information about another area. Follow the energy.

Surrender any need or expectation of what the answer might be. Trust that whatever you receive is exactly what you need to hear right now. Be very still within and wait. Let whatever guidance comes through be the perfect guidance for you right now. Perhaps you will receive additional guidance in the future when you are open, receptive, and it is the right time for that guidance to be given to you. Relax and let whatever comes be exactly what you are supposed to know right now.

Ask your guide for more information about the area about which you want to receive clear guidance. If you want to channel aloud, do so. Let the information flow. Ask for the guidance to be so clear that you cannot possibly misinterpret or misunderstand it.

Ask for clear guidance right now about what you can do today. You are surrendering your need to know an outcome way into the future. You are asking, "What is next for me now, in this area?"

Ask for your higher path to be revealed as you receive guidance about the day ahead.

Ask to know the next steps on your path that you can take today.

Accept the guidance you receive with gratitude. Know that insights and guidance may come as small fragments, piece-by-piece, that eventually form a more complete picture. Often from the larger perspective of the future you will see how everything was perfect and fit together. You may or may not receive all that you need to take action. You may receive guidance that indicates a next step and not a final solution.

Congratulate and appreciate yourself for being willing to take this step and to open to the guidance that is there, that will assist you in living aligned with your higher purpose and creating the best possible life.

As you come back, take time to record the guidance you received. If you did not stop and channel aloud, you may want to write down or record your answers in some way. As you look back from the future, you may see a wisdom and a clarity, and information that you brought through that was much more than you were aware of at the time.

So come back now, fully awake and aware, alert, full of energy and wide awake.

And I bid you good day for now.

Part 2: Expanding the Guidance You Can Receive

Program 8 Exploring Divine Perfection and Infinite Possibilities

Greetings from Orin. Feel yourself growing very quiet and peaceful within. Notice your breathing and allow it to bring you to a calm, clear center, bringing all of your attention to yourself and to this moment, letting go of any outside concerns or thoughts. With each breath in and out, you are coming into your center, moving deeper and deeper within to the truth of your being, to the light within you.

As you do this, you might experience light in the center of your being that begins to grow more and more beautiful and radiant just by putting your attention upon it.

Imagine that within you is the seed of divine perfection that is always unfolding throughout all of your activities and in everything you say or do. This seed of divine perfection exists in all beings, in all levels of consciousness, from an atom all the way up to a galaxy. Begin to focus even more on the seed of divine perfection that lies within all life, moving all life forward into greater beauty, harmony, light, and joy.

You are going to connect with your guide right now. Imagine your guide, perhaps in the distance coming closer, or perhaps your guide is right there in front of you. Or, you may be at a point where all you need to do is think of your guide and your guide is present, blended with you and ready to give you messages.

You are holding in your awareness that the seed of divine perfection exists in you and in your guide, and in the perfect connection between you. You are imagining and allowing divine perfection to unfold in your relationship with your guide, in everything you will learn and be taught, in all the messages you will convey, in the timing and amount of work, and all that you will do with your guide. Divine perfection is unfolding because you are focused upon it and allowing it to do so.

As you focus upon this you are lifted up into a place of great beauty and light, the place where divine perfection exists, fully unfolded for all life.

This is a place where the divine plan of all life exists, where Divine Will flows into humanity from the higher realms of light. You are in the consciousness now of divine perfection everywhere — harmony, beauty, and even more. Perfect understanding, wise counsel, and love all exist here.

Absorb the energy of this place. Your guide, who is very advanced on the path and who embodies this energy more completely, is helping hold open this consciousness and space for you so that you may move into it. Let this happen at an energy level beyond the mind.

You are moving into a space of great beauty. This is the place where the perfect patterns and the divine archetypes exist. This is where you can come to, to unfold more of the divine perfection that is possible in your life. Absorb this light and energy now for a moment.

The seeds of divine perfection flow out of this place into every area possible — to every life form — from worlds to molecules, to all of the higher kingdoms, to the human and plant, animal, and mineral kingdoms.

Something about your consciousness is becoming more beautiful and more perfect every moment you spend here, simply by your intention to be here, and your guide working with you.

Think of an area you would like to receive guidance about, guidance that will now be aligned with how to unfold the divine perfection that is possible in this area. Think of this area now.

As you connect with your guide to channel guidance, affirm that you will let go of any expectations of the information you will receive, and you will open to whatever is there.

Hold that area in your mind, and either let a message from your guide flow directly into your mind, or stop this recording and channel aloud, bringing through information about this area. Know that whatever guidance you receive will assist you in bringing about the divine perfection that is possible to create in this area. Receive this message right now.

You might get a small glimpse of some of the potential that is possible in this area. Let go of any expectation of how much information you will receive and the way in which it will come. Perhaps you will get information, or you might get a feeling or a sense, an inner shift of some kind that will unfold later as guidance, and perhaps a vision of the possibilities that exist for this area.

Affirm, and ask your guide to assist you, in letting go of any limitations in your consciousness — any memories, attachments, or past experiences that might keep you back from seeing the possibilities and potential that exist in this area.

If anything comes into your mind, your guide will assist you in releasing it, clearing the way for you to experience breakthrough ideas, a new vision of possibilities, and an inner sense of the freedom that exists to create what you want.

Ask your guide to channel through you or to assist you in having new thoughts about the area you are working on. Remember that these thoughts will reflect more of the divine perfection that is possible to unfold, and will bring you more harmony and peace, and a sense of fulfillment as you open and receive this guidance right now.

Sense the divine perfection that is possible in this light. Divine perfection is always unfolding perfectly in ways that break through past limitations, and that open up, layer after layer, those areas that have been limited.

If there is any place in your life or in the area that you are working on that feels stuck, holding that feeling of divine perfection that your guide is transmitting to you, that is there in the space you are in, let the area open up — first by just absorbing divine perfection, and then bringing through guidance from your guide, perhaps more specifically about how to open up this area.

If there is any choice or decision about this area that you need to make — holding that seed of divine perfection unfolding within you perfectly, knowing that the choice or decision you make will be perfect and draw you even closer to your innermost being and express the divine plan of your life — receive guidance about this choice or decision from your guide right now.

As you think of this area and hold divine perfection, you can bring through a message from your guide about what actions to take, if any, that will align you more with the divine plan and perfection of your life, that will bring about more harmony, peace, and love in this area. Open to this message right now.

Think of your day ahead and imagine divine perfection unfolding perfectly in your day. There is something about the day that becomes very beautiful and perfect, with wonderful synchronicity, flowing energy, and one event moving into another event smoothly and easily. Ask your guide for any message or guidance about your day ahead and how you might unfold the divine perfection in this day. When you are ready, you may begin.

All right, you have done wonderful work to connect with divine perfection, the divine pattern, Divine Will, and the divine plan of your life. As you align with divine perfection and allow it to unfold in your life, working with your guide to amplify your ability to do so, and working with your guide to receive guidance about how to unfold divine perfection, your life will become more joyful and peaceful, more flowing and effortless.

Thank your guide for all the assistance. Come back, feeling wide-awake.

As you come back, you might want to sit for a while and let more ideas unfold, as they will from the stimulation you have just received. You may want to record or take notes, so that from a future date you can see the results of the work you just did, and remember the messages that you just brought through.

So come back now, and I bid you good day for now.

Program 9 Viewing the Bigger Picture

Orin: Sit or lie in a comfortable position, one that allows you to connect with your guide.

Notice your breathing and allow it to be smooth and natural. With each breath in you are lifting up higher and higher into the light. And with each breath out you are bringing that higher light into your mind, emotions, and body. Breathing in, going up to the light, breathing out, light coming into your thoughts, your feelings, and your body.

You are growing more radiant and beautiful with light, and you are lifting up, increasing your vibration, rising out of mass consciousness and all the thoughts and beliefs that are there, up into the light of beauty and perfection, the light of freedom and oneness, the higher realms of light that your guide exists in.

You are feeling very centered and peaceful, and you sense your guide, however you do, becoming present with you right now.

You might observe that it is becoming easier to sense your guide's presence, to know in some way that your guide is there. If you would like, ask your guide to make it even easier to sense or recognize his or her presence and to move up into that space of even greater light. Receive this energy from your guide right now, energy that will strengthen your connection and assist you in receiving and knowing the wisdom, the understanding, the vision, and all that is possible with this connection to your guide.

As you blend with your guide or receive your guide's messages into your mind, picture yourself moving into an even greater light, more expanded than ever before — a still, brilliant light, the light of unmanifest potential, of perfection waiting to unfold. Feel the peace and tranquility that is here.

As you work with your guide, you will be given exactly what you need to know. And if there is something you want but you do not get, you are willing to accept, appreciate, and trust that whatever you do receive is perfect.

In this journey you are going to look at the bigger picture to get an overview and more vision. You may ask to have an overview or a vision of a specific area of your life, an area that you follow through, throughout this journey, or it is fine if other areas come up as well.

Sometimes in seeing and getting more information about the larger picture you may find yourself moving around, receiving guidance about this, and then about that, and then about something else, that later begin to form a more complete picture.

Ask to have the quality of trust and openness and receptivity increased. You trust that you can receive guidance in a broader way that encompasses many of the areas you are looking at and ties them together in a broader way.

So think of that area right now about which you would like guidance.

As you think of this area, let your guide work with you and assist you in moving even more completely now into that light of divine perfection, into the consciousness that is already whole and complete, that is the perfect unfoldment of the area you want guidance about.

Lifting higher and higher, feeling deep inner peace, as you move into a place of divine perfection, Divine Will, a place of great beauty, order, love, harmony, where all the patterns are held, all the archetypes.

As you look at this area with your guide, channel on or bring through information about the importance of this area to your life. Why are you dealing with it? How is it moving you forward into greater light and more growth? Bring through some information right now about the importance of this area in your life. What is it teaching you? What is its value?

Ask your guide to give you guidance about the potential for this area. What is possible? Allow your guide to assist you, either at an energy level, a feeling level, or with a message, in finding a vision of this area, one that shows you where it is going and the potential that lies within it.

If there is any point at which you feel you are not getting anything, ask for the seed of divine perfection, to move you beyond any stuck place in bringing through information. Ask your guide to assist you, bring light into this area, and find even a word to begin with, a picture, an area that calls to your attention.

Take the area you are looking at and imagine that you can see or sense in some way some of the various elements of it. Pick one of these areas, and then bring through information, a vision, or guidance about the potential of this area; something that is possible, perhaps that you have not seen before.

As you think of that area, let another aspect of it come to mind.

With your guide, receive a message about the potential of that aspect of the area you are working on.

Allow divine perfection to unfold in this area simply by your awareness that divine perfection is possible. As you do this with your guide, you are transforming this area. Allow a vision to unfold of this area, this aspect.

With your guide, channel on or receive guidance about all the various components and aspects of the area you are looking at. How many can you identify? How many places does this reflect your consciousness, either your limitations or your unlimited thinking?

It is as if you are above this area, holding the entire scope of it in your mind's eye, and you are identifying some of its various aspects and components that make up this greater whole. Do this now, increase your awareness of the scope of this area and all the other areas of your life that it touches.

Opening up one area of your life, bringing it into alignment with the divine plan and perfection that is possible, will open up many possibilities for your life that did not even exist before. Channel on or receive images or messages, increasing your vision of this area in some way, so that you are now receiving more of a vision of the divine perfection that is possible, and how this divine perfection will affect other areas of your life as you open up the potential in the one area you are focused on.

With your guide, channel on or receive images or messages about more of the potential that is possible. As this area opens and it touches other areas, it is like a new doorway opens for your entire life, and your vision can expand.

You now realize the importance of bringing even one area of your life into alignment with divine perfection. As you see the connections to other places in your life and your vision expands, sense or channel on, or receive messages from your guide about how bringing this area of your life into alignment with the divine perfection and plan of your life will affect and touch other people and the world around you.

Your seed of divine perfection is seeding divine perfection everywhere, all around you. You are becoming a source of radiant light, radiating the divine plan, the potential that is possible, to everything and everyone you focus on.

As you do this you are moving into your higher, wiser self, being lifted up spiritually, higher and higher into the great light of perfection, beauty, and oneness.

From this perspective channel with your guide on a vision of this area; the possibilities, the bigger picture, holding as much of this area as you can, learning as much as you can about it, seeing it in a broad way in relationship to other areas and people in your life, viewing it in relationship to all life around you.

Let your guide bring through any message about this area of your life from this higher perspective that is made possible by having this bigger and broader perspective. It is like taking a gem and putting it in a beautiful setting, as you take the seed of divine perfection and put it in the setting of your life. Then with your guide, who will assist you every step of the way, you can learn how to receive clear guidance to bring this about in every area of your life.

All right, when you are ready thank your guide. Take time to make notes or record what you have received, and let the information flow as it will. Something about your day will be different now. Something about your consciousness has grown more beautiful, more connected to the oneness. You will notice that today — that things are more flowing than ever; they happen easily, and your guidance is clearer than ever before.

And with that, I bid you good day.

Program 10 Looking into the Details

Greetings from Orin. Become very aware of your environment. Sense the temperature of the room. Sense whatever is underneath you, where you make contact with its surface. Pay attention to any sounds, scanning around you, noticing the sounds of your house, of nature, the sounds further and further away from you. You are becoming

very alert, very aware of your surroundings. Notice that as you hear a sound you can fall into it, so to speak. You can analyze it, hear it, think of what is making the sound, noticing when it comes and goes.

Then you can bring your attention to yourself, to your inner world, perhaps focusing on another sound, or another one, noticing that you can bounce around from sound to sound, even the sound of your breathing, the feeling of your breath, the sensation as your breath travels through your body. Observe how you can fall into and notice more detail about whatever you pay attention to. Whatever you put your attention on begins to light it up. You can either be drawn into it or you can choose to put your attention elsewhere.

Call to you your guide. Sense your inner being lighting up in some way as your guide approaches, as contact is made. Perhaps you can observe in more detail the feeling of blending with your guide, the sense of your guide's presence, just by putting your attention upon this. Your attention is like a lens. You can either adjust it to examine something up close, looking into it more and more, or you can rise above it, seeing how it connects to many other areas, going higher and higher, until at some point it does not even exist.

So as you do this journey you will work with your guide to fine-tune your awareness so that you can receive clear guidance about whatever level of detail is needed and perfect for you to have. Know that your guide has the consciousness of divine perfection, and is assisting you through his or her guidance in reaching that consciousness yourself, and in being able to bring it about in your ordinary reality through the guidance you receive, both on the inner and outer.

As you are shifting right now more and more into the consciousness of your guide, feel yourself becoming more aware, more alert, able to sense light and energy. Your guide is assisting you in adjusting your attention so that you can look into more detail and receive guidance from your guide that is more detailed.

Let come to mind an area to look at, perhaps one you worked on earlier to see the bigger picture, or a new one.

With your guide you are opening to the light of divine perfection, to the beauty and harmony, the joy and love that is possible as you open to this consciousness of divine perfection. Let it saturate your being. You might notice something about it; perhaps the light here comes to your awareness — the peace, the stillness, the brilliance. Whatever comes into your consciousness, sense it, focus upon it, allow more detail, or more of some understanding to emerge as you focus upon this place, as you focus upon this consciousness of divine perfection where the divine plan is held, where Divine Will operates in all of its beauty and perfection.

As you think of the area you want guidance about, imagine that you are looking over it in a broad sort of way, and something about it, some aspect or component, begins to draw you in. With your guide you are going to look more into this area in more detail than ever before. Your guide is beginning to open up this area so that you can look inside of it; you can see more about it; you can recognize aspects of it that did not appear before. You can sense something of the timing, if that is an issue.

Let this area open up for you as if this area is revealing itself to you, showing you more than you have known in the past. So with your guide, receive guidance about the details of this area. You will receive what is important for you to know that will assist you in aligning it with the divine plan of your life and the perfection that is possible.

Now with your guide, let another area, another component, another aspect of the bigger area come to your awareness, something that is important for you to look at right now. You may not have even asked about this area or considered it before. It may be something small or something big. Let go of your expectations about the information you will receive, or even about what area your guide deems important.

With your guide channel or receive messages about the details of another component of the area you are working on. These are details that are important for you to know about to bring about the divine perfection that is possible in this area.

Now that you have looked at two areas in much greater detail, hold them both up together, and with your guide channel on the connections between the two of these in such a way that more detail is revealed about both of them, their importance. As you do this, as you look at both areas together, let whatever information arises come to the surface, and perhaps it will open up the next insight that you can look at, for all of these will begin to work together as the energy of divine perfection spreads from the first one, to the second one, and out from there to other components and aspects of the area you are working on.

Do not look for any sequence, or any structure or order. With your guide you are allowing the guidance, the ideas, and the clarity to flow freely, clearly, and even with an element of fun. As your creativity is opened, and as you bring through the messages of your guide, you begin to sense that something new is opening up that was not there before. Do this now; receive more information from looking at the two together.

As you have held both of these components and aspects of some area you are looking at together, and it indicated perhaps a third area to explore in more depth, let that area and any others come to your mind right now that you might look at with your guide in more detail.

With your guide, fall into these areas. They begin to play off of each other. They begin to awaken a new level of inventiveness and begin to stimulate breakthrough ideas, as if the details of one area opens up the details of another, and show you more levels and layers to which you can bring divine perfection. So bring through more guidance now about what is opening up, some new area, some new aspect, something is there that needs to be explored in more depth. Let your guide show you this now. Channel on it or open to the messages that your guide has for you. Do this now.

As you play with all of these areas and open to the guidance that is there, new areas, new aspects and components of what you are working on are beginning to open up and appear. These are aspects that you did not even think of before. Perhaps there are people involved, new ideas, a new direction, some action to take. Find something new that is opening up. Let it come to your mind, as you channel with your guide now on the new areas and the details about them that are starting to appear.

Pick the one that seems the most obvious and that you are ready to channel on, and that excites you to tune into. Something about the whole area that you never thought of before is becoming visible right now as your guide works with you to reveal divine perfection. Channel on this now, or receive messages directly into your mind.

You notice with your guide present that idea after idea is being born in this space. You are opening up the divine potential and possibilities by looking at the details and relating one component to another. You are opening to the infinite possibilities by holding divine perfection and allowing that seed that is within all events, all people, all circumstances, all areas of your life, to reveal itself.

Divine perfection reveals itself as ideas, and actions, connections, and in many other ways. It is like a living energy guiding you up to the light, to your full potential, and your guide is a bridge for you, assisting you in reaching this energy and opening to it, and having the guidance, the clear guidance, to bring it about and experience it in your life.

As you related all these parts to each other, ask your guide to assist you in seeing, recognizing, or opening to a new and larger vision of this area of your life that has more hope, or peace, more certainty. Let your guide assist you through clear guidance in creating a vision of this area that is new and more positive, and more inclusive than anything you have recognized before. Bring this through now, as much as you can, trusting and knowing that whatever you receive is exactly what you are meant to know right now.

Thank your guide, and acknowledge yourself for your willingness to grow in this way, to acknowledge that you can receive clear guidance, and that you are receiving

clear guidance, and that your clear light is going out and out as you offer the light of divine perfection to everyone around you.

Coming back now, opening your eyes, feeling the resonance of the spaces you have been to and the insights you have received as a feeling of lightness, vitality, and regeneration. And I bid you good day for now.

Program 11 Playing with Time

Greetings from Orin. Start this journey by relaxing your body, putting your body in a comfortable position, one that allows you to reach higher, in a state of peace and well-being. You are lifting up into the light, into the clearest, most beautiful light you can imagine. This is the light of divine perfection, the light of the divine plan and Divine Will, the light that contains the mold, the archetype upon which all form is created.

Lift into this light and imagine as you do, you are meeting your guide. You might imagine that your guide is showing you how radiant he or she is. You are beginning to sense more of the consciousness of your guide, how truly magnificent your guide is. Your guide is showing himself or herself as never before. It is as if some veil has come off and you are able to see or sense or feel, or know your guide in some new way that reveals to you how truly high and refined your guide's energy is.

Your guide is here to assist you whenever you call upon him or her. In the world of your guide there is no time. You do not need to understand this, but know that your guide has a mastery of time that he or she can assist you with. As you begin to understand and work with time in new ways, you can better recognize what is necessary and what is not. You can have a better sense of priority, what is important, what to do next. As you play with time, you can access the future completion of whatever you want to tune into and receive clear guidance about, and let the future manifested potential guide you to itself in the present moment.

Ask for the quality of openness and receptivity to the light and to your guide to grow stronger, to be even more open to all the potential that is there for you in this connection to your guide. There is something lovely about this connection that is so empowering, that brings you confidence, and opens up new worlds and avenues of expression. You are embracing this connection, and you are open and receptive to the light and wisdom and guidance that are available through your guide.

You might reflect for a moment on how far you have come with your first connection to your guide and where you are at right now, and perhaps some of the stages in between. From your perspective of right now, you can play with the past and the present, and any stage in between that you choose. Your guide is opening for you your ability to sense your future connection to your guide as it develops and as you become a clearer and clearer channel, able to channel on more detail, to bring through more of the vision, and the overview, and the bigger picture.

Sense your future connection to your guide. Sense how radiant you have become. Observe how you play with time, that you can sense your guide in the future, or in the past, or in the present, simply by where you put your attention.

Your guide can see everything from beginning to end. In the world of light, of divine perfection that your guide lives in, he or she has the ability to recognize many of the possibilities, and your guide is willing and delighted to assist you in seeing this and receiving guidance from this perspective.

Feeling the radiance of your guide merged with you, or transmitting ideas into your mind, pick an area you want to work on — an issue, a concern, some major area like a relationship, abundance, health, or a project.

With your guide, bring through information on the past of this area, the present of this area, and the future of this area. You can do this in any order; you can skip any part of it. Let your guide channel on this area with you about the divine perfection that

is possible and is happening, and the potential that is there in any time frame that your guide chooses. Do this now.

With your consciousness focused upon your guide and the radiance of your guide lifting you to this perspective, allow your guide to take you into the future where divine perfection has manifested and is complete in whatever area you are looking at.

With your guide, bring through information and guidance for yourself of today based on a vision of what is possible in the future. It is as if this area in its completion is sending information back to you through your guide. Notice whatever calls to you — the path of getting there, how it feels to be there, any information from this future perspective that is important for you to know. Open to this now and receive guidance from this perspective.

With your guide, noticing that time is no longer an issue, that you can go backwards and forwards in time, let your guide show you some future step that you will be taking that you could lay the foundation for right now. In fact, if you were to be aware of it right now, more possibilities for this step would open up in the future in which it would be easier to bring about divine perfection in this area. Open to this guidance right now.

With your guide, who can see all the steps that are needed, allow your guide to send you messages or to bring through you some of the steps involved, in no particular sequence at this time, just stages or steps, actions or shifts that will be occurring in this area that you are working on. Do not try to sequence them or even to see what is next, just allow some of the steps and stages to appear. Some may be very subtle or brief; others may appear to be more important and major. Channel on this now, or receive this guidance into your mind.

Imagine that out of this insight your guide is showing you what is the priority for you to pay attention to right now that will help open things up in the future. Of all the steps that you just saw or channeled on, or worked with, let your guide help you discern what are the most important steps, what are the priorities, and what can you let go of right now. Even perhaps something you thought you ought to do, you might now recognize is not necessary, or could happen later.

So with your guide you are beginning to sort through time and to put things more into an Earth-plane, linear time. Let this happen now. Channel or receive guidance into your mind.

Now with your guide, imagine that you are traveling into the future to whatever time frame will give you a bird's eye view and a different perspective on this area. It may be a month, a year, or even longer into the future.

Imagine yourself at this future date. The project or the area has moved into divine perfection more and more, and is complete in some way. At this future perspective the issues you are dealing with have shifted and are no longer the same. Even if you are dealing with the same area, the issues around it and what you are working on are different, so that you have reached a shift point right at the time where this area is complete and is shifting into its next evolution. Find that point, before the new has started, right as the old is beginning to complete. Of course you are aware that at this future time what appears to be old, in your present time, is exactly what you want more information about.

So your guide is showing you the completion of this area. Channel with your guide or receive messages about how this area looks with the completion. What has been resolved? How has your life changed? What is better? Do this now.

So with your guide and all the insights you have gained, what can you do today to open up this area after having seen it from many different perspectives of time. What action, what thought, what can you do, if anything, to move forward in this area today? Channel on this now, or receive the messages into your mind.

Playing with time gives you many new perspectives on an issue and an area. It allows you to see more detail, and it expands your vision of what is possible and how to get there.

Thank your guide, and acknowledge your guide with gratitude for all the gifts and blessings this connection is offering you.

And with that, I bid you good day for now.

Program 12 Opening to Creative Inspiration

Greetings from Orin. This is a journey about creativity and inspiration, about allowing the new into your life so that you may experience and know a life of greater joy and flow and harmony, and peace.

Take a moment to adjust your body, perhaps noticing something new about your posture, your breathing, and the position that best supports you in connecting with your guide.

As you channel your guide or receive messages in the journey that follows, notice if there is something different you can do, such as change the way you hold your neck, your shoulders, your chest, that might affect your ability to connect with your guide more deeply and completely. Be inventive and observant, and pay even more attention to whatever enhances your connection to your guide.

Imagine your guide coming closer and closer, until your guide is standing in front of you. You can sense the radiant aura of your guide. Your guide is highlighting and focusing upon the quality of inspiration. Imagine that you can receive this quality and that your guide is enhancing it.

Let yourself fill up with this quality of inspiration and creativity. It is as if you are becoming smarter in some way, that your vision is expanding; your ability to put things together in novel and unique ways is increasing. This is a quality of energy that is actually quite fun to play with as you receive the quality of inspiration that your guide is enhancing.

New doors are opening. You are awakening to new potential. There is greater light all about you. The quality of inspiration is like a living consciousness that begins to grow and flow out into everything that you think of.

Feel this quality of inspiration growing even stronger. You are experiencing an increase in your creativity, in your ability to look at things in new ways, to find new solutions, to recognize what could be better and more in flow and in harmony with the divine plan and the perfection that is possible.

With your guide you are going to play with various areas of your life to open them up with the quality of inspiration and creativity. Your guide will amplify this quality, and also bring you messages and guidance about whatever area you are looking at. Start by looking at a relationship and how to improve it with your guide — increasing that sense of inspiration and creativity that is within you.

Ask your guide to assist you in letting go of any past limits, beliefs, pictures, expectations, or memories of the past so that you are coming to this channeling and to this guidance with a clear slate, open and receptive to the new, as your guide helps you right now to clear the past, bringing you into the light, adding that light that begins to dissolve the past, so that you can step forward into a better, more fulfilling future in this relationship.

Receive messages or blend with your guide and channel directly on how you might improve this relationship in new ways that you have not even thought of before. Do this now, turning off this journey if you need more time. Know that as you bring inspiration to this area, it will continue to unfold in new and wonderful ways, for a long time to come, just from your efforts right now, in this moment.

Think of some area in which you would like more prosperity or abundance, or perhaps a resource that you need to get something done.

As you think of this area, imagine that you are letting go of any past limits. Ask your guide for assistance in recognizing and releasing whatever pictures, memories,

or beliefs you have that have held you back in the past from having what you want in this area of abundance and prosperity.

Ask your guide for the inspiration to create something new and wonderful in this area, to be flooded with wonderful, creative, effective ideas. To have the guidance about how to open up this area, letting go of the past and creating new results as you feel inspired and creative, and open to the new. Receive messages right now from your guide.

Now think of an area, perhaps health, diet, or your body, that you would like to receive creative inspiration. Think of this area right now.

Ask your guide to help you clear any past thoughts, blockages, memories of stuck places, and to help you, perhaps bring you messages about what specifically, what beliefs or thoughts would help you to clear and let go of, so that you could act upon the inspiration and open to the new. Listen to your guide's messages right now about this.

Now you are asking for an increase in your creativity and inspiration for this area. You are open and receptive to clear guidance about this area. You are willing to entertain new ideas, new possibilities, and a broader range of choices. You are willing to move beyond anything you have created in the past, and know that things can be better than ever before. Listen to your guide's messages right now. Let that inspiration flow out of you, opening up new avenues of expression and ways of being.

Now, think of a project you are working on. Something you would like to receive creative inspiration about, to move forward into something new.

With your guide, ask to clear anything about this project that is not in the flow, and that does not reflect divine perfection. If there is anything you need to let go of, anything that is unnecessary, any thought or belief that is creating a limit to the potential that lies within this project, ask for a message from your guide about what this might be. Then open to help from your guide in releasing it.

Ask for the inspiration now; your guide will bring you a message about the possibilities that exist for this project. Really open up now, to your guide's message about the creative potential that you can bring about in this project.

Think of an upcoming event where you are looking for the highest outcome, and how to bring it about.

With your guide, receive messages about anything that would be important to clear, perhaps any thoughts you have had about it that might limit the outcome, any memories from the past, anything that might stand in your way of bringing about divine perfection in this area and the highest possible outcome. Receive messages from your guide right now about what you might let go of to open to a higher and better outcome.

Open now to the inspiration, the creativity, and the unlimited thinking that will bring about the highest outcome for this event. Receive a message from your guide that will assist you in creatively thinking about this event, receiving and following inspiration, and opening to the highest possible outcome as you do.

Think of a decision or choice that you are faced with making.

Ask your guide for assistance in clearing anything that needs to be cleared for you to see the situation clearly. Channel with your guide on anything you need to clear, any doubts, concerns, expectations, attachments, or whatever might stop you from seeing this situation in the highest possible light, and having more guidance about how to choose your highest path in this area.

Let your guide fill you with inspiration, new ideas, and unlimited thinking. Perhaps you have more than a choice; perhaps you can see many choices with your guide. Perhaps a new one emerges that is better than any you thought were possible. Open now to receive a message from your guide, with creative solutions and ways of thinking, inspired ways of thinking and being in this area, to assist you in making a choice.

Let the energy of inspiration and creativity flow through your being. Ask your guide if he or she has any message about any area of your life that will open it up, that will show you new ways of being that bring you more joy and peace, and harmony. You are

creative, and you are tapped into a great source of inspiration as you work with your guide. Receive any message that your guide has for you right now.

All right, just opening to this energy of inspiration will begin to open up many areas of your life, even those you have not tuned into or asked for guidance about. As you go about your day, you may find yourself being very creative and inspired, open and receptive to all the possibilities that are there. Thank your guide; tell your guide how much you value this connection.

And I will bid you good day.

Program 13 Getting a Clear Vision, Moving into Action

Greetings from Orin. You have greatly deepened your connection to your guide, and you are already receiving guidance and information that is opening up the potential for many areas of your life.

In this journey, you will go up to the divine plan as you link with your guide to create divine perfection in some specific area of your life. You will use the skills you have learned throughout this course to create a vision that is clear enough to know what your next steps are in that area.

If you need more time to receive answers, turn off your player and turn it back on when you are ready. You might have it ready at your fingertips, so that you may easily take all the time you need. As you open up to the divine perfection that is possible, you may find yourself able to access much guidance. Ideas and creative thoughts and inspiration will flow into you.

Call your guide to you right now, moving easily and smoothly into that space of wisdom and vision that is possible as you link with your guide.

Your guide is assisting you in lifting up to that place of great beauty and light where divine perfection exists. This is a place that you can go to, a state of consciousness you can move into with your guide's assistance. You can also move into this at any time on your own simply by thinking of it, having the intention to go there, and being open and receptive. Your guide has the consciousness of this place and can greatly assist you in bringing through a vision and in translating the light and energy of this divine place, this divine consciousness, into words and thoughts that you can then put into action.

Start by thinking of an area in which you would like to receive a vision, to have more guidance about, and to unfold the divine perfection that is possible in this area.

Lift up now to this place of brilliant, beautiful light. It is very still. It is perfect, unmanifest consciousness. The patterns of divine perfection upon which all form is created are in this place, are a part of this state of consciousness. From this high place, ask your guide to show you, perhaps at an energy level, perhaps with advice, the perfection that exists for the area you are focusing on.

If at any time something comes up that might limit you, stop you, or make it difficult to explore and expand a vision of this area, ask your guide to assist you in quickly and effectively clearing that energy, that thought or belief, or attachment or memory.

You may just get a small glimpse of some of the potential that is possible in the area you are focused on. Do not worry if you cannot see how to create it. What you will get from your guide is the beginning of a vision of the possibilities that exist. Allow yourself to channel information without judging in any way the ease or difficulty of creating the vision that you bring through.

Let yourself expand your thinking. Be creative and open to new possibilities in the area you are looking at. Relax into this, and allow your guide to bring through information right now about a vision of the possibilities that exist for this area.

You are not focused on the how, with the mechanics or the timing of bringing the vision about. You are playing in the joy and in the light of divine perfection with allowing a vision to come through. This may be a vision of your next steps, of a possible outcome, of some potential that lies within this area.

Listen to your guide and bring through a message, either receiving one into your mind, or channeling a message, a vision for the area you are focused on.

If while you are looking at the vision any thought comes up that you need to clear about how possible it is to create the vision, how other people might feel — anything from the past, or from your past experiences with this — recognize them and ask your guide for assistance in letting go of these. And then receive creative inspiration for how to move forward in this area. Receive any additional thoughts from your guide right now, on anything you might need to clear, and to receive a creative inspiration in this area.

Reflect on the guidance and vision you just received. Explore where there is the most energy for you. What part of this vision attracts your attention? What are you most drawn to?

Pay attention to any details that might emerge. Channel with your guide on whatever area calls to your attention. Ask for creative inspiration and new thinking. Be very open and receptive to the messages your guide has for you, and any guidance you will receive now and in the future on this area. Open to this now.

You are receiving guidance and beginning to build a vision. This is how building a vision comes about. At first, you may only see broad outlines, missing many of the parts. Later, you will feel attracted to certain steps of the vision that will draw you in and guide you to your next steps.

Now that you have filled in some of the details, notice more about how this area connects with other areas of your life. Let the vision expand and include more areas of your life and the people involved.

Channel with your guide on this expanded vision, seeing more about the bigger picture, more possibilities, and more of the potential that lies within this area. Do this now.

As you form the vision, at this stage let go of expecting there to be a linear sequence in bringing through this guidance. Over time, you may realize that you are working on different stages of something. Let go of all linearity and time. There will be gaps, perhaps in the steps involved, or in your understanding of how these steps will fit together and come about, such as their sequence, priority, and how they will all work together.

Some of the steps may be missing or very vague in the beginning. All of the insights you need will be given to you when the time is right, in the moment, and at the time at which you need this guidance or some action is indicated. Do not try, at this point, to fill in the gaps. Relax and surrender, and know that you are being given exactly what you need in the way of guidance.

Increase now the inspiration around this area. Being creative, let that vision become clearer in some way. You are open to new thoughts and ideas. Let your guide bring through information, messages, images, whatever is needed about this project, this area you are working on, giving you even more of a vision of it. Do this now.

As your vision begins to fill out and you get a stronger sense of what is possible, if anything comes up that makes you feel like it might be difficult to create this vision, such as resistance, concern about other people's reactions, or from past experiences or beliefs, ask your guide to assist you in recognizing and releasing any concerns about creating this vision. If any have come up during this journey, ask your guide right now to assist you in releasing whatever can be released so that you can open even more to the vision.

Ask your guide to assist you in increasing your sense of confidence, your trust in the messages, and your belief in yourself. Let these qualities be strengthened. Open to these qualities and any others you can think of to ask for right now.

Something within you is growing stronger. You know that when you are connected to the divine plan you can open to the divine perfection that is possible and bring it about. You are aware that when you are connected to your guide, you are helped in all possible ways to have every quality you need for carrying out the vision and to bring forth results.

Think of the part of your vision that is clearest for you on the area you have been working on. Let that come into your mind, whatever is next for you to focus and work on that contains your next steps. Even though you might not see why, the area that calls to you is your priority.

Fall into it, focus on this area with your guide, and let some concrete steps emerge, some actions you can take, something specific you can do. Listen to any messages that your guide has for you right now.

Know that as time goes on and you take action step by step, as you are guided to do, the pieces will fit together. You will look back and see a beauty and an order to all the steps you took. You will recognize how perfectly everything comes together. You will notice how your actions and what you did, miraculously were the perfect things to do, done in the perfect order, and bringing about results that are usually even better than you could have imagined.

You have learned how to bring through clear guidance while working with a guide. Let the process reveal itself beyond any expectations you have of how to receive clear guidance. Be open and receptive, let go of your expectations about what clear guidance looks like and how it will come about. Trust that whatever you receive is perfect for you right now.

When you connect with the divine plan, when you open to divine perfection, and when you work with a high-level guide who is sponsoring you, as you are doing right now, you will create those forms, relationships, and circumstances that reflect the highest purpose and the infinite possibilities for your life.

I and your guide and all the beings of light congratulate you and welcome you into our realms of light.

And I bid you good day for now.

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Our policies are designed to support people who are drawn to this course in being successful in learning what is being taught. 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.

Teacher/Study Group Discounts

To support you in studying this course with friends or with students in a class setting, we offer discounts for additional CD or download albums purchased by you for others once you own your own album of Orin's course. Contact our office for information and to set this up, either with CDs or downloads.

Sharing Orin's Journeys in a Live Class Setting

1. You may play your Orin journeys in a live class setting with the members attending in person. You may not play or post these Orin journeys online for classes conducted through the Internet.

2. You may not make copies of your Orin journeys for students. You may order downloads or CDs of this album at a discounted price for your students; contact our office for more information.

If you are teaching students who do not understand English, you may translate the written transcripts of the journeys, and have students work with the transcripts without

the audio. Translated transcripts can be read by the teacher for the students who attend your class as a way for the class to participate. (Please do not record or sell your audio.)

Teaching by leading your own journeys based on this course

1. You may record and make copies of your own live seminars based on Orin's material for students who attend your live classes. You may not make your seminar recordings available commercially. You may not post them on the Internet unless they are password protected and only for members who attended your class. Please make sure you have worked with these journeys a number of times and have experience with the skills taught.

2. You may not make a set of your audio journeys based on this course 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 pre-record your journeys, you would need to have signed agreements with *LuminEssence* to produce and sell albums as the official set in your language.

Please [visit our website](#) for additional and/or updated information about these policies. We thank you for your integrity and your support of Orin's work by not sharing or teaching these journeys except as noted.

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](#).

Recommended Courses and Books

Channeling Courses

by Orin and DaBen

Read up to date information on our website about all of our [channeling materials](#).

Opening to Channel Printed and eBook

This book by Sanaya and Duane will assist you in making a connection with and learning how to channel a guide or your higher self. Channeling is a skill that can be learned. Sanaya and Duane, with the assistance of their guides, Orin and DaBen, have successfully trained thousands to channel using the safe, simple, and effective processes offered in this book. You will learn how to tell if you are ready to channel, how to attract a high-level guide, and how to get into a channeling state. You will explore how guides transmit messages and communicate with you, and will develop your skill as a receiver and translator. You will learn how to give readings and how to look into probable futures for yourself and others. You can channel knowledge, personal and spiritual guidance, healing techniques, and more. Available in printed or eBook formats. 221 pages, published by H J Kramer Inc. [OTC](#)

Opening to Channel Abridged Audio Book

This abridged audiobook, read by Sanaya and Duane, contains the information in Sections 1, 3, and 4 of the *Opening to Channel* book. This includes the Preface, Introduction, Chapter 1–Welcome to Channeling, What is Channeling, How to Tell if You are Ready, Chapter 2–Channeling States and What They Feel Like, Chapter 3–Who are the Guides and Recognizing High-Level Guides, Chapter 4–How Guides Communicate with You, Chapter 5–Getting Ready to Channel, Attracting Your High-Level Guide, and What to Expect Your First Time, Chapters 10-13–People’s Stories of Opening to Channel, Common Problems and Challenges People Experienced, and Chapters 14-17–Developing Your Channeling, Handling Doubts, Strengthening the Connection, Going Out to the World as a Channel, and Finding Your Time to Begin. Not included in the audiobook is Section 2 which contains the processes to learn how to channel. The processes to learn how to channel are available separately, see C101 below. [OTCE](#)

Opening to Channel Audio Meditations

This audio course is a wonderful companion to the *Opening to Channel* book. The guided meditations are based on the processes Orin and DaBen gave Sanaya and Duane for the *Opening to Channel* course that thousands have used to successfully connect with their guide. As you listen, Orin and DaBen will join their energy with yours and lead you through each step of channeling, including preparing through relaxation techniques, concentration, sensing life-force energy, and learning channeling state postures. You will learn to mentally meet your guide and to verbally channel your guide. Processes include many channeling state inductions to make a stronger connection to your guide, tune into another person, give yourself a reading, and connect with your guide to see into the future. Also included are some talks and information from the *Opening to Channel* book, read by Sanaya.

This course is helpful if you have never before channeled as a way to learn how to get into a channeling state, meet your guide, and discover how to bring through information either by talking aloud or by receiving the information directly into your mind. You can work with this course to let go of doubts that you really have a guide, to gain confidence that you are really channeling, and to establish a strong, clear connection to your guide.

Course includes 26 programs including 10 longer guided meditations, short channeling state inductions to use to connect with your guide and bring through information, and questions to ask your guide to discover more about your guide. [C101](#)

Awakening Your Psychic Abilities

Single Guided Meditations by Orin except as noted

Being Your Higher Self

Orin leads you to merge with and become your Higher Self, to bring your Higher Self into all of your energy systems, and to view your life from this higher perspective. [SI040](#)

Developing Intuition

Learn to develop your intuition and become aware of the urges, feelings, inspirations, and thoughts that are the "voice" of your Higher Self and soul. Following your intuition can save you hours of work, lead you to opportunities, help you find answers, and more. Pay attention to and act upon your inner messages. [O10](#)

Trusting Your Inner Guidance

Recognize and learn to trust your inner guidance. Open the channel to your Higher Self, feel more courage, and develop your ability to see beyond the veils of illusion. [SI107](#)

Attunement With Your Crystal

One side of this audiocassette is by Orin, the other by DaBen. Get the most out of your crystals as you make contact with them, discover their special properties, and learn why they have come into your life. [OD001](#)

Opening Up All Your Psychic Abilities

Special, powerful processes by Orin to help you awaken your psychic abilities and use them to make the choices that put you on your highest path. [O13](#)

Telepathy-Sensing Energy

You can send and receive telepathically to communicate with loved ones. You will learn to identify energy you have taken on, to release it, to change negative energy into positive, and much more. [O15](#)

Lucid Dreaming

Remembering your dreams is a valuable tool for obtaining life direction and guidance. You can learn much about the inner workings of your psyche, what your Higher Self and soul are working on, future events you are planning, and more. You often leave your body in your dreams, visiting other people and other realities. Many of you are receiving valuable information from your dream visits to the esoteric schools that exist in higher planes. Listen to this journey as you fall asleep to remember your dreams. [SI024](#)

Past-Life Regression

Explore a past life and better understand the lessons, purposes, and challenges of this lifetime. You will be guided to view any life that is important to or affecting this lifetime. [SI043](#)