



Awakening Your Light Body

WHAT IS THE LIGHT BODY?

Your light body is an energy body that exists at a higher level, closer to your soul than your chakras. You have seven vibrational energy body centers and three light body centers, for a total of ten centers that power and make up your light body. As you awaken your light body, you will learn how to change less harmonious energies into positive ones and use the energy around you to go higher. You may experience a stronger sense of personal power and a greater ability to control your emotions, stay centered, release old blocks and stuck emotional energy, and respond with love and compassion. Your light body opens doorways to the higher realms of light, such as the soul plane.

Awakening your light body assists you in adding light to your thoughts, opening your channel upward, and connecting with the Universal Mind. As you awaken your light body, you will learn how to get into states of consciousness where you can more easily choose actions that reflect the light of your soul and Higher Self. You can experience many illuminated states of awareness in these journeys; states of consciousness that are deeply insightful, blissful, and take you beyond thought into direct experiences of beingness. In these states you can see, sense, or feel the expansive energies of the higher dimensions and make them a part of your daily life. Awakening your light body may be your next step of spiritual growth, if it calls to you and feels right to the deepest part of your being.

MINNEAPOLIS PROGRAM DETAILS

This step-by-step program will teach you how to sense and perceive subtle energies in and around you, and how to transform your life with light. As you awaken your light body, you'll experience greater emotional flow and mental fluidity. You will learn to change less harmonious energies into positive ones and use the energy to go higher. The powerful skills and attunements you'll receive will help you live a more integrated and expanded consciousness and life purpose. Classes follow the six volumes of the *Awakening Your Light Body* course as follows:

Volume 1	Building your powerbase	Volume 4	Aligning your vibrational energy bodies
Volume 2	Opening your heart center	Volume 5	Awakening your light body
Volume 3	Activating your higher energy centers	Volume 6	Becoming radiant

These guided journeys have been carefully planned for your success and include emotional release, awakening your inner healer, working with subpersonalities, staying neutral, changing your thoughts, working on relationships as energy, soul linking, and transforming your personality. Upon completion, advanced coursework is available. For more information about courses, go to the LuminEssence website at www.orindaben.com.

FEES AND MATERIALS

We will meet once every three weeks for two hours, using two meetings to cover each volume, for a total of twelve meetings. The fee for each class is \$55, payable per class, for a total of \$660 for the course. Participants also will need to purchase all six volumes (on CD) and agree to listen to them between meetings. The CD's may be purchased from me at my teacher's discount by check only, either one volume at a time or altogether, as follows:

VOLUMES 1 - 6: \$80 ea + \$10 S&H = \$105 ea

COMPLETE VOLUMES 1-6: \$450 + \$15.00 S&H = \$465

FACILITATOR



Cindy Libman, LICSW, LMFT, AEH, is a psychotherapist and advanced energy healer who has been counseling individuals, couples, and therapists for over 26 years. She is a graduate of the *Inner Focus School for Soul Directed Advanced Energy Healing*, a registered *Light Body* advanced instructor, and is trained in many meditation practices. Cindy has developed a unique and powerful blend of energy and psychotherapy techniques, combined with spiritual practices drawn from mystical tradition. She offers ongoing mentoring programs for therapists, as well as workshops/retreats all over the country, including *Awakening Your Light Body*, *Opening to Soul Consciousness*, and *Energy of the Self*, and *GEMS*, where she uses her intuitive teaching style to create extraordinarily empowering and transformational learning experiences. She is co-author of the *Heart's Calling* article series, and author of *Meditations I*, *Meditations II*, and *Meditations for New Meditators and Teens/Young Adults*. Dedicated to helping people reach their full potential and to raising spiritual consciousness, Cindy also maintains a private practice in the Twin Cities area.

Please contact me at cindylib2@aol.com if you feel drawn to this material. **Classes are scheduled with a minimum of 8 people.**