

## Awakening Your Light Body

Do you want support with your spiritual growth?

Do you want to receive assistance from guides and angels

whose mission is to help humanity with our evolution?

Are you longing for a community with which to share your spiritual pursuits,

who understand and share your interest in the energy realms

and working with the gridwork of light?

Awakening Your Light Body seminar coming up!  
October 2009 ~ March 2010

Awakening Your Light Body is a substantial course of guided meditation that will change your life. Located in the San Francisco Bay Area, Maggie offers both a live course and individual sponsorship options. Learn more about the upcoming Light Body seminar by going [here](#). Below you will find a few of the benefits of this course, and of working with Maggie Ostara, PhD (who is a qualified Light Body teacher) as your sponsor.

Awakening Your Light Body is a highly transformational, profound course in guided meditation that:

- Provides step-by-step instructions and ready access to expanded states of consciousness that support you to live from an inner connection to your soul, your guides, and the All That Is.
- Teaches skills to be able to stay neutral in a challenging situation, to bring ease and flow to a place where you feel triggered
- Teaches you how to find and work in the energy realms to attract or transform aspects of your every day life—such as an object you want to bring into your life (like a new car); a relationship you want to attract, heal or enliven; a muscle ache, digestive issue, illness, or physical discomfort in yourself or someone else
- Helps you evolve your personality to heal childhood wounds, to transform limiting beliefs and behavior patterns, and to release past life and current life trauma
- Guides you to infuse your personality with your soul so that you live more and more from the Soul Level every day!

Go [here](#) for a full description of the Awakening Your Light Body course.

Connect with guides to receive direct energy transmissions, new skills, support and love

Maggie Ostara, PhD is a qualified Awakening Your Light Body teacher who channels her own guides, called Shaman, to bring through the Light Body energies. Shaman, a collective consciousness, are among the emissaries of light assembled to assist humanity with our evolution and the healing of our beautiful planet. Together Maggie and Shaman create Light Body journeys based on the teachings of Orin and DaBen, and also offer their own teachings, particularly

around connecting with groups on the inner planes of reality.

Listen to an invitation from Shaman:

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<h2>&nbsp;<br />
Awakening Your Light Body Individual work with Maggie Ostara as your sponsor<br />
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<p>
Some people prefer to work with a group in a structured ongoing format.&nbsp;  Please check out the <a target="_blank"
href="content/view/52/86/">upcoming Light Body seminar</a> if this is&nbsp;  you! Others prefer to study this material at
their own pace, as well as have the support of a qualified Light Body teacher. Together Maggie and individual students—or
a small group—design a sponsorship program and schedule that meets their specific needs for communication, connection,
feedback, and other forms of support.&nbsp;  In addition to working at your own pace, and designing a program to meet
your needs, working with Maggie as your sponsor has two major benefits. &nbsp; 
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<ul>
<li>Maggie and her guides, Shaman, are qualified to transmit the sounds and energies of the ten different energy centers
that are the core of the Light Body work.&nbsp;  Receiving direct transmissions from a teacher enhances your ability to
access the centers, and then to recreate them on your own later.</li>
<li>Maggie and Shaman also create guided meditations especially for you.&nbsp;  These meditations include both
transmissions of the energy centers, and processes to evolve your personality to be able to integrate all the new light
coming in your body's energy system.&nbsp;  These meditations are recorded and then made available as MP3 audio
files.</li>
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<a href="index.php?option=com_content&task=blogcategory&id=5&Itemid=25">Learn more about Maggie and her
guides</a>.<br />
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<h3><a href="index.php?option=com_contact&task=view&contact_id=1&Itemid=26">Contact us</a> for information on
rates, designing your program, and purchasing these volumes as part of your sponsorship program.&nbsp;  </h3>
<p>
Learn more about <a href="index.php?option=com_content&task=view&id=9&Itemid=28#orin">Orin and DaBen</a>, the
original creators of this course, and their teachings.
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