

Experience the Power of the Group

Enhance your experience with the support of a

qualified teacher and dedicated group.

"Meeting once a month in Maggie Ostara's Light Body training was delightful—the journeys, like meditations to open new centers of our bodies so that we could travel to deeper dimensions through Orin and Dabin's amazing recording, the breathwork to move through stuck emotional places, hearing from each one in the group what had arisen or resolved on their life journey as they did the journeys in the month between groups... and the healthy, yummy, lunches cooked by Maggie and served with so much love. It was a delight to watch as each person in the group deepened, started to glow with inner beauty, and reported changes in their lives. During that time an old relationship reemerged and what had been impossible began to take new direction as I was changing. I heard from friends and clients that I seemed brighter, more content, and people on the street stopped to look at me... maybe I was smiling...maybe I was glowing...maybe my light body was showing!" -- S.R. therapist and dancer,

Experience a powerful and supportive container.

Coming together with intention for learning and healing creates a powerful container for moving forward individually and as a group. Bringing in this level of light will change your life. Many people find it highly beneficial to have others who are also studying the same material to meet with, share experiences, and learn from each other. This work is esoteric and connecting with others on the same path supports integration into your life and motivation to complete the course.

With her own guides, who call themselves Shaman and are part of the "light body network," Maggie directly transmits the energy and sound of the vibrational energy body centers and light body centers during the course. Live transmissions greatly enhance your experience of the centers, and make it easier to recreate them on your own. Go here to learn more about Maggie and her guides.

Receive live energy Transmissions.

In addition, participants receive transmissions before, during, and after the course from Maggie, her assistants, and DaBen and Orin to support them with opening to and integrating the new energies being awakened within them.

Together Maggie and Shaman offer journeys based on those of Orin and DaBen, and tailored for each specific group. Recordings of class journeys are available for download as MP3 audio files, and are included in the cost of the course. Also included is the six volume set of recorded journeys by Orin and DaBen so participants can practice on their own and learn directly from the original teachers.

Ground Spiritual energies in your body and daily life.

To more effectively connect physical reality, daily life, and the new energies being awakened, we practice various somatic practices, including Clarity Breathwork and other breathing techniques, and creative movement.

Register now.

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