

RAINBOW BRIDGE TECHNIQUES

Processes to link to the Soul and to Remove the Obstacles to Union with the Self.



Figure 1. Before Rainbow Bridge Clearing

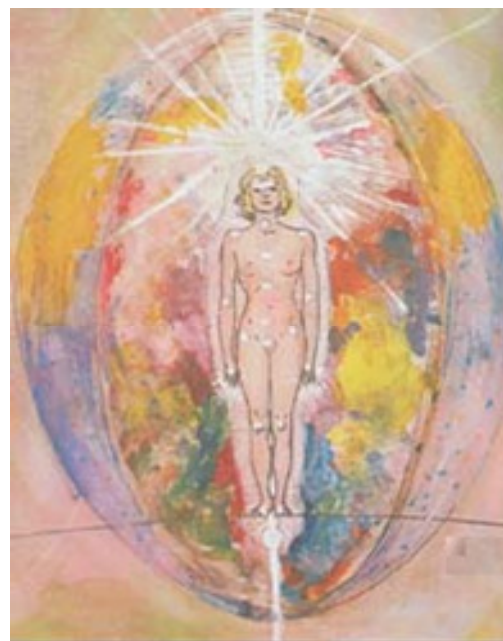


Figure 2. After Rainbow Bridge Clearing

Figure 1. shows how most students look before they start the Rainbow Bridge techniques. Loose debris and impurities (thought forms and low-grade energy) have accumulated in the aura. Some individuals with the ability to view auras see these impurities as surrounding dark clouds and forms of low-grade energies. Some of the impurities are shifting and churning, partially fixed and condensed. The dark energies also appear loosely coacted, forming a cage-like structure that seems to have the person trapped in a network of their own distorted, negative thoughts and feelings. Some of the low-grade energy is dense and attached to the body, affecting their organs, their function, and health.

Figure 2. shows the cleared fields (etheric, emotional, mental, and causal) of an individual who has completed phase II of the clearing work. The external patterns (low-grade energy) adhering to the body are gone, the Soul Star is very strong and shines brightly above the head, and the Central Channel is well defined. The health aura is not inhibited by adhering thought forms. The emotional and mental bodies are clear. The causal field is very large and is filled with various energies accumulated during the clearing process as a reservoir of power.

What is shown can be achieved in 2 to 5 years, depending upon the persistence, concentration and Soul response of the disciple (*Rainbow Bridge II*).

The Rainbow Bridge Techniques are split into two phases.

This booklet outlines the techniques that are used as part of Phase One. These techniques are used to clear the Central Channel—build the Rainbow Bridge—between the personality and the Soul.

The Phase One Techniques include:-

Using the Soul Mantram

Triangulation (Clearing the Central Channel)

The Spiritual Vortex

Widening the Central Channel

Table of Contents:

Introduction to Rainbow Bridge Techniques	03
Overview of the Rainbow Bridge Phase I and II Techniques	03
The Soul Star + the Soul Mantram	04
What is the Central Channel	05
How to Build the Central Channel	06
Ann Meril	07
The Spiritual Whirlwind or Etheric Vortex	07
How to Use the Spiritual Whirlwind	08
Widening the Central Channel	08
Daily Alignment, Centering and Clearing Exercise.	10
Developers of the Rainbow Bridge Techniques	10
Bibliography + Progress Chart	11



Figure 3 is an expanded version of figure 2 and shows the very large causal field of a person who has finished the phase 2 clearing work. The causal field is very large and is filled with energies that have accumulated during the clearing process as a reservoir of power.

Figure 3 is based on the clairvoyant observations of the Two Disciples (Josephine and Norman Stevens) who originated the Rainbow Bridge Techniques and published their findings in two books. Rainbow Bridge 1, The Link With the Soul, and Rainbow Bridge II, Link with the Soul. Rick Prater who was a member of the Rainbow Bridge prototype group has also published an easy to read book complete with step by step instructions and diagrams on the Rainbow Bridge I and II clear techniques. The title of the book is [*Bridge to Superconsciousness*](#) and can be purchased from your local Bookshop or Online. (see back page for more details) <http://www.sourcepublications.com/> or [Amazon.com](#). His book is especially good for those who plan to start their own Rainbow Bridge Group.

Introduction to the Rainbow Bridge Techniques

Before union with the [Soul](#) can be achieved, the [lower self or personality](#) must be purified and the obstacles to union removed. The Rainbow Bridge techniques are offered to aid the student in purification of the personality vehicles, the etheric / vital body, the emotional body, and the lower mental body or conscious self. These impurities or low-grade [thought forms](#) appear to extended perception as surrounding dark clouds and forms of low grade energies, some shifting and churning, some partially fixed and condensed, some loosely connected forming a cage-like grid that imprisons its owner, some dense and attached to the body and affecting the organs and their functions (See [figure 1](#)). THEY EXIST IN EVERYONE, WITHOUT EXCEPTION, and are the results of many lifetimes of instinctual or physical evolution, of excessive emotional development, mostly uncontrolled desire, and of incomplete mental growth, mostly imperfect thinking or thought form building. The Two Disciples mention that they have observed these impurities in *every* spiritual teacher, and yogi that they have met.

The [Tibetan Master Djwhal Khul](#) has written about these thought forms and impurities in the aura. "Much of the ineffectiveness of people is due to the fact that their interests are not centralized but very diffuse, and no one thing engrosses their attention. They scatter their energy and are attempting to satisfy every wandering desire, and to dabble in everything which comes their way. Therefore, no thought they think ever assumes proper form, or is ever duly energized. They are consequently surrounded by a dense cloud of half-formed disintegrating thought forms and clouds of partially energized matter in process of dissolution. This produces occultly a condition similar to the decay of a physical form, and is equally unpleasant and unwholesome. It accounts for much of

the diseased condition of the human family at this time." (p.975, [Treatise on Cosmic Fire](#)).

To have this mass of disintegrating thought forms in your aura, sets you up for a number of problems.

In their book, *Thought forms*, Annie Besant and C. W. Leadbeater have noted, so long as any of the coarser kinds of matter connected with evil and selfish thoughts remain in a person's body, he is open to attack from those who wish him evil. But, when he has perfectly eliminated these by self-purification, his haters cannot injure him. He goes on calmly and peacefully amid all the darts of their malice and their evil thoughts are deflected from his aura and return to the sender (p. 30, *Thought forms*).

It is not only possible to purify the vehicles, but it is absolutely necessary before the real techniques of spiritual enlightenment or self-realization can be successfully undertaken.

The Rainbow Bridge techniques offer a "do-it-yourself" program for removing impurities that ordinarily would have to be lived out the hard way by releasing the energy locked within them through suffering and illness over several lifetimes.

Overview of the Rainbow Bridge Phase I and II Techniques

The Rainbow Bridge techniques involve two phases. In phase I, the first technique the student is taught is to use the Soul Invocation to align with and invoke the cooperation of the Soul before doing *any* spiritual practice. This step is key because, in the Rainbow Bridge techniques, the Soul does the work and the personality or conscious mind merely cooperates. The Rainbow Bridge techniques are without effect unless they are preceded by the Soul Invocation or an invocation with a similar intent.

After the student has aligned and invoked the cooperation of the Soul by use of the Soul Invocation, the Soul Star becomes responsive to your thoughts and is used to build the Central Channel.

The Central Channel is built to prepare the body to receive a greater influx of spiritual energy. The upper section of the Central Channel bridges the gap between the lower mind and higher mind and is known as the Rainbow Bridge or [Antahkarana](#). It provides a conduit through which high vibration energies can be safely moved through the body. The student is taught how to align with the Soul and activate the Soul Star by use of the Soul Invocation. The Soul Star is located about six inches above the head and is the instrument the Soul uses to transform and purify the matter of the three lower vehicles (vital or etheric body, the emotional body, and the mental body). It also has other functions.

Once the basic Central Channel is built, it is systematically widened. Also during phase I, a tool of the Soul called the Spiritual Whirl Wind or Etheric Vortex is used to sweep debris from the aura that is created by the movement of the Soul Star through the body. The Soul Star is a ball of solar fire and when it is moved into the body, it literally burns through debris that is clogging your Central Channel. This debris must be removed

by use of the Spiritual Whirlwind. Whenever the Soul Star is moved through the body, the Spiritual Whirlwind must be used afterwards to sweep the aura of debris.

Once the Central Channel has been widened to about 1 inch in diameter, which usually takes about six to eight weeks doing just the widening phase, the student can begin **Phase 2**, the clearing work. It has been observed that by use of the Soul Invocation followed by simply moving the Soul Star through the Central Channel from a point 6 inches below the feet, the Earth Star, to a point about 6 inches above the head, the Soul Star, on a daily basis followed by use of the Spiritual Vortex that some clearing of the external patterns (low-grade thought-forms that appear outside of the body in the surrounding aura) is accomplished. However, if only one or two revolutions of the Soul Star through the channel are done per day, this method of clearing will be much slower than the phase II methods which uses a series of 36 verbs that are placed in a structured series of sentences and repeated for several minutes by the student. By using the Phase II clearing techniques, the external patterns can be cleared in 2 to 5 years. If the process is continued the internal patterns will also begin to be cleared. A study has been initiated to determine if the clearing process of simply moving the Soul Star with its radiant field through the central channel can be speeded up to equal or surpass that of the Phase II word forms by simply increasing the number of times the Soul Star is moved through the channel.

The purification work results in the following permanent benefits:

You no longer have a permanent barrier around you which modifies communication from and to you.

The low vibration energies, which are a channel for infection, are removed.

Suggestions of low self-esteem and failure are no longer stimulated.

Your body ages more slowly and your health is enhanced because the flow of life force (prana) through the body and aura is no longer obstructed by energy, emotional and mental blockages.

The main channel for uncontrolled emotional response is removed - as is quick response to emotionalism from others.

The heavy karmic influence of ancient thought forms and mistakes are eliminated.

You will have an increased capacity to invoke and retain the light of the Soul.

You will find it easier to recognize your companions on the Path, the ones you are destined to work with.

You will move rapidly into awareness of the consciousness of your Soul.

By building the central channel, you will be of service to the Masters of the Planetary Hierarchy and to the planet by becoming anchor points for the transmission of vital energies that will purify the planet and accelerate the

externalization of the Hierarchy.

Telepathy and the higher psychic powers of the Initiate will begin to develop.

Djwhal Khul has said that "--the powers of the Initiate are gained not from any study but by changes in the etheric vehicle." The Rainbow Bridge techniques make changes in the etheric, emotional and mental bodies to accelerate this process.

The Soul Star and the Soul Mantram

What is the Soul Star?

The Soul Star is the etheric symbol of that portion of the Soul "put down" into matter. It is linked with the Soul, first by a thread of light, and later by a band of expanding rainbow fire as the fusion of personality and Soul proceeds. The Soul Star is an instrument of the Soul and can be used to clear the obstructions to union. It is an intelligent force that is used by the Soul to transform the matter of your physical, emotional, and mental bodies into a suitable vehicle through which It can function. The Soul Star is located about six inches above the head. To clairvoyant vision, it appears as a radiant spark. It has been found that the Soul Star will respond and become more active when the mind is centered on it. In spiritual aspirants who have just begun to turn their attention toward spiritual unfoldment, the Soul Star appears as an enlarged spark of pale light. In more advanced disciples, the spark of the Soul Star becomes much larger and more radiant; when activated by use of the Invocation to the Soul or meditation, the brilliant radiance of the Soul Star may extend several feet.

How is the Soul Star Activated?

You may invoke and cooperate with the Soul Star. However, it is an extension of the Soul and will only respond to personality demands that further the Soul's own purpose. Accordingly, **the first step** in approaching the personal self, or doing **any** type of spiritual work, meditating, channeling, chanting, yoga postures, or breathing exercises is to **invoke the Soul**. A sure way to achieve this goal is to use a very ancient mantram known as the Soul Mantram (*Rainbow Bridge II*). The Words are as follows:

I am the Soul.
I am the Light Divine.
I am Love.
I am Will.
I am Fixed Design.

The Soul Mantram is a tool to name & identify you as you truly are, bringing this reality downward & outward into the mental, emotional, and physical vehicles that comprise the lower self or personality.

This is not simply a "linking in" process but conscious IDENTIFICATION with what you really are with the intent of producing this reality on the lower planes.

When using the Soul Mantram, focus your attention or concentrate your mind in the Soul Star, located at a point about six inches above the head, holding firmly in mind the idea of the Soul's cooperation with the aspiring personality. Then speak aloud, with a pause at the end of each line, the ancient mantram. As each line is spoken the Soul Star responds.

When "I am the Soul" is invoked by speaking with the intent of identification or oneness with the Soul, the following response is evoked: [the Soul Star increases in size, brilliance and radiation and the Central Channel becomes filled with Rainbow fire.](#)

When "I am the Light Divine" is spoken, the following response is evoked: [the Soul Star sends forth a stream of rainbow fire into the Central Channel.](#)

When "I am Love" is spoken, the following response is evoked: [a rose pink down pour of energy from the heart of the Soul Star floods the Central Channel.](#)

When "I am Will" is spoken, the following response is evoked: [a royal purple, brilliant clear red, a white and indigo blue down-pour enters and fills the Central Channel.](#)

When "I am Fixed Design" is spoken the 7 energy centres along the spine intensify.

This last line means that you came into this life with a specific Soul purpose. No work should be undertaken until this mantram or one with a similar intent is said. Once the Soul Invocation has been said, the Soul Star will obey thought and move within the physical, emotional, and mental bodies, and the aura. It will expand or contract or send out a beam of energy and radiate various colours of light without conscious direction by you.

"These are only the beginning powers of the Soul Star. It is a most powerful, versatile, and useful instrument of White Magic. It will not respond for anything else"

(Rainbow Bridge I).

"In my more than 20 years of experimentation with the Soul Star, I have found the quote above to be quite correct. It is very responsive to that which will aid in the purification of the vehicles....The techniques given in the Rainbow Bridge books and on my web site are safe and have been used effectively by many students for more than 40 years."

- Dr. Ron Tigger.

In the Soul Invocation, the first line brings about identification with the Soul. The second, third and fourth lines are spoken as if you were the Soul invoking its subjective being - higher mind, spiritual love, and spiritual will. The fifth line states the plan the Soul has for you for this life.

The Soul Mantram was the first instruction given by the Tibetan Master Djwhal Khul to his group of students ([Discipleship in the New Age, Vol. II, p. 123](#)).

It is the first step in the practice of any inner growth or spiritual process. Without the use of this mantra or some form of it, the authors state that yoga practices, meditation, chanting, breathing exercises, etc. are ineffective in making changes in the inner vehicles. The authors of the Rainbow Bridge books noted that they had clairvoyantly observed

years of such practices which made **no changes** in the inner vehicles of the student. They further stated that they have "also witnessed that use of the mantram and its presence in the 'brooding consciousness' of the student made simple techniques rapidly effective in clearing and energizing the inner vehicles & in building radiant magnetic fields around purified forms"

(Rainbow Bridge II, p. 92).

What is the Central Channel?

The Central Channel is a bridge of energy and consciousness between highest spirit and lowest matter. It is a conduit through which the life of the Spirit and the consciousness of the Soul flows. The Central Channel is also known as the Rainbow Bridge or the [antahkarana](#) (inner ear or internal organ of consciousness).

The completed antahkarana contains 5 strands of energy. Two threads are put down by the Higher Self. The life thread, also known as the silver chord, or sutratma (thread of the atma) extends from the [Monad](#) or spark of the One Life within to the "physical permanent atom" of the heart. The consciousness thread extends from the Soul to the pineal gland in the head. It is for this reason that the pineal gland is known as the seat of the Soul. The last three strands of the antahkarana are collectively known as the creative thread and are projected upward in [consciousness](#) by you, the personality. These strands must be consciously built by you. You become a conscious creator when you complete the development of your antahkarana. As the Central Channel is enlarged to at least one inch in diameter, a rainbow coloured flow of energy can be clairvoyantly observed in the Central Channel, hence, the name Rainbow Bridge. The lower portion of the Rainbow Bridge from the crown centre to the base of the spine is called the sushumna. The chakras or centers of energy are normally located along the su-

shumna channel and are stimulated into greater awakening by the development of the Rainbow Bridge and the Soul. The white vertical line in [figure 3](#) shows the Central Vertical channel rising high above the Soul Star and deep into Earth beneath the Earth Star. See page 96-97, *RBII*, and *The Rays and Initiations*, p.441- 501 for more information on the antahkarana.

The Central Channel actually is already present in the body. However, it is clogged with various low grade energies that relate to emotional and mental complexes carried over from past life times. As a result of the large load of emotional and mental blockages in the aura, the chakras have been pushed outside of the body and are not located along the Central Channel. The energy centers referred to in figure 4 are not the [chakras](#) but substitute sensitive points for them. Later, when the emotional and mental complexes are removed from the body the chakras will move into their normal positions along the Central Channel. The authors of the Rainbow Bridge book refer to these distortions as external and internal patterns. External patterns are the distortions visible in the aura and on the surface of the body. Internal patterns are blockages and distortions that are located inside the body and interfere with the function of the organs of the body.

The building of the Central Vertical Channel is both a personal work and a planetary service. The substance of the body that you ensoul as an individual is part of the body of the planet. The planet is a living entity with a consciousness. The intelligence aspect of the planet is called the [Planetary Logos](#). Your Central Channel forms part of the Central Channel of the Planetary Logos.

How to Build the Central Channel

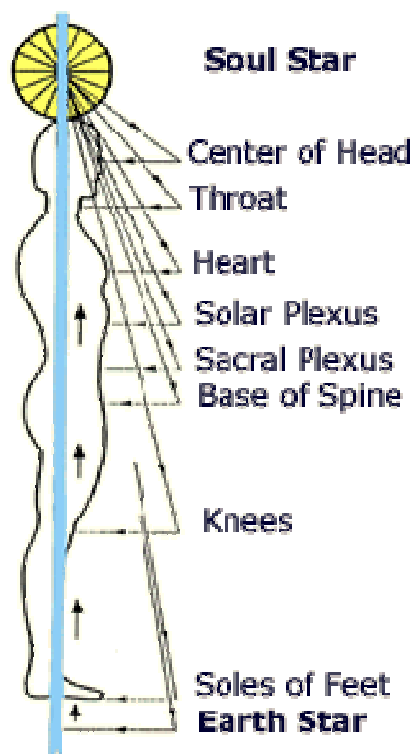


Figure 4. Triangulation Path Used by the Soul Star to Build the Central Channel and to Create the Substitute Centers.

1. Invoke the Soul by speaking each line of the [Soul Mantram](#) aloud. Pause after each line to feel the down pour of light. From this point on, act as if you are the Soul as you perform the following steps.

2. Optional, but desirable. If working with a Rainbow Bridge group, link Soul Star to Soul Star with your group members whether they are physically present or not. The group link adds power to your personal process. Per your preference, you may also link to the Spiritual Hierarchy, and any fully enlightened spiritual master or saint with which you are affiliated such as [Christ](#) or as he is known in the east [Lord Maitreya](#), Buddha, Krishna, Shiva, Iman Mahdi, etc.

3. Focus your attention in the Soul Star six inches above the head. Feel the radiance of the Soul Star and imagine that it is shining as bright as the Sun. In time you will actually feel the radiance of the Soul Star.

4. Mentally move the Soul Star diagonally forward to a position just in front of the eyes. Then move it straight into the center of the head, and *slowly* move the Soul Star straight upward to its normal position six inches above the head. Repeat the triangulation three or four more times (See [fig 4](#)). In the beginning, only the first triangle (involving the centre between the eyes) should be formed for the first two weeks. The Soul Star should be moved *slowly* and deliberately up the channel because it is literally burning away hindering thought forms and emotional blockages to open a channel for the flow of higher energies.

5. End each session by invoking the [Spiritual Whirlwind or Etheric Vortex](#) to clear any loose debris from the aura. Do the vortex for about 5 minutes. (*page 14*)

This procedure should be followed for each of the sensitive points shown in figure 4. In the 3rd week, two more points can be added, the throat and the heart. Do three or four sessions on the throat and then move on to the heart for three or four days. The fourth week add the solar plexus, the fifth week add the sacral center; the sixth week and the base of the spine. Each week thereafter, add one or two of the remaining points (at the knees, the soles of the feet, and the Earth Star, six inches below the feet) until all of the triangles have been made and the Central Channel is completely through the body and anchored to the Earth.

Warning:

Once you start to build the Central Channel, you cannot change your mind half-way through the process and quit without some adverse consequences. Since the channel is initially clogged with psychic debris, if you were to clear it to the point of the solar plexus, for example, and decide to quit, energy from the Soul would begin to enter your body and congest at that point. The authors of the Rainbow Bridge I, p.78, told about a Zen initiate they had met who had built the Central Channel only to the solar plexus and as a result experienced congestion and decades of suffering. They stated *"Dispersion of the energy midway down the torso produced all kinds of physical disease because of too rapid clearing and congestion. The Channel must be completed into the earth to function properly and without any unfavorable effects on the physical body."*

The Zen initiate was cured of her health problems when she did the Rainbow Bridge work & widened the central channel all the way down to the Earthstar Centre, six inches below the feet. If you cannot make the commitment to allocate 15-20 minutes per day for the approximately two months it takes to build the Central Channel & the six to eight weeks it takes to widen it, then you should postpone building the Central Channel until you have the time.

Resource for getting the Central Channel Checked.

When I was doing the Phase II clearing work, one of the members of the Rainbow Bridge Prototype Group that I would ask to check my channel and pattern clearing progress was Ann Meril. She has the ability to see the channel and the antahkarana and the various vehicles. She can see if you are mentally or astrally polarized or have mental orientation. She can see if the central channel has been built down to the Earth Star and approximately how wide it is. She can see if the antahkarana has been built to the Soul, the Spiritual Triad or to the Monad. As you do the clearing work she can see if the internal and external patterns are thinning.

She works as a Spiritual Counselor and offers her services to the general public for **\$150.00** per reading. Of course in her capacity as a spiritual counselor, she can also answer the usual health, wealth, and happiness questions. If you are involved in a relationship she also can see on which levels (etheric, astral, mental, budhic, atmic or monadic), you are connected or not connected and the implications of those connections. Ann has also been very helpful in helping me evaluate the effectiveness of the Alternate Phase II Soul Star Clearing Technique by monitoring the progress of the members in our local group who have been experimenting with it. It is rare to find someone with Ann's intuitive abilities and I am happy to recommend her services to those who are building the Rainbow Bridge.

Full Reading = \$100.00

Central Channel Checking = \$45.00

Her email is ameril99@cox.net

Tel: 001-760-231-1863

(she lives in California so allow for time difference when calling her)

The Spiritual Whirlwind or Etheric Vortex

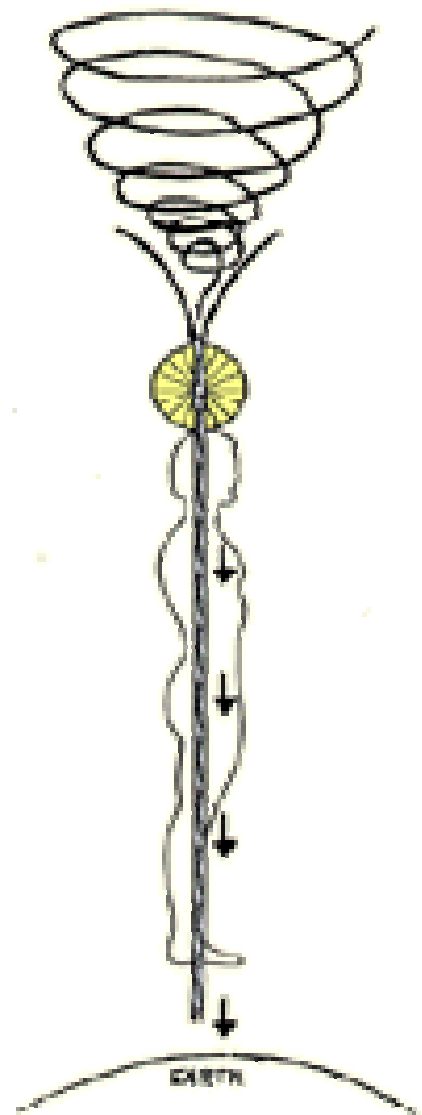


Figure 5. The Spiritual Whirlwind

The spiritual whirlwind is a tool of the Soul that can be invoked by you, the [personality](#). Its basic use is to sweep loose debris from your aura. It can also be used to transmit energies of higher vibration from the Soul to the lower vehicles. The process of building the Central Channel by using the Soul Star creates debris as it burns through emotional and mental thought forms clogging your channel. This debris needs to be removed from your aura at the close of any session that involves moving the Soul Star through the Central Channel. This is true whether you are building the Central Vertical Channel or widening it after you have completed building the Central Channel.

The spiritual whirlwind may also be used to clear debris from your aura that you pick up during the day as a result of being in close proximity to groups of people. Suggested times to use the Spiritual Whirlwind are:

1. At the end of a session of Soul Star work on the Central Channel
2. After being in a crowd of people such as shopping malls, airplanes, subways, theaters, and night clubs, etc.
3. After doing healing or body work on an individual
4. To invoke specific qualities of energy from the Soul
5. At the beginning of a group or public meditation (An individual can vortex a room full of people if they are not familiar with the technique.)
6. At the end of the work day to regain your center after returning home from work.

How to Use the Spiritual Whirlwind



You can invoke the vortex by identifying as the Soul ("I am the Soul") and focusing your mind about 30 feet above your head and saying "In the wisdom of the Soul, I invoke the spiritual whirlwind." Visualize a spinning whirlwind of energy similar in shape to the funnel of a tornado. See the whirlwind rotating clockwise (from left to right) as it moves downward through the aura. The tip or lowest point of the spiritual whirlwind

follows the Central Channel. The color of the vortex is usually white. As the vortex sweeps through the aura it picks up loose debris floating in your aura from the clearing work and contacts from the environment and carries them deep into the earth, about 30 feet below the Earth Star, where they can be utilized by lower evolving life forms. When it drops its load into the earth, it simply ceases to move and exist and disappears. A new whirlwind must be invoked by you. This process is continued for about five minutes or until you feel that your aura is clear. The size and speed of the vortex is controlled by the Soul. As the whirlwind sweeps debris out of your aura, it also fills it with the light of higher more rarified energies from the highest subplane of the lower mental, emotional and physical etheric planes.

"In my more than 30 years of experimenting with various spiritual practices and guided imagery, no other technique had as quick and dramatic effect on changing the quality of my energy as did the Rainbow Bridge Phase I and II clearing techniques. It is for this reason that I feel impelled to share them with those who seek the Light of their Soul. Even if you are already firmly established in a spiritual practice I am certain your practice will improve if you form the habit of invoking the cooperation of the Soul before you start your daily spiritual work and act "as if" you are the Soul while performing your practice.

Dr. Ron Tiggie.

The invocation to the Soul and the "as if" technique were two of the basic instructions the [Tibetan Master Djwhal Khul](#) gave to his group (See p. 123, *Discipleship in the New Age Vol. 2*). Since energy follows thought, the use of the "as if" technique must ultimately result in your success.

Widening the Central Channel

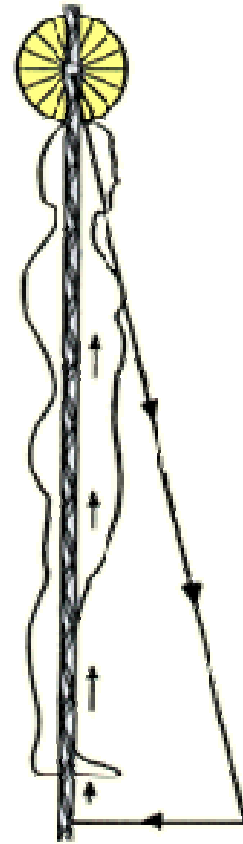


Figure 6. Widening the Central Channel

Once the student has completed building the central channel from the Soul Star to the Earth Star, the channel needs to be widened to increase its capacity to transmit Soul and planetary energies. Before the Rainbow Bridge Phase 2 clearing work can be started, the central vertical channel must be widened to at least one inch in diameter. The phase 2 clearing work involves the elimination of ancient thought forms, carried over from many past lives, that stand between you and the accurate perception of truth and prevent fusion with your Soul.

Once the central channel is one inch in diameter, continued work expands the channel to four or five inches. As the central channel is widened, increasing quantities of soul energy flow through the channel and are radiated into the energy field. This energy is utilized by the soul to remove the obstacles to union

with the Soul and to blend the energies of the Soul with those of the personality (physical, emotional, and mental) to achieve Soul consciousness or superconsciousness.

How to Widen the Central Vertical Channel

1. Say the Soul Mantram, out loud if possible, and identify your consciousness with your Soul. From this point act as if you are the Soul as you do the rest of the process.

2. Optional, but If working with a Rainbow Bridge group, link Soul Star to Soul Star with your group members whether they are physically present or not. The group link adds power to your personal process. Link to the Spiritual Hierarchy, and any fully enlightened spiritual master or saint with which you are affiliated such as [Christ](#) or as he is known in the east Lord Maitreya, Buddha, Krishna, Shiva, Imam Mahdi, etc.

3. Say the Mantram of Unification

"The sons of men are one
and I am one with them,
I seek to love, not hate;

I seek to serve and not exact due service;
I seek to heal not hurt.

Let pain bring due reward of light & love.
Let the Soul control the outer form and
life and all events,

And bring to light the love that underlies
the happenings of the time.

Let vision come and insight.

Let the future stand revealed.

Let inner union demonstrate

and outer cleavages be gone.

Let love prevail.

Let all men love."

The Tibetan Master has made the following comment on the Mantram of Unification:

"These words may seem inadequate, but said with power and an understanding of their significance and with the potency of the mind and heart behind them, they can prove unbelievably potent in the life of the one who says

them. They will produce also an effect in his environment, and the accumulated effects in the world, as you spread the knowledge of the formula, will be great and effective. It will change attitudes, enlighten the vision and lead the aspirant to fuller service and to a wider cooperation based upon sacrifice. My brothers, you cannot evade the sacrifice in the long run, even if you have evaded it until now." (p. 142, Externalization of the Hierarchy).

4. Make one large triangle from the Soul Star to the Earth Star as shown in Figure 6 above.

5. As you move the Soul Star up the channel, visualize it moving in a clockwise (from left to right) corkscrew motion boring a path through the channel up to the position of the resting position of the Soul Star, six inches above the head. Imagine the channel is being widened as the Soul Star moves up the channel. Do the big triangle 3-5 times per session.

6. Invoke the spiritual whirlwind or etheric vortex for 3-5 minutes. "In the wisdom of the Soul, I invoke the spiritual whirlwind" " See it spinning in a clockwise manner.

7. End the process with a prayer for universal good will or peace appropriate to your spiritual background and culture. A suggested closing for ending the process is the Great Invocation.

The Great Invocation

"From the point of Light within the Mind of God
Let Light Stream forth into the minds of men.
Let light descend on Earth.

From the point of Love within the Heart of God
Let Love stream forth into the hearts of men.
May Christ return to Earth.

From the center where the Will of God is known
Let purpose guide the little wills of men?
The purpose which the Masters know and serve.

From the center which we call the race of men
Let the Plan of Love and Light work out.
And may it seal the door where evil dwells.

Let Light and Love and Power
restore the Plan on Earth. "

Repeat the process twice per day for approximately six to eight weeks to expand the channel to one inch in diameter. After widening the channel to one inch in diameter, you may begin the phase two clearing process or choose to continue the central channel widening process indefinitely. Since most people cannot see or really sense how wide the channel is, you will have to use the number of days you spend widening the channel to gauge your progress.

Permanent Gains from the Daily Practice of using the Soul Mantram, the Soul Star to Earth Star Triangle, and using the Spiritual Whirlwind.

The clearing work that is done is permanent. Once the external patterns are removed they do not return. When the central channel is completed and expanded to one inch in diameter, it is immediately used to channel energies and forces by the Soul and constitutes a valuable and necessary link between the Hierarchy and Humanity. The central channel is a magnetic tube through which rainbow fire flows. Its magnetic surface insulates it from your bodies (physical, emotional, and mental). However, radiation from the channel spreads beyond the central vertical channel into the body and the aura. This radiation gradually clears the area into which the radiation has penetrated. The radiation increases as the central vertical channel increases in size, until the entire body is in its light. Based on the effects of the radiation from the central channel on the clearing of external patterns (psychic debris) from the aura, the originators of the Rainbow Bridge techniques concluded that radiation from the central vertical channel in time, how long they did not know, would clear the vehicles if the Central Channel was kept clear, the Soul Mantram used, and the spiritual whirlwind was employed. They were able to confirm their conclusion that radiation from the central vertical channel could clear the external patterns when a student who had built the central channel but had not started the phase 2 clearing process decided to leave the Rainbow Bridge work for ten years but continued to use the Soul Invocation, triangles, and etheric vortex. After ten years away from the

Rainbow Bridge prototype group, this person returned. Upon her return, it was observed by Josephine and Norman Stevens, the authors of the Rainbow Bridge books, that the central vertical channel had been enlarged and more than half of her external patterns had been eliminated. Norman stated that what took ten years for the Channel to clear alone could have been done in two years with the tested phase 2 clearing techniques. Current thinking suggests that if the number of times the Soul Star is moved through the central channel per session is increased and the conscious intent is held that the external patterns will be cleared or transmuted by this process, the Soul Star will clear the external patterns as quickly as the Phase II word forms can, if not faster. A study is currently being conducted to test this hypothesis. The results will be reported on this website. For those who would like to experiment with this method of clearing the external patterns, start with 12 revolutions per session of the Soul Star through the central channel followed by 5-7 minutes of vortexing. As the Soul Star moves through the central channel, visualize its radiant aura expanding to encompass your own auric field. The good news is that we know that moving the Soul Star through the channel does remove the external patterns.

Daily Alignment, Centering and Clearing Exercise.

Based on the fact that continued widening of the central channel aids in clearing the external patterns, the following exercise is suggested for those students who are already involved in a spiritual practice but feel it would be useful to take a few months to build the central channel and widen it but for whatever reason choose not to continue on to the **Phase 2** clearing.

The following exercise can be done on a daily basis before your regular spiritual practice or as a quick centering and [alignment](#) technique.

It is suggested that it be done in the morning and evening after returning home from work or any time you want to center your self.

It is quick, effective, and easy. It takes 5 minutes or less to complete.

1. Sound the Soul Mantram. Pause after each line. Be aware of the strengthening of the antahkarana as lines of light are projected to the Higher Self as each line is sounded. Feel the downpour of light as the Soul Star and permanent atoms (mental, buddhic, and atomic) radiate their light to the personality.

2. Optional, but desirable. If working with a Rainbow Bridge group, link Soul Star to Soul Star with your group members whether they are physically present or not. The group link adds power to your personal process. Per your preference, you may also link to the Spiritual Hierarchy, and any enlightened spiritual master or saint of your preference such as [Christ](#) or as he is known in the east Lord Maitreya, Buddha, Krishna, Shiva, Iman Mahdi, etc.

3. Make a large triangle from the Soul Star to the Earth Star as shown in Fig 6.

4. As you move the Soul Star up the channel, visualize it moving in a clockwise (from left to right) corkscrew motion boring a path through the channel up to the position of the resting position of the Soul Star, six inches above the head. Imagine the channel is being widened as the Soul Star moves up the channel and the radiation from the Soul Star is clearing your vehicles of negativity and filling them with light. Once the Soul Star reaches its normal resting place, 6 inches above the head, move it straight down the central vertical channel to the Earth Star. Then reverse direction and visualize it moving in a clockwise (from left to right) corkscrew motion boring a path through the channel up to the position of the resting position of the Soul Star.

5. Invoke the [spiritual whirlwind](#) for 3 min.

6. End the alignment exercise with a prayer, mantram, or invocation appropriate for your spiritual path. Some suggestions are the Mantram of Unification or the Great Invocation to close the practice. Continue with your other spiritual practice or proceed with the phase two clearing work.

Copyright © 2003 Ronald B. Tiggler, Ph.D.
All rights reserved.

Josephine and Norman Stevens

Josephine and Norman Stevens were the developers of the Rainbow Bridge Techniques & authors of the Rainbow Bridge books. They were conscious working disciples in the Externalizing Ashram of the Master Djwhal Khul, whose principal function is to begin the externalization process of the next kingdom in nature, the Kingdom of Heaven, and to prepare the way for the reappearance of the World Teacher, the [Christ](#).

They describe their background below:

We, the "Two Disciples" who wrote the Rainbow Bridge series, have had lifetimes of experience with the teachings of the Tibetan Master, Djwhal Khul, who dictated many books on occult philosophy to Alice A. Bailey from 1919 to 1949. We had intimate association with Alice & Foster Bailey & their work as they implemented the teachings of the Master Djwhal Khul by the printing and distribution of His many books, countless pamphlets and the invaluable work of the Arcane School. Our association with the Baileys covered all phases from the early days of the Arcane School until a few years after the death of Alice A. Bailey. Djwhal Khul's efforts were to present the Ancient Wisdom, the Mystery Teachings, to the disciple-student in a suitable form adapted to modern mental development.

We belong to the New Group of World Servers, along with an increasing number of incarnating egos who are coming in to serve in the dawning New Age. We are Telepathic Communicators, as described by Djwhal Khul on page 606 of A Treatise on White Magic,

who prefer to work behind the scenes and acknowledge our position only when it serves the purposes of the Planetary Hierarchy during this time of transition. We both have extended perceptions of differing types and degrees and are a working team.

Our approach is based on a modern adaptation of Djwhal Khul's teachings, as given through His amenuensis, Alice A. Bailey. These books have been and are our textbooks. Our work is intended to be practical above all else. It is our intention to present the results of a lifetime of study & experiments to accomplish certain needed changes in the vehicles of the aspirant-disciple, which are required before the disciple can transmit or ground the energies of Externalization which are preliminary to the Return of the Christ. (Rainbow Bridge II, p.xiii-xiv)

In addition, Norman Stevens was a director of the Lucis Trust for 7 years and Josephine, in addition to helping AAB with the Arcane School, also worked for a while as Alice A. Bailey's personal secretary. Josephine Stevens had remarkable clairvoyant and telepathic abilities. She was able to see changes in the aura and inner vehicles on a daily basis on many sublevels from the etheric to the Monadic. It was this ability that enabled Josephine and Norman to empirically verify the effects of the Rainbow Bridge techniques by observing and recording the changes it made in the energy fields of their students for more than ten years. A copy of three of the charts and records they kept on their students is shown on page 181 and 182 of the *Rainbow Bridge II* book. One of the Brothers of the Hierarchy told Josephine that, at that time, there were only 25 people on the planet with her level of vision. We share this information so that, you, the reader will have some insight into the quality and depth of knowledge that these two Disciples brought to their work.

Bibliography:

Treatise on Cosmic Fire

- Alice A. Bailey, Lucis Press

Treatise on White Magic

- Alice A. Bailey, Lucis Press

Discipleship in the New Age II

- Alice A. Bailey, Lucis Press

The Rays and the Initiations

- Alice A. Bailey, Lucis Press

Externalisation of the Hierarchy.

- Alice A. Bailey, Lucis Press

Thought Forms

- A. Besant + C. Leadbetter, Theosophical Press

Rainbow Bridge I

- Two Disciples, Currently Out of Print.

Rainbow Bridge I + II

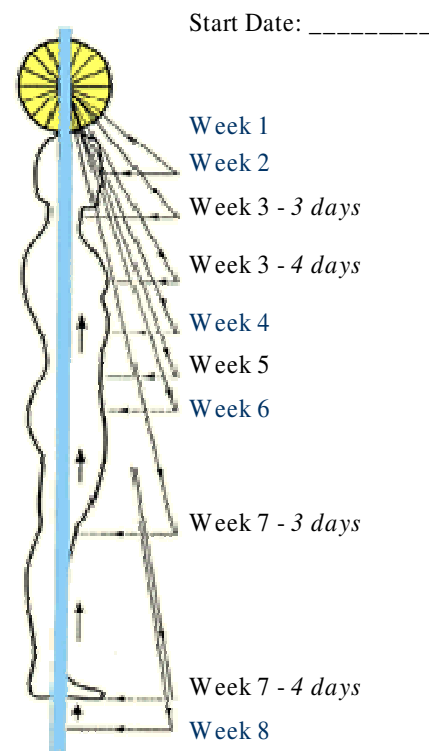
- Two Disciples, Currently Out of Print.

Bridge to Super Consciousness

- Rick Prater, Source Publications.

Progress Chart

for building the Central Channel



Websites:

www.soul1.org/
www.globalgoodwill.org/events.aspx
www.sourcepublications.com/
www.lucistrust.org/en/publications_store

A selection of Alice Bailey Books are available in the following bookshops.

DOUGLAS BOOKSHOP

Douglas Shopping Centre, Cork

Tel: 021 - 4364122

email: info@douglasbookshop.ie

DERVISH BOOKSHOPS

50 Cornmarket Street, Cork

Tel: 021 - 4278243

www.dervishtrade.com

7, Aungier Street, Dublin 2

BOOKSTOR

Newmans Mall, Kinsale, Co. Cork.

Tel: 021 - 47774966

email: info@bookstor.ie

HODGES FIGGIS BOOKSHOP

56-58 Dawson Street, Dublin 2

If you would like more information or wish to attend a weekend Workshop on the Rainbow Bridge Techniques, please contact:

Global Goodwill, 41 Main Street,
Kinsale, Co. Cork, Ireland.

email: info@globalgoodwill.org