

THE RAINBOW BRIDGE MEDITATION

Technique of Triangulation and Spiritual Whirlwind or Funnel

Introduction

This Technique of Triangulation is given because at this time there is a great necessity for conscious and group work.

The Technique of Triangulation activates the SOUL STAR (± 15 cm above the head) - an etheric symbol of that portion or fragment of the soul 'put down' into matter. It is linked with the soul by the consciousness thread (later, as the fusion of personality and soul proceeds, the thread becomes a rainbow fire). This is part of the major bridge or antahkarana being built.

The Soul Star acts as the instrument or extension through which the soul works into the personality. **It never responds to personality demands, except those that further its own purpose.** As the Soul Star is permitted to do its work it literally bums its way through hindering thoughtforms and complexes embedded in the aura, opening a channel for the flow of higher energies. This activity of meditation produces 'debris' which must not be allowed to hang or float loose but which must be cleared from the vehicles and fields by means of the Spiritual Whirlwind.

The Technique of Triangulation is an effective method of Healing, to clear the centres and auric energies of "debris" that would divert the attention away from the Plan of the Soul and of right living.

The Technique of Triangulation is easy to learn and can become a regular part of meditation - a daily aura's "shower" to cleanse the subtle bodies and reorder the auric patterns for right action, right speech and right thought.

From more esoteric perspective the Technique of Triangulation is a useful method to transform "latent seeds of evil" what are known to be fractors - fixated memories of the original cosmic universal corruption - which cause loops in our intentions that prevent or obstruct our evolutionary progress for the benefit of others.

Fractors are corrupted energies in substance. They can be restored to right function. Esoteric Healing and the Technique of Triangulation are two useful methods to facilitate this essential process of transmutation and brings about Universal Peace, Love and the Will to good.

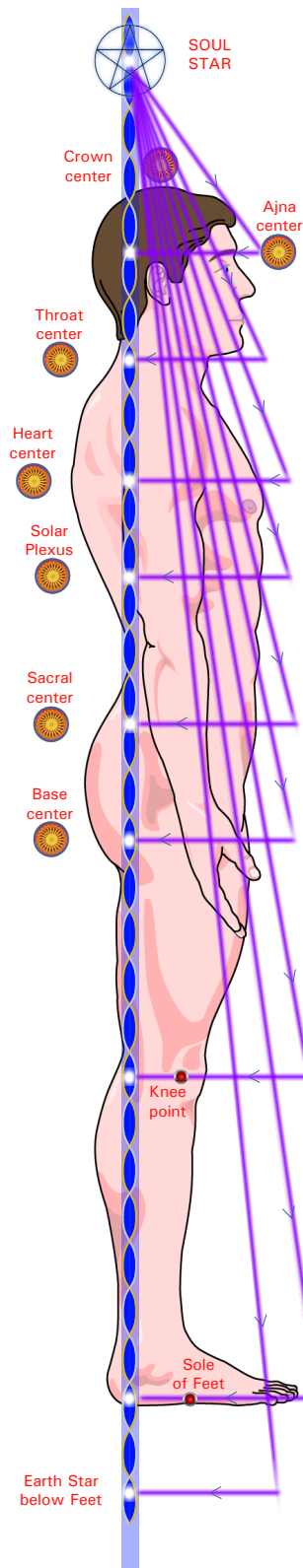
See: "The Emergence of the Planetary Heart" by Alan Hopking ISBN: 1 899485 00 7
"Bridge to Superconsciousness" by Rick Prater PDF: page 50-82

Technique of Triangulation

First of all: *Bring attention to the Soul Star and invoke the Soul mantram to activate the Soul Star.*

The SOUL Mantram

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



Link with Others

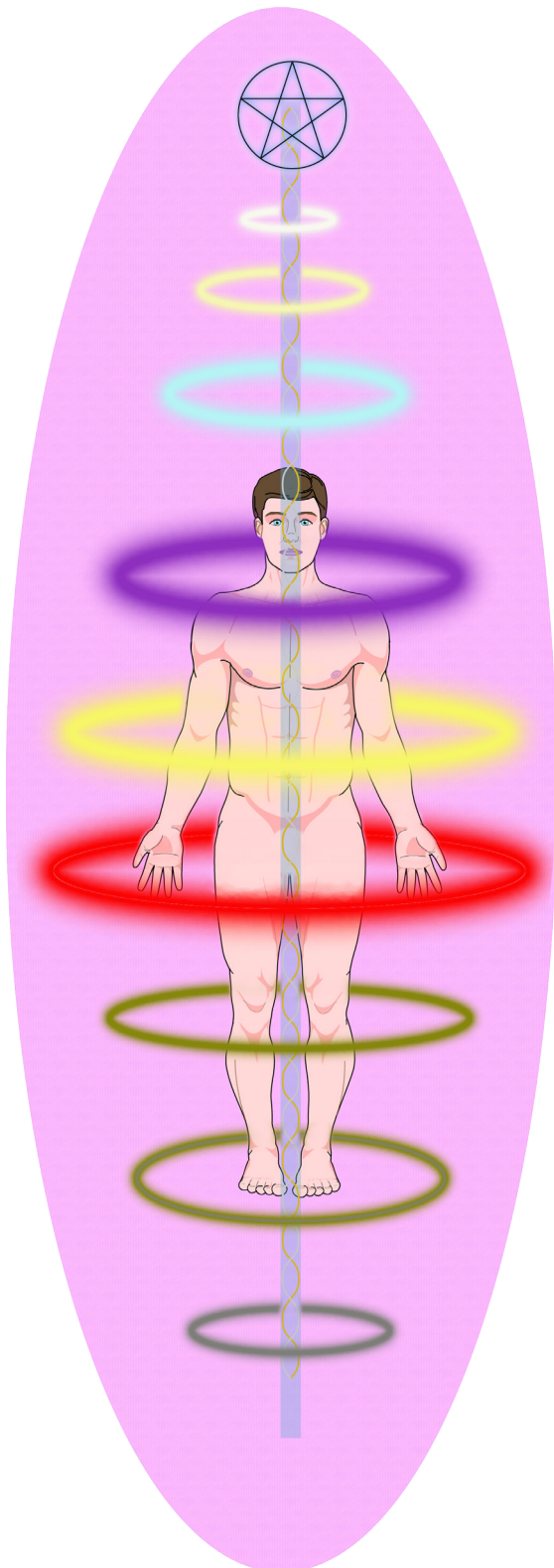
We focus our attention in the soul and project visualized lines of light from our soul star to the soul stars of each member of the spiritual group we identify with, whether they are physically present or not. We then project a line of light from our soul star to the soul star of our group, located above and in the centre of the group. Both individual and groups can have soul stars. Next we use visualized lines of light to link from the group soul star to the soul stars of those around the planet doing Rainbow Bridge work or other spiritual work. The soul is group-conscious and experiences the oneness of all, not as a philosophical truism but as a spiritual reality. The process of linking-in is more effective if at least some of the group members are physically present, as there is a blending of the energy fields in addition to the linking process.



Then use the Technique of Triangulation as follows:

1. We direct our thought to the Soul Star.
2. We invoke its response through the mind (mental visualisation).
3. We direct the movement of the Soul star by means of its own Soul energy.
4. We do this in a controlled manner.
5. We thus clear away a channel for the continuous flow of spiritual energy through the lower vehicles.
6. We do this slowly, without haste or carelessness.
7. We do not use the major centres (which are outside the physical body) but substitute centres within the channel. The major centres later move into position along the channel.
8. Triangulation: Top of Head, Centre of Head, Throat, Heart, Solar Plexus, Sacral Plexus, Base of Spine, Knees, Soles of Feet, Earth Star below Feet.
9. Move Soul Star energy slowly and deliberately up the vertical channel.
10. Do upper points more quickly, spend more time on lower ones (which are coarser) for equal development all the way through.
11. Finally leave all debris from cleaning process into the earth.
12. The Soul determines what happens. Don't intellectualize the process.
13. After the Triangulation Technique is complete move on to perform the Technique of the Spiritual Whirlwind or Funnel.

Technique of the Spiritual Whirlwind or Funnel



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”.

Vortex moves downwards rotating.

Soul determines size, colour and speed.

Picks up loose debris of matter of lower octaves.

Exposes thoughtform masses and linkages.

Carries debris into Earth

Rotation ceases load drops for use of lower kingdoms.

What is the Spiritual Whirlwind or Funnel?

It is built of energy-substance of highest etheric, emotional (altruistic) and lower mental sub planes (i.e. atomic sub planes of physical and astral plane and the 4th ether of mental plane). It removes substance loosened and remaining after the Triangulation process is completed for each day. Its elementary use is to clear away loose debris or unwanted thought forms.

The Funnel is formed by the balancing of:

- 1 The force of gravity
- 2 Centrifugal force (outward dispersing)
- 3 Centripetal force (inward attractive).

To create the Funnel the mind must be focussed using the power of visualisation far above the head, outside the Causal Field. **This is done as it were in consciousness and not in space.** This will begin a downward rush of higher energy into the lower and denser energy-substance. This higher energy is invoked by the personality integrated with the Soul by means of visualising the Funnel as a swirling Whirlwind of Light being projected by the Soul. Keep the lowest point of the Funnel in line with the Central Channel.

As the Funnel moves downward it picks up the debris and carries it into the earth for use of the subhuman kingdoms. Allow the Soul to determine the Funnel's size, frequency, colours, speed and direction - it is not for the personality or intellect to do this. In time when the Funnel is strong, it follows its own programme directed by the Soul and needn't be definitely invoked and created by the server. In fact it may be found that a whole series of Funnels can be invoked to move through to the 'burning ground' (the earth's etheric body and the lower kingdoms). The process ought to be repeated until the debris and objectionable substance and unwanted thoughtforms have been cleared away. **This technique releases (purifies) the astral and mental bodies for greater service of the Coming Ones.** The physical body requires purification. But it is clear as to the tremendous importance of this ancient technique of the Whirlwind; it can be used for a few minutes after the central channel meditation and then as often as required during the day, washing and cleansing the aura anywhere and at any time; it acts as a purifier of the 'bubble of light' which servers have around them.

Remember that this technique is done within the imagination using visualisation thus it must not be thought to belong to external space, but to the internal atmosphere of our life. This is its strength and relevance. I have centred on this form of creative meditation and given the method of its use in detail rather than to expand on other techniques. **The reason for this is that at this time there is a great necessity for conscious and group work;** ordered meditation based on spiritual, that is factual, law. The creative building of the Central Vertical Channel or Bridge has been given in good faith that its methods and techniques will not be employed with selfish intention. Any undue strain, or an excess of zeal or a one-pointedness that may lead to an unbalanced development must be cautioned against and discouraged. Aspiration, concentration, and determination are necessary virtues but if used without discrimination unwanted delays may be caused in this or later life.