The Building of the Antakarana and Rainbow Bridge

“The building of the antakarana is like laying a cable or bridge between three great countries (personality, soul, monad).”

The Master Kuthumi

By
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The building of the antakarana and rainbow bridge is an absolutely fascinating subject. To be perfectly honest with you, I did not realize how very important it was until I did my in-depth research for this book. I have always had a vague understanding of the process, however, what I am going to share with you here, I am sure you are going to be absolutely amazed about, as I am now.

The science of the antakarana will one day be taught in every school and classroom in the world. It is the true science of the mind, that uses mental substance for the building of a bridge between the personality and the soul, and as one evolves between the soul and the spiritual triad and monad.

The spiritual triad again is the vehicle through which the monad works. Just as the soul works through the personality on earth. The monad works through the three fold triad which is made up of spiritual will, intuition, and higher mind.

The antakarana is the thread that is usually spoken of that the disciple creates through meditation, understanding, spiritual practices, and specific focalized spiritual work to create the thread, and later cord of energy. The disciple does receive help from the soul and later the monad in this process, however, the first half of the work must be done by the disciple.

The monad already has a thread or cord of energy that extends from it to the heart chakra of the disciple on earth. This cord of energy is called the sutratma, life thread, or silver cord. The soul has a thread or cord that extends from it to the pineal gland of the disciple which is called the consciousness thread. Knowledge utilizes the consciousness cord. Wisdom energy utilizes the antakarana when it is built.
In Lemurian times the sutratma or silver cord was the principal cord in operation. In Atlantean times the consciousness cord became more activated. In this present Aryan age it is now to build the antakarana and rainbow bridge and make it totally activated.

The antakarana is like a spiritual filament of light that is built like a spider builds his web. This thread is spun by the disciple in life after life, and it is only that which is of a spiritual vibration that can energize it. The consciousness cord contains the mental qualities from the soul. The antakarana is constructed of only spiritual/mental qualities from the soul.

The sutratma and consciousness cord have been constructed since man’s first inception into the material world. The antakarana has grown very slowly because a person has to step on the probationary path for this work to even begin.

The sutratma and consciousness cord work from above downward. The antakarana works from below upwards. In the final stages of the building of this cord at the fifth initiation and ascension these three cords merge, integrate and blend together, just as the personality, soul, and later on, the monad merge. It is through the creation of the antakarana that this whole process is allowed to take place.

The building of the antakarana is like laying a cable or bridge between three great countries (personality, soul, and monad). This bridge building occurs in stages. The first stage of this building deals with integrating the personality and the four bodies. The second stage is then building the bridge from the integrated personality and four bodies to the soul. The third stage is building the bridge from the soul to the spiritual triad and then to the monad itself.

The building of the antakarana makes the disciple responsive in his brain consciousness, to intuition’s guidance, and impressions from the higher spiritual realms, and from the mind of God. It allows the soul at first and later the monad to use the disciple and later initiate for its service work on earth. The personality has become a reliable vehicle for the soul to use for its purposes on earth.

This process reaches a total completion at the fourth initiation when the soul body or causal body, which stores all the virtue and good karma, burns up. Then the fire of the monad pours down the antakarana to the soul, who has been the mediator between the personality and monad, returns to the monad. The soul or higher self is no longer needed and has merged back into the monad so all that is left is the soul infused personality and the monad who is now the guide.

The initiate has built the antakarana to the spiritual triad and monad at this point. Even though a strong antakarana has been built to the spiritual triad and monad, a complete merger of monad/spiritual triad and the soul infused personality has not taken place. It is at the fifth initiation that these two aspects merge together in consciousness.

At the sixth initiation they merge not only in consciousness, but completely into the four bodies, physical, emotional, mental, and spiritual, and the entire monadic infused personality and bodies turn into light. The initiate has become an Ascended Master at this, the sixth initiation. It is the antakarana that the disciple has built between the personality, soul, spiritual triad/monad, that has allowed this whole process to take place.
It is also at this point that the sutratma, consciousness cord, and the antakarana have merged together, just as the monad, soul and personality have merged together. This results in the immortality of the physical form. Just as God, Christ, and the Holy Spirit are three minds that function as one, we are three minds, monad, soul, and personality, that function as one. The microcosm is like the macrocosm. Spirit and matter, Father and Mother have merged.

The antakarana has been the bridge of light or the lighted way, in which the disciple has passed to the higher worlds. It is through this bridge and lighted way that he has attained liberation and ascension. This integration has also helped to bridge the Shamballa consciousness, Hierarchical consciousness, and human consciousness. Shamballa consciousness relates to the monad and the will aspect. Hierarchical consciousness relates to the soul and love aspect. Human consciousness relates to the personality and the intelligence aspect.

The master, at achieving this integration, has also helped to build the planetary antakarana. This is the antakarana for the entire earth and humanity as a whole. Each soul extension on earth builds one thread of the planetary antakarana, which makes this whole process easier for the ones that follow us.

**The Beginning stages of Building the Antakarana**

In the beginning stages of the building of the antakarana there are three self created lesser threads which are first created that make up the antakarana. The first of these is a thread from the physical body to the etheric body. This thread passes from the heart to the spleen. The second thread is from the etheric body to the astral body. This thread passes from the solar plexus to the heart and then to the astral body.

The third thread is from the astral body to the mental body. This thread goes from the third eye chakra to the head chakra and from there to the mental body. These three lesser threads help the soul extension to integrate the four body system.

The second stage deals with building the antakarana from the personality on earth to the soul. This process can also be described as building a bridge between the lower mind, the soul, and the higher mind. In other terms it can be called linking the brain/mind/soul. This bridge is built through the use of "mental substance." The stage of building the bridge from the soul to the spiritual triad and monad is built through the use of "light substance."

This bridge from the personality to the soul creates a complete soul illumination of the personality on earth. It is at this stage that the disciple sees him or her self as a soul. In later stages the initiates sees him/her self as spirit or the monad itself. This bridge will allow the personality to release all sense of separateness, and fear of death.

The purpose and goal of building this antakarana is to use it for self realization, and for service to mankind. By the third initiation this bridge from the personality to the soul is complete. The first great union has been achieved. This can be achieved only when the disciple has developed a strong mind and is not constantly overrun by the physical and emotional/desire bodies.
This bridge is built by learning to have a spiritual attitude in life rather than an egotistical attitude, and also by learning to hold the mind steady in the light. This means learning to keep your consciousness attuned to your soul and how it would have you think, feel and act. Your lower self, ego, carnal desires, other people, and your environment will try and pull you away from this state of consciousness.

By learning to own your power and staying in self mastery, in service of your soul, this antakarana is greatly helped in terms of its stabilization. It must be understood again that the soul does not pay much attention to the personality until the personality pays attention to the soul.

A soul extension can go through many, many, many incarnations without the soul being involved in the life of the incarnating soul extension in the slightest. The importance of building the antakarana can clearly be understood upon understanding this. This whole process involves intense mental activity. It also involves using your imagination and visualization which will be explained at the end of this chapter.

The greatest danger for beginning students on the path is indolence or laziness. The antakarana is created over a long period of time, step by step. Those students who race out fast, and then lose their momentum and fall into apathy will not reach the goal they seek. The only true desire is the desire for liberation and God realization so we can be of greater service to mankind.

It is also essential for the disciple to be able to differentiate between the three threads of consciousness (sutratma, consciousness thread, and antakarana.) The sutratma, also called the life thread, is anchored in the heart, and uses the blood stream as its distributing agent. Through the blood life energy is carried to every part of the body. It is the life thread or life cord that keeps us alive.

The consciousness cord is the faculty of soul knowledge and is anchored in the pineal gland in the brain. It controls the response mechanism which we call the brain, and activates awareness throughout the body by means of the nervous system. These two cords of energy are recognized by the disciple as being knowledge and life.

The disciple, in the initial states becomes aware of these three threads of "life, knowledge, and creativity (antakarana)," and utilizes these energies consciously upon the lower mental plane. When the antakarana has been completed from the personality to the soul, the disciple is now ready for a greater fusion and building to take place between the soul and the spiritual triad and monad.

**The Second Stage of the Antakarana**

The disciple begins to have monadic contact at the third initiation. It is at this stage in a soul extension’s evolution that the monad and spiritual triad (spiritual will, intuition, higher mind) begin to become very interested in the aspiring disciple. The work of building and strengthening the antakarana moves much more quickly now than was previously realized in the initial stages of evolution.
This new bridge between the soul infused personality and the spiritual triad allows the inflow of the will energy to become possible. Although the main initial work of building the antakarana is done by the disciple or personality on earth. The soul and monad most definitely help in this process, just as the monad, in the creation of its twelve souls, projected a ray or finger of fire downward in the soul’s creation.

In a similar manner the soul projected a ray of energy, or finger of fire to create the twelve personalities or soul extensions for incarnation. In a very similar way, but in reverse fashion, the personality, in building the antakarana to the soul and monad, is projecting a ray of energy or finger of fire, or bridge back to the soul and monad.

This action by the disciple on earth, at some point draws a response from the soul and monad depending upon which level one is working on in the building of the rainbow bridge. Djwhal Khul, in the book “Rays and Initiation”, by Alice Bailey, has given six steps in the building of the antakarana.

**The Six Steps to Build the Antakarana**

The six steps are “intention, visualization, projection, invocation and evocation, stabilization, and resurrection.”

1. **Intention** - This first step entails an understanding of the task to be carried out, a decision and determination to do so, and a right orientation to achieving your goal. This first step also entails the gathering of one’s forces and energies into the highest point of mental/spiritual focus one can attain, and holding it there. This gets back to the term of "holding the mind steady in the light."

2. **Visualization** - The second step involves the utilization of your imagination and visualizing abilities in the building of the cord and bridge of light you are attempting to build. At the end of this chapter, visualization meditations that Djwhal Khul has given for this purpose will be given.

3. **Projection** - This third step involves the utilization of your will, or will power, and the use of a word of power to send upon this line or bridge of light substance. This action of sending this word of power, with your will power, through your visualized cord, with the highest possible intention, extends the gossamer threads of light towards the spiritual triad and monad.

4. **Invocation and evocation** - this invocation by the disciple has now drawn an evocative response from the spiritual triad and the monad, or spirit. The father (monad) working through the thread created by the disciple moves to meet his son (soul extension). The monad or father in heaven sends forth a projection of light substance itself that meets the projection that the disciple has created on earth. The lower projection and the higher projection meet and the antakarana is built.

The tension created by the disciple evokes the attention of the monad and spiritual triad. Through practice this reciprocal cord or bridge of energy becomes stronger and stronger. It is a flame of light. There is no longer a sense of three separate countries of personality, soul, monad, but rather one being functioning on all planes, through this path of light.
5. **Stabilization** - In the beginning the antakarana is very thin and thread like. Through practice, meditation, and proper spiritual living on all levels of being it will form a cord that cannot be broken.

6. **Resurrection** - This last step has to do with the strengthening of the antakarana cord, which then leads to the greater merger and blending and integration of the triplicity, that at the fourth initiation has become the duality. This duality at the fifth and finally the sixth initiation or ascension becomes the oneness, or complete unification of the soul infused personality, and the monad which has been working through the spiritual triad. These two states of consciousness totally blend in consciousness at the fifth initiation, and blend fully into the four body system at the sixth initiation which is ascension, or resurrection. The four bodies, (physical, astral, mental, spiritual) and the personality are merged into light and become immortal.

**Words of Power**

Repeating the name of God, words of power, and mantrums are so important to spiritual development and God realization I have dedicated an entire chapter to the subject. The words of power that you are drawn to will depend upon your spiritual training in past lives, your ray type (see chapter on exoterical psychology and the science of the twelve rays) of your soul and monad, and just individual preference, intuition, feeling, timing in your life's work, astrology and numerology, to name a few.

There are seven specific words of power or phrases that I would like to specifically recommend right now, which are a few of the most powerful I have found. These thirteen phrases or words of power are:

1. The soul or monad mantrum
2. Elohim
3. Aum
4. Om mani padme hum
5. I am, I am that I am
6. I am God
7. I love
8. Adonai (Lord)
9. So ham (I am God)
10. El Shaddai (God Almighty)
11. Yhwh
12. Ram
13. Yod Hay Vav Hay (Divine Father)

These thirteen mantrums or any of the other words of power you already use, or that are listed in the following chapter will also work. The idea of this meditation is to visualize a cord of light extending from the personality up through the soul to the monad. You can actually visualize this cord as wide as the circumference of your head, or smaller in the beginning if you choose.

Attune yourself to this antakarana, visualize it in your mind’s eye, and with your full intention and will power, repeat your word of power out loud from three to seven times, or for up to fifteen
minutes as a type of mantra meditation. When you are done chanting this mantram sit silently in a receptive state and just feel the response from your soul or monad depending on what stage you are working on. This is a very simple meditation, however extremely powerful. It is essential to hold your consciousness steady in the light for whatever time period you are doing it. You may do it if you like for a very short period of time a number of times a day as kind of a centering process also. This practice, along with all your other spiritual practices will most definitely build your antakarana.

**The Soul Mantram and Monadic Mantram**

The soul mantram and monadic mantram was released to the world by Djwhal Khul in the Alice Bailey writings. I can honestly say it is the most powerful mantram I have ever found. I recommend you start your day with it and end your day with it. I recommend that you don’t do any type of spiritual work without saying it first. This mantram activates the soul and soul star to do spiritual work. The words of the soul mantram are:

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

Those disciples at the fourth initiation and beyond may want to change the first line to "I am the Monad" instead of "I am the Soul." The rest of the mantram being exactly the same. This, I have termed the monadic mantram. Please give this mantram a try, in building your antakarana and also in everything else of a spiritual nature that you do. I have never met anyone who didn’t feel the effects from using it.

The only line in the mantram that people sometimes don’t understand is the last one which refers to the plan of the soul for the current incarnation. This mantram is the beginning of all occult techniques, according to Djwhal Khul.

Even if you are working with another mantram, begin your meditation by saying the soul or monadic mantram three times and then meditate with your other mantram. This mantram is like an activation tool that signals the soul, and the monad to go into action to do its part of the program in response to your invocation.

The other mantrums are more self explanatory and I have gone into greater detail in the next chapter in explaining their meaning and usage.

**The Grounding Cord**

Djwhal Khul has guided me to advise people to build the antakarana, not only up through the soul and monad, but also down through the chakra column to the base of the spine, and then down into the earth. In some metaphysical circles this has been called the grounding cord.
This can be visualized as going right down your legs into the center of the earth, or if you are sitting it can be visualized as going right through your chair into the earth. Make it wide, just as the antakarana going up the central canal is at least the circumference of your head.

**The Antakarana After Ascension**

It is important to understand that the antakarana in actuality, does not just stop at the monad. In reality it continues up all the way to the Godhead. If you would like you can send your antakarana all the way to God even before ascension, when you work in your meditations, and you will get a response from God, and He will meet you with His finger of fire, and/or thread of light substance. So even the Ascended Masters are continuing to build their antakarana, as they evolve into cosmic planes of existence.

**The Soul Star**

Approximately six inches above the head is an etheric star of light that hovers over every person’s head on earth. The brightness of this star very much depends on the soul evolution of the soul extension on earth. The soul star is not the soul, but rather an instrument through which the soul does its work. The soul star is an extension of the soul. It is this soul star that becomes activated upon doing the soul mantram.

The understanding of the soul star is very important in terms of understanding how to do the following other meditations of Djwhal Khul. Upon saying the soul mantram the soul star lights up like a brilliant shining star, and is ready to go to work as long as the work is in service of the soul.

After saying the soul mantram, the soul star will obey thought and creative visualization and will actually be able to move, expand, contract, or send out beams of energy at the personality or soul extension’s direction. The understanding, aid, and usage of your soul star will become absolutely invaluable to you in building your antakarana, and in all areas of your life.

**The Central Canal**

The central canal is a term that refers to the column of energy that extends from the base of the spine to the top of the head. It has sometimes been referred to as the chakra column, or sushumna. It is a part of the sutratma, silver cord, and life thread which are all different names for the same cord.

One of the very important practices of the spiritual path is to widen your central canal and clear it of all psychic debris. Ideally the central canal can be widened into a column of light that is the size of the circumference of your head. Most people’s central canal is a very small tube, and is very clogged like a bathroom pipe that is not working effectively.

The following three meditations given by Djwhal Khul are for the distinct purpose of widening and clearing your central canal, and building your antakarana. It is through the antakarana and central canal that the soul and spiritual energies can flow to you. To have a wide, clear and well built
antakarana and central canal allows you to be filled with the light of spirit at your slightest request. The importance, hence, of this work cannot be emphasized enough. A small amount of focused work will bring you fantastic results. What is also quite interesting to experience is after doing the soul or monadic mantrum, is that the soul and monad do half the work with you. The first meditation by Djwhal Khul is the triangulation meditation.

The picture in front of you is from the book "The Rainbow Bridge by Phase 1, The Link with the Soul." This book and its sequel by the same title, I highly recommend to read by those who are interested in this work and want to learn more. This picture gives in visual form, the exact process of the triangulation meditation. The meditation begins as follows:

1. Say the soul mantrum three times while concentrating on the soul star. Visualize the soul star as a brilliant star or sun.

2. After saying the soul mantrum three times, move the soul star with the power of your mind and imagination diagonally forward to a position one foot in front of your third eye. Then bring the soul star straight back into the center of your head into the central canal and chakra column. Then bring the soul star straight upward through the entire central canal back to six inches above the head where the soul star originally rested. Be sure to move the soul star very slowly and deliberately in its upward motion. The soul star is literally burning away hindering thought forms and psychic debris as it moves. This work is a cooperative effort of both the personality and the soul who is utilizing the soul star as its instrument. The soul is very excited to have this opportunity to work with you in this manner.

3. Repeat this same process of creating the triangle with the third eye one more time.

4. Repeat this same procedure now, but this time create your triangle down to your throat chakra, as the diagram indicates. Do this two times for the throat chakra.

5. Repeat the same process for the heart chakra, solar plexus chakra, sacral chakra, base of the spine chakra, knee chakra, sole of the feet, and for the earth star which sits about one foot below the earth. Do this triangulation method two times for each one of these centers and you are done.

This meditation has helped you to clear your central canal, and begin to build your antakarana. After completing this meditation and working with it for a while I would add more more step. This last step is to build a triangle all the way to the soul itself which is above the soul star. This part of the meditation will be work on building the antakarana to the soul rather than focusing on the central canal.

If you feel it is appropriate you could also build a triangle all the way to your monad, or Mighty I AM Presence. I would do each of these three times, and upon completion you could chant your mantra, or word of power while visualizing the antakarana, and holding your mind steady in the light. In a sense here you would be blending the first meditation I taught you with this second triangulation meditation. This is very powerful as you no doubt can see, feel and intuit.
The Spiritual Whirlwind Meditation

Most people’s auras (etheric, astral, mental bodies) are filled with psychic debris, negative thought forms, stagnant energy. The purpose of this next meditation is to clear all this unwanted material out of your auric field. Some of this debris, besides coming from normal daily living, also has come from the previous triangulation meditation you have just done.

The triangulation meditation has cleared the debris out of your central canal, but has probably thrown it into your aura to a certain extent. There is a very simple process that the soul uses to clear all this psychic debris out. It is called the spiritual whirlwind meditation.

The idea of this meditation is to visualize a spiritual vortex or whirlwind coming down from the soul. Visualize it like you world a tornado or cyclone, but in the shape of a funnel. This spiritual whirlwind is made of a more refined energy substance of the soul. Even though you are visualizing it with your own mind, this spiritual vortex is a living psychic reality of your soul. If you are clairvoyant you can actually see it and watch it coming down from the soul once it has been invoked. Please understand this is not just a visualizing exercise. This is a combined meditation experience of both the soul and the personality.

The tip of the lowest point of your funnel and spiritual whirlwind is in the antakarana moving downwards towards the central canal. As it moves down it picks up all heavier psychic debris. It rotates in a clockwise manner.

Let the soul decide the size, color and speed it is moving. The idea is to have this spiritual whirlwind move downwards through your crown chakra and then your entire auric field cleansing away all psychic debris of a lower octave, and take it deep into the center of the earth. At this point it drops the debris and ceases to move and disappears. Be sure to make the spiritual whirlwind very wide, so as to encompass your physical body and entire auric field.

Once the spiritual whirlwind gains strength and power it does not need the direction of the personality. At this point the soul and soul star are doing the work. A new spiritual whirlwind must be invoked each time you want to clear yourself. The initial spiritual whirlwind loses its energy once it moves into the earth, and unloads the psychic debris. I would recommend invoking anywhere from three to seven spiritual whirlwinds each time you do this meditation. I would recommend doing it to start your day, after work, and before bed to keep yourself clear.

I might add that it is a part of the earth’s work to handle the clearing of this sort of debris or negative energy. We are, in no way, polluting the earth by working with Her in this manner and the earth is very happy to be able to serve in this way.

To invoke your spiritual whirlwind just follow these simple steps.

1. Say the soul mantrum three times

2. Visualize the spiritual whirlwind high above your head with its funnel tip in the antakarana, and say: "In the wisdom of the soul, I invoke the spiritual vortex."
3. Just watch it or visualize it move down through your field and then into the earth.

4. Call forth and invoke as many spiritual whirlwinds as you need until you feel clear. Usually three to five minutes is more than enough. If you ever feel off center or are in an emotional or psychological crisis, this process can be extremely helpful. These are simple techniques to let the soul and/or higher self help you in your life.

**Corkscrew Meditation to Widen the Central Channel**

In the first two meditations we have cleared the central canal, and cleared the auric field of psychic debris. In this last meditation of Djwhal Khul, the purpose is to widen the central canal to the size of the circumference of your head. Most people’s central canal are a very small thin tube. This restricts the amount of light and energy that can come in from the soul and monad.

There is a very simple meditation process for enlarging your central canal. It is similar to the triangulation meditation but only uses one triangle instead of a whole bunch of them. After saying the soul mantrum one triangle is created down to the earth star beneath your feet. as you did in the triangulation meditation.

As you begin to bring the soul star upwards, visualize it as a corkscrew moving in a clockwise fashion up through the central canal, back to the soul star position about six inches above your head. Your central canal must be at least one inch wide by preferably as wide as the circumference of your head. In the beginning you may want to make yours somewhere in the middle as you build up to widening it as large as possible. Use your own disgression and intuition in this matter.

I would recommend that you do this meditation twice a day for three weeks. It takes three weeks to create a habit. Once it’s widened, you are set for life. The exact process of this meditation as outlined by the Ascended Master Djwhal Khul goes as follows.

1. Say the soul mantrum three times out loud

2. Say the mantrum 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 and love.
   Let the soul control the outer form and life and all events, and bring to light the love which 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."

3. Build one large triangle down to the earth star.
4. Move the soul star upwards in the shape of a corkscrew moving in a clock like fashion, widening your central canal to the desired width.

5. End the meditation by saying:

"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."

Some Last Thoughts

The building of the central canal all the way to the earth star is very important. If the central canal isn’t built in a uniform manner from the earth and feet to the crown, then energy can become dispersed and congested causing physical health problems especially in the area of the torso. This issue speaks to the importance of proper grounding as well as attunement to the soul and monad.

Secondly, I would recommend moving slowly in the beginning, especially if a lot of this kind of work is new to you. Once the central canal is built and your four bodies are more purified and refined, you can move much faster. It is better to be like the tortoise, instead of the hare who races out fast in the beginning and burns himself out.

Thirdly, the doing of this most important work does help to build the “planetary antakarana.” It also helps to accelerate the reappearance of the Christ and the externalization of the Hierarchy, and helps all those disciples that follow in our footsteps.

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