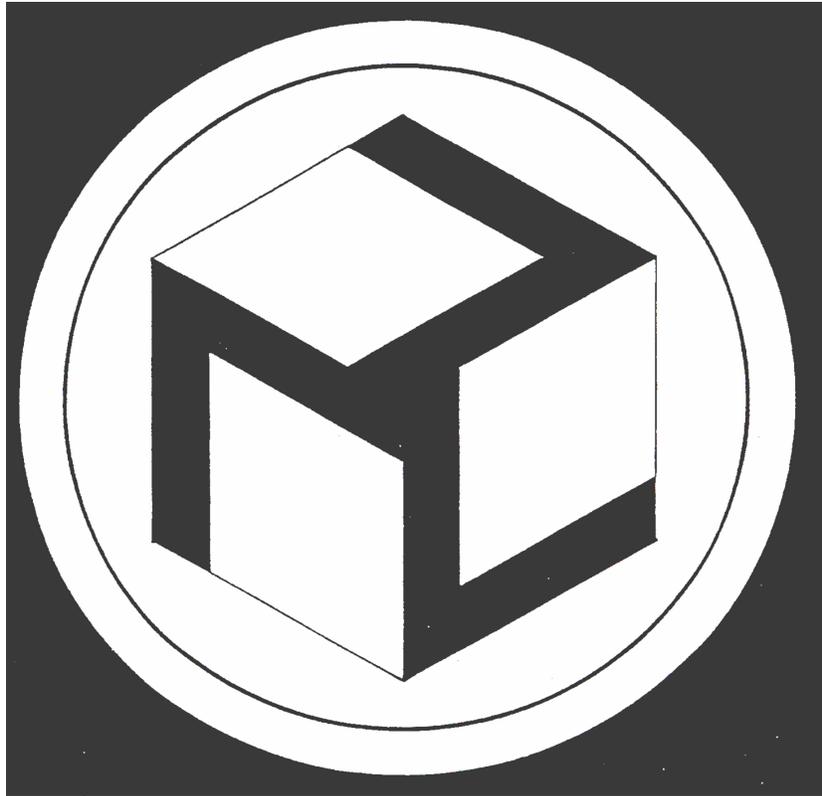




BUILDING ANTAHKARANA THE TRIANGULATION METHOD



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 is also referred to as the Chakra Column, or Sushumna.

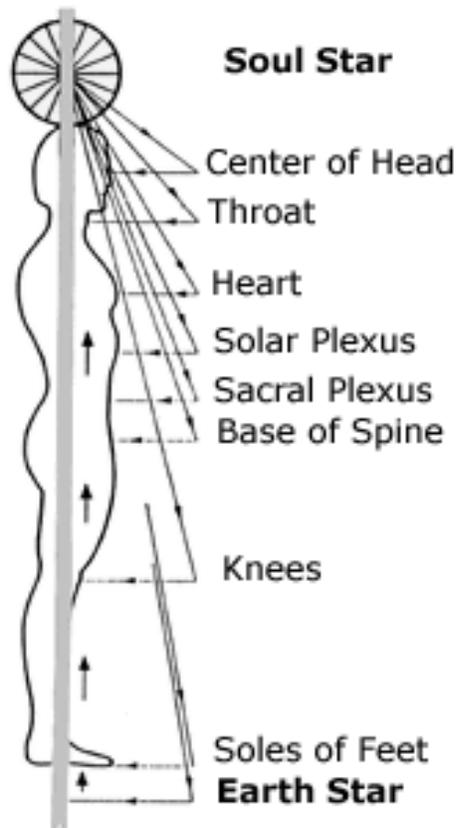
One of the very important practices of the spiritual path is to widen your Central Canal and clear it of all psychic debris. Ideally the Central Canal can be widened into a column of light that is the size of the circumference of your head. Most people's Central Canal is a very small tube and gets very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



The following meditation was given by Djwhal Khul and is for the distinct purpose of widening and clearing your Central Canal, and building your Antahkarana. It is through the Antahkarana and Central Canal that the Soul and spiritual energies can flow to you.

The importance of this work cannot be emphasized enough. A small amount of focused work will bring dramatic results. What is also quite interesting to experience is that after doing the Soul, or Monadic Mantra, is that the Soul and Monad do half the work with you.

1. Say the Soul Mantra three times while concentrating on the Soul Star. Visualize the Soul Star as a brilliant star or sun situated about six inches above your head.
2. 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 to the center of your head and into the Central Canal. Now bring the soul star straight upward through the Central Canal and back to six inches above your head.



Be sure to move the Soul Star very slowly and deliberately in its upward motion. As it moves, the Soul Star is literally burning away any hindering thought forms and psychic debris. This work is a cooperative effort of both the personality and the Soul who is using the Soul Star as its instrument. Your 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 for the throat, heart, solar plexus, sacral, root, and knee chakras the chakras in the soles of your feet, and the Earth Star, which sits about one foot below your feet. Do this triangulation method two times for each of these centers.

The image used to help visualize the meditation is from the book, *The Rainbow Bridge, First Phase Link with the Soul*.¹ This image gives in visual form, the exact process of the Triangulation Meditation.

¹ *The Rainbow Bridge - First Phase Link with the Soul*, by Two Disciples