

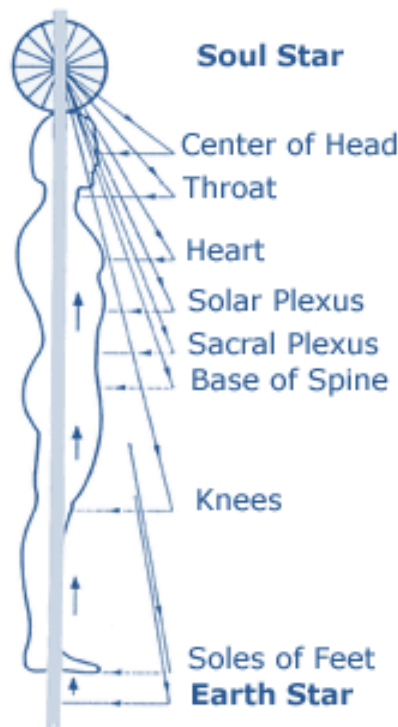
The Triangulation Meditation



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This version of the Triangulation Meditation is adapted from Alice Bailey and is taken from the Humanity Healing eBook *Pineal Gland Book II: Activation* which is part of the Pineal Gland Activation Program.

1. Say the Soul Mantra three times while concentrating on the Soul Star. Visualize the soul star as a brilliant star or sun.
2. After saying the Soul Mantra 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 creates 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 Antahkarana.

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 work on building the Antahkarana 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 the Mighty I AM Presence. Do each of these three times, and upon completion you could chant your mantra, or words of power while visualizing the Antahkarana, and holding your mind steady in the light.

In a sense here you are blending the first meditation with this second Triangulation meditation. This is very powerful as you no doubt can see, feel and intuit.