



CLEANSING OF THE CENTRAL CHANNEL AND BUILDING THE HIGHER ANTAHKARANA



PHASE 1: CLEANSING THE CENTRAL CHANNEL

At the beginning and end of this meditation,
recite the Soul Mantra three times to set the
intention to activate it for this exercise.

I AM the Monad,
I AM the SOUL,
I AM Light Divine.

I AM Love,
I AM Will,
I AM Fixed Design.

Visualize the Soul Star as a brilliant star or sun situated about six inches above your head.

With your mind's eye, move the Soul Star so that it travels down and enters your Crown Chakra. Continue to move it slowly down through your Central Channel until it reaches your Base Chakra. Feel it burn away all the karmic and psychic debris that has built up inside your Central Channel.

Now slowly return the Soul Star back up the Central Channel, out through the Crown Chakra and back to its original position.

PHASE 2: THE TRIANGULATION METHOD

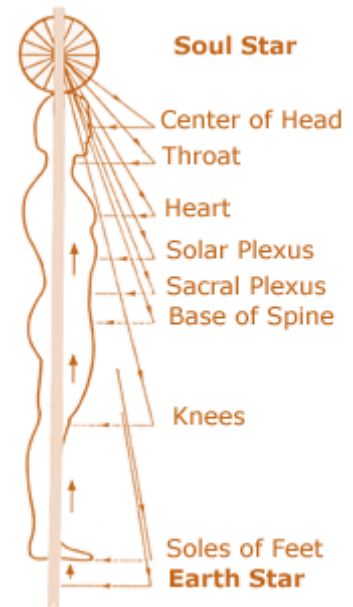
Move the Soul Star with the power of your mind and imagination diagonally forward to a position one foot in front of your third eye. Then bring the Soul Star straight back to the center of your head and into the Central Canal. Now bring the soul star straight upward through the Central Canal and back 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.

Repeat this same process of creating the triangle with the third eye two more times.

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 three times for each of these centers.



BUILDING THE HIGHER ANTAHKARANA

This meditation has helped you to clear your Central Canal, and begin to build your Antahkarana.

This next 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.

Now build a triangle all the way to your Monad, or 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.