

# Antahkarana



Expansion Attunement



# Antahkarana Expansion Attunement

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Mostly everyone knows of the concept of



Antahkarana. It is a bridge of Light that connects the Individual to its Soul, or Higher Self. When we are born, the Soul sent forth its extension with a thread doing the connection. This thread is the Silver Cord, also known as sutrama. It is said that this thread is more

or less the diameter of your thumb. Through this connection, you receive the guidance and the “breath of life” that keeps you going in your terrestrial life. Spiritually, we can greatly enhance the connection and communication with our Soul and other parts of the self through the expansion of the sutrama, through the building of the Antahkarana, or our way back to source.

Antahkarana is also known as the Rainbow Bridge and it is a fundamental step of progress on our spiritual path, especially because the building of the Antahkarana dilates the sutrama from its original thumb-size diameter, upgrading its dimensions to be the diameter of your head.

## How to activate the weaving of your Antahkarana or Rainbow Bridge

### Exercise One

The first step, discussed extensively in other e-book courses, is to activate the Soul Star, one of the first transpersonal chakras that are the matrix connection with the Divine Mind. This mantra was given by Master DK and it is an old technique that awakens the subtle parts of our Selves, sensitizing it to different frequencies and Cosmic rays.

#### First procedures

- Sit comfortably
- Control of breath and body
- Still the emotions
- Quiet the mind
- Invoke the Soul by use of the Soul Mantra
- Identify with the Soul Star
- Contemplate the chosen thought seed
- Meditation period
- Visualize the work you are willing to do, to manifest these ideas and ideals

### The Mantra

I AM THE SOUL

I AM THE LIGHT DIVINE

I AM LOVE

I AM WILL

I AM FIXED DESIGN

The importance of this attunement is determined by the intensity of the clearing of the Central Channel and dilatation of the original sutrama, in a way back, transforming





it into Antahkarana. This greatly amplifies the resonance of the information, guidance and nurturing of Divine Light into our physical embodiments. This Attunement retrocedes to your period of conception and it is intense enough to sweep away though your life events (pass, present and future) helping you to clear, heal and release anything and everything that prevents you from embodying, anchoring and grounding spiritual energy from your God-Self into your

physical, etheric, emotional and mental energy bodies, fields, parts and particles. The activation and clearing of the Antahkarana is an energy that comes from the Creator directly to help you to build the Rainbow Bridge of Light to connect your personality with your Soul. It can be repeated through the repetition of the Inttunement exercises, as part of incorporated program of spiritual practices.

*I now align with God.*

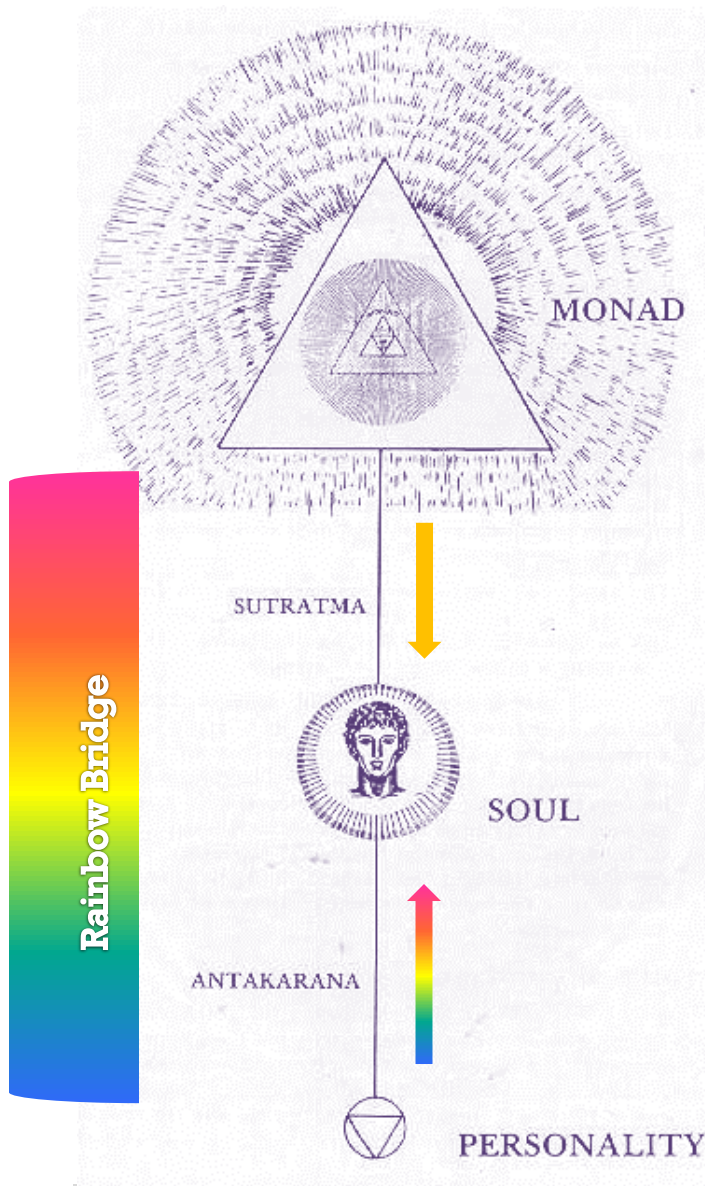
### Preparation is imperative

The building of the Central Channel is an important part of the spiritual awakening process because it is through this channel that the energy of Kundalini will travel and manifest. It is easy to read the descriptions in the books about Kundalini Awakening and the union of Shiva and Shakti, and to want to have this immediately.

This seems to be a natural desire, which is useful if properly channeled into the motivation to do the practices. However, it is imperative that one be prepared for the energy that may be released in such an experience. If one is not ready, it can be like putting too much electricity through a small wire or fuse, and that is not useful in the long run.

It is far better to be prepared, to make the body a healthy vehicle, the breath a balanced channel of energy, and the mind an intellectually and emotionally stable conduit for the experience. This involves a right diet, physical exercise, and cleansing practices, including systematic introspection and the various breathing practices.

This attunement transmission will empower your God Self to streamline and reorganize



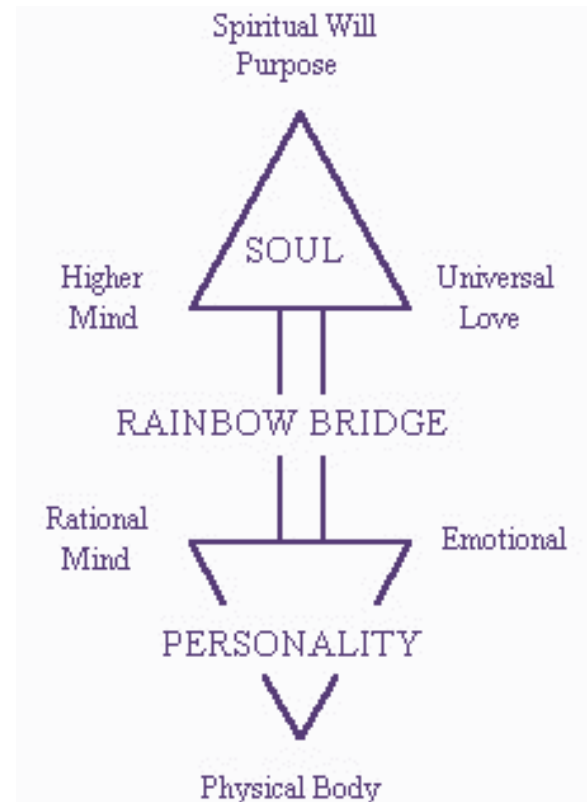


your four lower bodies as well as to do so periodically in the future whenever it is required for optimal well-being and functioning of the four lower bodies.

### The Antahkarana Activation

*Activation from the Creator to help you to build the Rainbow Bridge of Light to connect your personality with your Soul.*

This is an attunement that intends to clear up all the seals and disks, collectors of pain, suffering, fears, old residues, and thought-forms, crystalized sets of beliefs and debris that have accumulated through this lifetime and sometimes from more than one lifetime. It is a start to the building of your Rainbow Bridge with the help of your spiritual exercises of reconnection and re-patterning. This attunement is spiritually designed for you to understand to the fullest extent possible the truth of who you are and what you came here to do.



This cord or thread is anchored through our Central Channel, and through its permanent weaving with Light elements<sup>1</sup>, it will create the conditions to absorb more Light, increase understanding and the expansion of the coefficient of consciousness.

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<sup>1</sup> Such a breathing practices, guided meditations and visualizations.



## Exercise 2: Breathing Exercise *Pranayama*<sup>2</sup> – *Samanu*, or Purifying the Nadis

Samanu is one of the two basic types of purification practices which are denoted as mental practices. It is also practiced to purify the nadis. The nadis are translated as nerves, arteries, veins or vessels. It is often said to be the counterpart of the nervous system or the blood.

There are 14 Principal Nadis but the most important are Shushumna which is activated through Pranayama and it helps in calming down the system; Ida which purifies and nourishes the body and mind; and the Pingala which is activated by breathing in the right nostril where the left side of the brain is stimulated.

1. Focusing on Anahata Chakra, your heart chakra, which is the connection between your transcendent being and your lower chakras, mentally repeat "Yam" eight times while you inhale through the left nostril, thirty-two times while you retain, and sixteen times while you exhale through the right nostril.
2. Focusing on Manipura Chakra mentally repeat

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<sup>2</sup> Breathing Exercise or Pranayama are very powerful exercises. Many people experience dizziness or lose consciousness while practicing beginner or advanced Breathing Techniques. Do not rush things and practice all exercises as slowly as you can.

"Ram" using the same ratio but inhaling through the right and exhaling through the left nostril.

3. Proceed as in #1, but focus on the moon center at the tip of the nose and mentally repeat "Tam". While you hold the breath, imagine the nectar of the moon suffusing the entire body. Exhale slowly, focusing on Muladhara Chakra, or, base chakra, and repeating "Lam".

People who practice samanu will feel mental clarity and serenity, concentration and mental disposition, and samanu will nourish the body with fresh oxygen.

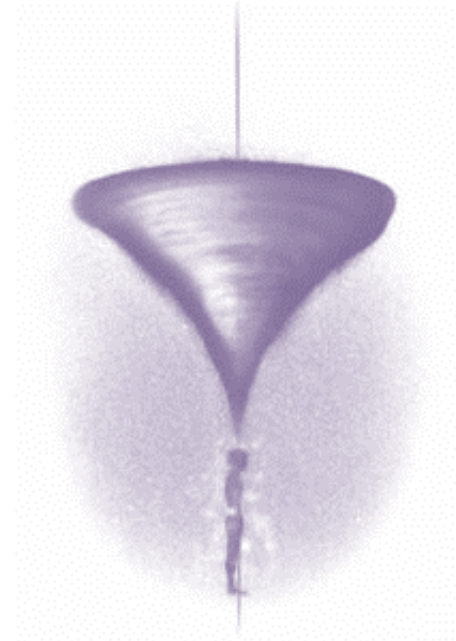
## The Violet Flame of Purification

The Violet Flame is a current of energy that was designed by the Creator to rectify and dissolve imperfect energies, in a fashion that would re-establish them back in the system but as perfected. The Violet Ray is a manifestation of Divine love, grace and compassion that can release the consciousness of humanity from a circle of repetitive thoughts, beliefs and limitations; that tend to chain people in place, making it difficult the spiritual development and the "Technology of the Soul" for self-realization and liberation.

To evade the "matrix of manipulation" or the status quo, one must progress towards a path of purification, and Soul enhancement based on the perfected principals of the Light.



The Violet Ray transmutes negativities, unblocks the system of circulation of energy in your physical and extra-physical bodies, clean up the cellular memories registers related to pain, of suffering, holographic repetitions of cycles and experiences.



### **Using The Violet Ray to clean and expand the Central Channel**

Activate your Soul star such as it was described in the first exercise of this e-book.

Stand comfortably in a quiet place and be sure to be alone for a couple of moments.

Voluntarily enter in the sacred temple of your heart.

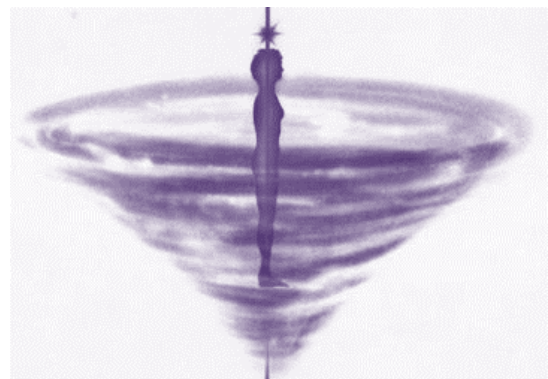
Invoke the presence of Master Saint Germaine to bring forth the powerful Violet Flame, with the assistance of the Guardians of the Sacred Violet Flame. Ask this to be done according with the Law of Grace.

Imagine from a place 30 feet above your head, a tornado of Violet Light is forming, with high vibrational intensity field. With your mind's eyes, imagine it coming downwards clockwise and entering your Soul Star. With the contact of this powerful energy, your Soul Star, which initially resembled a small sun with golden copper colors, slowly transmutes itself on a violet sun.

Imagine, the warmth and the energy of this ray slowly entering your Central Channel, permeating all your circulatory, respiratory, nervous, glandular systems. Imagine the energy coming down and entering the sixth chakra, and slowly bathing the Pineal and the Pituitary gland.

Continue your motion downward, clockwise, inward, outward and all around your body, imagining a protection under the auspices of the Violet Ray that involves your physical and extra-physical bodies to 5 feet around them.

Continue the journey of this ray throughout the five other chakras, very slowly, because it is important to make this energy circulate through your system and dissolve every blockage and every residue that have been accumulated though many experiences and lifetime.







Remember to keep the motion clockwise downwards spiral.

When you finally feel the Tornado of Light about to leave your body through the soles of your feet, call forth the assistance of the crystal heart of Gaia to absorb in her sacred place, every negative emotion, experience, suffering and pain, as a gift from you. Evoke the assistance of the Beings that are aligned with Christ-consciousness who can transmute negativity and pain, into joy, restoration, healing and Light.

At the end when you entrust to Gaia this energies, declare three times:

***“I am now aligning with God.”***

If you feel that you need to, repeat this process a couple of times. The truth is that this is one of the most efficient processes of clearing and transmuting, and after the first attempts, you may notice that the debris may be resistant to be dissolved. You must not give up. An entire process of deep cleansing, and expansion of Antahkarana can take from one to two years, depending on the frequency of your spiritual practices.

As a side effect, you may start having strange dreams, and it is not uncommon to even have nightmares after a process of energy expansion and de-cluttering of debris. The reason for that is that they were all registries that in order to be eliminated, they have to first pass through the Light of consciousness. Do not

pay much attention to them, just acknowledge and bless them out of your energy field.

You will feel a deeper connection with your Soul and this may facilitate not only your energetic practices but it will, at its turn, activate greatly your healing abilities.

## Golden Chalice Meditation

*Adapted from the works of Alice Bailey*

(Can be used as guided group meditation)

Assume a relaxed sitting position and take a deep breath. As you exhale feel all the tensions in the body dissolve. Take another breath and as you exhale this time see and feel your emotional body become as calm and serene as a still mountain lake.

Now take another breath and as you gently release it see in your mind's eye the Light of the Soul breaking like a sunrise on the inner horizon.

Allow this Light to rise and come closer. Know that this bright Light emanates from your True Self.

Now identify with and become One with the Light.

You are now conscious as a Soul.

At this point we are ready to be of group service on the plane of mind.





Know that each member of the group is a Soul and a Light.

See in your mind's eye a beam of Light flowing from you to one person in the group and being returned to you.

While still recognizing this flow of heart energy to the first person, visualize another strand of loving Light energy flowing to a second person in the group and being returned.

Now a third person, and so on until you have consciously acknowledged the strands of loving energy that connects us all.

Now let any thought of individuals fade from your mind and visualize only the many streams of Light that exist from every member of the group, crossing and interlacing each other.

This is the Light Body of this group. This is the Golden Chalice.

This Golden Chalice is built out of our relationships to one another and strengthened by our commitment to be of loving service to each other.

It is through this subtle chalice of energy built on our service in relationships to one another that the Divinely directed plan for our group is revealed.

Next, affirm the strong connection that exists with other serving groups...each a Golden Chalice responding in its own unique way to its accepted task within the Divine Plan.

Let us expand further on this vision and see a World Chalice composed of all the streams of

loving energy connecting and inter-connecting the many selfless groups serving throughout the world.

See these shimmering golden strands as lines of force composed of dedication and commitment to World Service.

Now see this Planetary Golden Chalice being filled by the constant outpouring of love from hierarchy in response to the invocation of a committed humanity.

Let us now hold and energize this vision in silence and in unity during a period of silent meditation.

Having anchored the vision in our hearts of a Planetary Golden Chalice, take a moment and let each of us respond to our own inner direction and visualize the next step we are prepared to take to serve our group and our community.

Gently bring the meditation to a close and gradually refocus the consciousness here with your group and as an instrument for service together.