

# “The Rainbow Bridge”

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Presentation on February 22, 2015, at the Quest Bookshop in Seattle, by Stanton Stevens

## Online resources:

<http://onepurelove.com> – Stanton’s website, recorded talks and handouts are there, including Don Baker’s excellent animation of Rainbow Bridge visualizations.

<http://soul1.org/> - Ron Tiggler’s Rainbow Bridge website. Ron was a student of Norman and Josephine.

<http://www.laurency.com> – All that has been translated into English is available here.

The Basic Esoteric Dictionary, The Explanation, Knowledge of Reality, all good starting points  
<http://esotericlawn.com> – Assumes no experience with the esoteric ideas, and does a fine job of introducing them in the context of current views of life.

<http://www.lucistrust.org/> - The writings of the Tibetan, Dwal Khul, via Alice A. Bailey

<http://theosophical.org/> - The Theosophical Society, the first re-introduction of esoterics to the public.

## Books:

The Rainbow Bridge books are out of print, unfortunately, but used copies can be found online.

The Rainbow Bridge, Phase I, The Link With The Soul – by Two Disciples

The Rainbow Bridge, Phase II, Link With The Soul – Purification – by Two Disciples

Bridge to Superconsciousness, Rick Prater – Rick was a student of Norman and Josephine, and includes the Rainbow Bridge techniques and teachings in his book.

Only two Laurency books are available in print in English (though all are in print in Swedish). Both are available at Quest bookshop, or can be ordered from the Laurency website mentioned above.

The Knowledge of Reality - review of Eastern and Western philosophies, contrasted with Hylozoics

The Philosopher’s Stone – cosmology, evolution, the stages of humanity, higher worlds

Some practical and powerful help with relationships

Love and Forgiveness, Leonard Shaw - A Workbook for Self-Healing and Healing Relationships

See Ed Alden for a CD or download with the Laurency material in English, and many Theosophical texts.

## Ongoing:

**Rainbow Bridge meditation group** - 6-8 PM Tuesdays in Port Townsend - [stanton.k.stevens@gmail.com](mailto:stanton.k.stevens@gmail.com)

**Alice A. Bailey study group** – Led by Karen Johannsen: [ksjohannsen@gmail.com](mailto:ksjohannsen@gmail.com)

## Quotes:

### **Rainbow Bridge, Phase I**, Introduction, p. i

Our system is based on the modern exposition of Dwal Khul, the Tibetan Master, as given through his amanuensis, Alice A. Bailey; these books have been and are our textbooks! Our purpose in writing this book and any subsequent releases may be broadly stated by quoting from A TREATISE ON WHITE MAGIC, Alice A. Bailey, pages 55-56: "It should always be borne in mind that the work required is twofold:

1. To teach students how to link the personal lower self with the overshadowing soul so that in the physical brain there is an assured consciousness as to the reality of that divine fact. This knowledge renders the hitherto assumed reality of the three worlds futile to attract and hold, and is the first step, out of the fourth, into the fifth kingdom.
2. To give such practical instruction as will enable the aspirant to:
  - a. Understand his own nature. This involves some knowledge of the teaching of the past as to the constitution of man and an appreciation of the interpretations of modern Eastern and Western investigators.
  - b. Control of the forces of his own nature and learn something of the forces with which he is surrounded."

### **Rainbow Bridge, Phase I**, p 45

Close to the body and adhering to it are heavier, more resistant agglomerations of energy-substance which are an extremely individual but of even a more limiting nature. These have been seen by clairvoyants who have thought, quite reasonably, that they were a mark of individuality; they are - but they are undesirable residue from the past and must be removed through the processes of purification or clearing. In esoteric terminology, the lower vehicles - physical-etheric, emotional, mental - are all composed of types of the fire produced by friction. The innate, inert and latent force of the physical atoms combined with the electrical force of the etheric or vital body (prana) is built into these resistant hindering forms; the electrical energy-substance of the bewildering, deceiving, illusory emotional nature, conditioned by old controls and ancient habit, is also compressed into this confining layer of material. The figments of a person's own thinking which appear to shine with their own light, false notions, the distorted and outgrown ideals also contribute an obstructing and hindering structure which veils the truth and shuts a person away from direct experience and knowledge of inner reality.

During the long period of growth and evolution, each human being has built these obstacles to the free expression of his spiritual self. Evolution of consciousness has been an extremely slow and arduous process, largely achieved by trial and error and by discarding old ideas and notions as new and better ones have been found. Much of the "discarded old" still clings to men in one form or another, and it is this that must be eliminated from the vehicles. Roughly, these discards fall into four types in four zones:

1. Those above the head and down as far as the neck which are in the nature of false or outgrown ideals. These are called the idealized thought-forms.

2. Those about the neck and upper back, shoulders and chest which seem to pertain largely to negative ideas and feelings about personal value or worth though, of course, there are some positive patterns of self-evaluation also; these are called the worthless patterns or self-evaluation complexes.
3. Those around the mid-section of the body which seem to be composed of the more destructive ideas and feelings like hate, fear, anger, and extremes of selfishness and self-centeredness. Also here are patterns of helpfulness (which is often interference), possessive love, and those produced by attitudes of sacrifice which make a person into a self-created martyr; these are all the result of misdirected emotion. These are called the emotional patterns.
4. Those gathered in the lower torso area and about the hips and lower back are related to the instincts which are all rooted in fear/self-preservation, herding, sex, animal curiosity, self-assertion, the sense of possession or territory, the belief that one is separate. These are the instinctual patterns.
5. This zone is really an extension of the fourth but appears to be so distinct in most people that we give it special mention. The patterns clustered around the feet represent conditions in life that the person would like to run away from but can't; they inhibit action and motion and are powerfully restrictive.

**Rainbow Bridge, phase I, p. 60**

In the Soul Mantram the first line brings about identification with the soul as a manifested entity on the mental plane, the Solar Angel. The second, third and fourth lines are spoken as if the aspirant were the soul invoking its subjective being-manas buddhi, atma or higher mind, spiritual love and spiritual will. The fifth line states the plan or design of the soul for the personality for this incarnation, and its attitude, as if, indicates the cooperation and acquiescence of the personality to work with and to accept guidance from the soul which will and does then begin the work of building the inner light body. The inner light body built by the soul will ultimately infuse the purified and perfected personality so that the two will act and be as one, the soul-infused personality or the personality soul-infused. THE SOUL DOES THE WORK.

**Rainbow Bridge, Phase I, p 61**

After eons of time (not the same as our concepts of time) the personal soul vested in the soul-star awakens and turns its attention toward its source, its Father in Heaven, with aspiration; it begins to cooperate in Soul intent, and the Soul's response is instantaneous and joyous. The Soul's meditative attention becomes concentrated and rapid progress in Soul-personality integration can be consummated. The ancient teaching impresses us with the need for the personal self to act as if it is the Soul as far as possible but to realize that the Soul's objectives are not those of the personal self and that its wisdom and power are far beyond the comprehension of the personal self. So the personal self is given the Soul Mantram: "I am the Soul . . . ". We repeat - this mantram should become a central part of your consciousness and realization. Without this affirmation no technique of mind, emotional nature or physical action has any subjective result; such practices only stir the physical body, demonstrate persistence and strengthen aspiration. The outer forms of the techniques we give are without result if not preceded by this Soul Mantram.

**Rainbow Bridge, Phase II** p. 27:

Only those, including the young and unlearned, can do this work who have certain built-in convictions which are the outer evidence of an inner state of consciousness and development. These convictions are usually expressed by the student who is ready to begin this work and, as given here, provide some guidance to those who are forming groups.

The Convictions are:

1. A belief in the continuity of life and consciousness.
2. A conviction that there is something in or above which is higher or deeper and worth striving for.
3. A certainty that there is a way to reach this higher consciousness.
4. An acceptance that there is a way involving methods of thought, feeling, and action which can change the future and improve the conscious self.
5. An intuitive vision of the fact that there must be those who have found the way and succeeded. Some persons will recognize the different scale and variation of knowledge of those around them, some knowing a great deal more and some knowing a great deal less than themselves. Some persons will recognize that some have found the way and mastered all to be known through the evolution of man, the Masters. Others will think of them as members of the White Brotherhood, or of the Planetary Hierarchy.
6. A sense of personal responsibility to make the effort in spite of all personal obstacles. This means a willingness to devote time, money, energy, and a one-pointed attention to whatever seems likely to speed progress to the goal.
7. A motivation, not for only for self-improvement, but for service - to be able to serve others with what is gained.
8. In older students, a complete dissatisfaction with methods tried in the past and a readiness for something new and different.
9. Younger students should show these convictions in their attitudes and responses, older students in the events of their lives.

**Telepathy and the Etheric Vehicle**, Alice A. Bailey, Lucis Publishing Co., p. 197

There is a certain esoteric Mantram which embodies...the attitude of the disciple who is striving, in cooperative endeavor with others, to link hierarchical intent with human aspiration and thus bring humanity nearer to its goal. The intent of the Hierarchy is to increase men's capacity for freedom in order to function effectively with that "life more abundantly" which the Christ will bring and which demands that the spirit of man be free—free to approach divinity and free also to choose the Way of that approach. The Mantram bears the name, "The Affirmation of the Disciple." It involves certain inner recognitions and acceptances which are readily perceived by those whose intuition is sufficiently awake; but its meaning should not be beyond the ability of any sincere student and thinker to penetrate if it appeals to them as significant and warranting their effort.