

This is a guide for the leader. This guide can also serve as an outline for an individual meditation.

- Everyone take a few deep breaths, get comfortable
- Let's say the Soul Mantram together:
 - I am the Soul
 - I am the Light Divine
 - I am Love
 - I am Will
 - I am Fixed Design
- (optional) Let's say the Affirmation of Unity (on the mantram sheet).
- Together we will say the Mantram of Unification
 - All of us are one.
 - I seek to love.
 - I seek to serve.
 - I seek to heal.

 - Let pain bring due reward of light and love.
 - Let the soul control the outer form, and life, and all events,
 - And bring to light the love that underlies the happenings of the time.

 - Let vision come, and insight.
 - Let the future stand revealed.
 - Let inner union demonstrate and outer divisions be gone.
 - Let love prevail.
 - Let all of us love.
- Bring your attention to the Soul Star above your head. Imagine it shining out like a small sun. Visualize a line of light extending from your Soul Star to each other Soul Star in the group, thinking of each person in turn. A geometric pattern of light is formed.
- Extend a line of light to the group Soul Star, in the center and above the group.
- Visualize a line of light sweeping out from the group Soul Star and around like a lighthouse beam, linking in those not physically present. Send the beam out further, linking to groups and individuals in the area doing similar work. As the line of light sweeps out around the group, going out further and further, link to the Rainbow Bridge group in Seattle. In Port Townsend. Link to the great deva at Indralaya on Orcas Island. Link to Eckhart Tolle in Vancouver.
- Lift the group Soul Star, and link to the network of light surrounding the Planet.
- Link to Hierarchy, the heart center of the Planet. Link to Christ. Link to Shamballa, the head center of the planet.
- In the wisdom of the Soul, we invoke the pure white light of the Christ. This light and other energy pours down from the high places through the group central channel. It flows out and through us, forming a protective sphere enclosing the group on all sides, above and below.

Rainbow Bridge Meditation

- Let's bring our attention back to our Soul Stars. With the Soul Star, we will work to clear the central channel. Imagine the Soul Star moving to a point below and in front of your feet, as if you were standing. Move it in until it is in your central channel, then see it rising up the channel. It will proceed at its own speed, though not stop; let the Soul do the work. As it moves it clears blockages and widens the channel. When it is back above your head, start another triangle. We will do this for 4-5 minutes.
- If your mind wanders, just bring it back to what is happening. The Soul is doing the work, just keep your attention on the process.
- Let's make this the last triangle. When the Soul Star is back above your head, let it remain there. (Wait a minute or so.)
- Let's say the Affirmation of the Disciple.
 - I am a point of light within a greater Light.
 - I am a strand of loving energy within the stream of Love Divine.
 - I am a spark of sacrificial fire, focused within the fiery Will of God.
 - And thus I stand.
 - I am a way by which others may achieve.
 - I am a source of strength, enabling them to stand.
 - I am a beam of light, shining upon their way.
 - And thus I stand.
 - And standing thus, revolve
 - And tread this way, the ways of men.
 - And know the ways of God.
 - And thus I stand.
- As blockages are cleared from the central channel, debris and other material are released. We will now clear these with the spiritual vortex. We will all say together "In the wisdom of the Soul, we invoke the spiritual vortex."
- In the wisdom of the Soul, we invoke the spiritual vortex.
- High above us we draw into form a vortex of energy, like a funnel cloud. It is 30 feet up, 15 feet wide, and spins clockwise as you look at it from above. The tip of it stays in the group central channel.
- The vortex drops down to the group rapidly and stops, with the top above the group and the tip below. It is now passing through our bodies. Relax and release, let go of thoughts and emotions. Let the Soul do the work. The vortex will sweep away all the half formed thoughts, cloudy emotions, everything unnecessary. The vortex sweeps this material into the center and below the group. Drop it all, what is essential will remain.
- Remember to breathe, flush air through you as the vortex sweeps through you.
- (after 2-3 minutes) The vortex has now picked up a lot of material. Imagine that the earth opens below us, 15 feet wide. Now, we release the vortex and it drops swiftly down into the earth.
- A column of white light, also 15 feet wide, comes down from above, pours through us, and helps push the vortex deep in the earth.

Rainbow Bridge Meditation

- (after a pause) The vortex is 50 feet below the group and dropping even deeper into the earth. The earth closes over it. We release it; it stops spinning, and ceases to exist. The energies it picked up become food for the lower kingdoms.
- (Repeat the vortex process 3 times. Vortexing proceeds for 6-10 minutes, altogether)
- We will now visualize a golden chalice, three feet tall, in the center of the group. Imagine a golden stream of energy with bubbles like champagne pouring down into the chalice. Another stream of the pink energy of love pours down. They fill the chalice to overflowing from the infinite supply of the higher worlds. There is unlimited love and joy always available, waiting for us to ask for it.
- We can direct this energy to those who need it. We will take a few minutes for this. You can say names aloud or just think them. Imagine the energy streaming out to them.
- (when it is silent again, after a few minutes) Now we release the streams of energy from our control, so that they continue to flow to those we have sent it to.
- Imagine that we are all pulling the chalice out, stretching it until it is larger than the group. It is immediately filled with the energy of love and joy, and we are immersed in it. Imagine scooping it up and pouring it over your head. The love and joy is for us, too. (Pause to allow people to absorb the energy.)
- We will close with the Great Invocation, allowing the invoked energies to flow through for a couple of minutes afterward.
- The Great Invocation
 - From the point of Light within the Mind of God
 - Let light stream forth into the minds of men.
 - Let Light descend on Earth.
 - From the point of Love within the Heart of God
 - Let love stream forth into the hearts of men.
 - May Christ return to Earth.
 - From the centre where the Will of God is known
 - Let purpose guide the little wills of men –
 - The purpose which the Masters know and serve.
 - From the centre which we call the race of men
 - Let the Plan of Love and Light work out
 - And may it seal the door where evil dwells.
 - Let Light and Love and Power restore the Plan on Earth.