

Introduction

“Man, know thyself and thou shall know the universe and the gods.” This timeless maxim is inscribed upon the forecourt of the temple of Apollo, Delphi and is held up as a touchstone for all researchers of Truth, throughout the ages, in their quest for Self-knowledge.

It goes without saying that we have a physical body, we have emotions, feelings and thoughts, but how many of us are aware of the degree to which one impacts upon the other and, more importantly, how they directly influence our nearest and dearest as well as creating the reality of the world in which we live? Aside from the obvious, there are also many subtle levels making up the totality of man often discarded in our modern, materialistic society. These levels interact with and have direct bearing on our physical health, our emotional well-being, peace of mind and quality of life as a whole.



**‘Doorway’
Stillness Speaks**

‘Walk the Rainbow’ is an experiential doorway into the realm of Pure Light. It is a comprehensive program for those who wish to know and understand themselves as multi-dimensional beings of light, and marries intellectual understanding with intuitive knowing; linking left and right brain. As with any journey to ‘foreign’ lands it is advisable to learn the language; the subtle realms of Soul and Spirit are no different. Symbol, image and geometric structure are the ‘letters’ making up the language in these refined vibrations – they are the ‘Language of Light.’

‘Key of Light’- Contemplation Cards

Three packs of cards are the intuitive, right brain, element to *‘walking the rainbow.’* Its left brain counterpart, intellectual understanding, is described under *‘Walk the Rainbow’* Guidebook (p10). Totalling 144 images and symbols, the cards are key to awakening inner knowing of the profound nature of reality. Each ‘vision’ is created with the intention outlined above as well as being infused with sacred symbol. In speaking the language of the Soul they are powerful mediums for awakening its light. Thus, every image, seed thought and symbol offers an opportunity for you to converse in the Language of Light, to merge with the light of the Soul and be at One with Great Spirit; assisting you in your choices each moment of your life.

Visions of Reality cards are *‘light keys’* to the body, encouraging physical well-being, emotional harmony and mental clarity.

Stillness Speaks cards are *‘light keys’* to the Soul and introduce a pathway of expanded awareness where intention in each moment is to consciously align with Soul qualities and higher purpose.

Nature's Way are *'light keys'* to Spirit, instilling natural wholeness and well-being, as a way of life: Spirit manifest in matter.

Balanced relationships, mental clarity and financial stability are often perceived as being part of some idealistic utopia found within the proverbial pot of gold at the end of the rainbow. It is time for us to cease chasing rainbows, awaken to who we are, and *'walk the rainbow'* through our lives; the intention behind taking your first steps upon this unique journey.

The Visions of Reality mantram *'Manifest the beauty of your soul... walk a rainbow through your life...'* embraces the essential essence of *'know thyself,'* awakens understanding of yourself as a multi-dimensional being of light, and offers an opportunity for you to play a conscious role in creating *'heaven on earth.'* When its true meaning is fully embraced, understood and applied, remarkable transformation occurs leading to expanded conscious awareness, inner peace and harmony within daily life. It is the inspiration behind the release of this unique journey to welcome the way of wholeness into your life.



Awareness Bubble
Bring your contemplations
into daily life

Nine days, spread over one year, form the **foundation** for the **first** part of the *'Journey'* with intervening contemplations being carried out in your own time. These are an important part of the program and enable your expanded awareness to become part of your daily life; it is the outer manifestation of the inner reality (simple techniques are introduced so they slip easily into your daily schedule).

'Key of Light' contemplation cards by Barbara Rose – *'Visions of Reality,'* *'Stillness Speaks'* and *'Nature's Way'* – together with ancient wisdom teachings (sacred geometry, the chakras and the seven rays), are employed as mediums to awaken experiential knowing, as well as intellectual understanding, of you as a body, Soul and Spirit - described under *'Art of Synthesis'* below.

The Journey will be offered once during 2013, with spaces limited to 8, to enable us to *'walk the rainbow'* as One, whilst deepening into the group experience. I look forward to welcoming you and sharing this once in a lifetime opportunity...

Barbara Rose

Art of Synthesis – the Way of Wholeness

The 'Art of Synthesis' lies in the integration of body, Soul and Spirit as expressed within your daily life. *Visions of Reality* transformational tools are used to awaken experiential knowing of each level within this process - as shown below. In terms of the maxim 'Know Thyself' - body, Soul and Spirit may be further understood to be:-

Know Thyself - as an individual personality - individual consciousness - **body**

Know the Self - as an expression of the One Soul - group consciousness - **Soul**

Know the One - as an expression of the One Life - unity consciousness - **Spirit**

Know Thyself - body

'Body' in this context refers to the three aspects making up the individual consciousness of the personality: the physical/etheric, mental and emotional bodies. Content within gatherings/contemplations will focus on the personality knowing itself as an individual distinct from the 'mass consciousness' of humanity. Personal growth, recognition of the illusory nature of reality, and cultivation of awareness are the qualities embraced within this aspect.



Illumination

An important part of 'body' is the physical body itself, particularly how it interfaces with the subtle energy bodies. Included in this section, therefore, is the synthesis between the 7 chakras, esoteric anatomy, the endocrine system and the brain and nervous system. Intellectual understanding is, as a consequence, married with intuitive knowing.



Festival of Light

Visions of Reality contemplation cards are particularly attuned to balancing the three personality vehicles; mental, emotional, and physical/etheric bodies.

Know the Self - Soul

Having known itself as an individual the personality now relinquishes all that it has become in favour of that which it is not. Surrender is the key to moving to this next level of awareness and is the most challenging. It is at this stage where spiritual brothers/sisters (the group - spiritual community) are most important for the refining personality; 'true friends' will reflect the light of truth when illusions are at their most powerful. With the

assistance of the community, awareness may now expand from individual consciousness to that of the group; the personality begins its integration with the Soul. **Stillness Speaks** contemplation cards are formulated to awaken the light of the soul through conscious alignment with its qualities.



Fire

Know the One - Spirit

The integrated personality now holds the potential to be a clear vessel for Soul force. Its consciousness, knowing unity, is an expression of the One Soul that lives and moves in accordance with Divine Will. This is a high level of awareness from which it is the Soul that moves to integration with Spirit in accordance with the principles of occult law. The 'personality' is consciously a vessel for the One Life. **Nature's Way** contemplation cards embody the Divine

Blueprint by virtue of their infusion with nature beings and sacred geometry. They assist the aware individual in *'walking the rainbow'* through daily life.

This is not a linear process. The *'Art of Synthesis'* lies in holding awareness of each of these levels simultaneously. Group gatherings, as well as personal contemplations, will therefore offer opportunity for each of these aspects to be experienced and understood. Soul integration may then be expressed as a fluid, evolutionary pathway of light, grounded in the ordinariness of everyday life.

...from within the Great Void a sound is heard...

Vibration of Pure Light touches the heart of existence...

Light of Truth... Light of Love... Light of Power...

*As fractals of rainbow light become aspects of reality
Truth appears in myriad form*

the Way is shown... the time is NOW...

the message is clear...

BE WHO YOU ARE!

Manifest the beauty of your Soul... walk a rainbow through your life... 

Purpose and Commitment

Purpose

Visions of Reality: *Art of Synthesis* is the culmination of a life's journey, each step being taken in apparent darkness until, at last, the light shines through to bring clarity and cohesion to all the disparate 'threads'. Its purpose, therefore, is to provide the right conditions so the flower of your own understanding may illuminate your path; that your strengths, gifts and talents may be recognised and, most importantly, owned; and that you may be a light in the world where altruistic intent is your foundation for life. It is through these endeavours that the 'Vision' becomes a 'Reality' and you can *'walk the rainbow through your life...'*



Bridge Across Forever

Commitment

Aside from attendance at each gathering and participation, your primary commitment is to yourself. Your willingness to embark upon this journey will reap the highest reward if you dedicate this time in your life to embrace all that is light and true within you; engaging with the material offered throughout each year, as well as the group experience, carries with it this ultimate potential.



City of Light

As facilitator, I offer a safe and nurturing environment with essential nutrients to assist you on your journey. In restricting the members of the group to nine (including me) and only offering one 'experiential journey' in 2013, my personal commitment is assured; I will be engaging with the material on a week by week basis, as you do.

Structure

Any new venture - whether it is a relationship, job, friendship, avenue of study or an inner journey of exploration – conforms to three basic levels of intimacy:

1. Familiarisation
2. Understanding/Deepening
3. Expanded awareness/Integration/Unity

Moving from one of these levels to another requires TRUST. Without this all relationships and understandings remain at a superficial level. Trust INSIDE enables new doors to open and new **levels of intimacy with your chosen ‘venture’ to be explored and experienced.** The third level brings a unified field of experience where new vistas and possibilities are embraced that were hitherto impossible.

‘Walk the Rainbow,’ although a lifetime’s journey, takes place over three years and incorporates these three levels. During **year one** you will become acquainted with the material whilst also awakening to your essential essence; a being of light. It is a foundation that sets the intention to align with higher purpose for the greater good. **Year two**, whilst introducing new material, finds you deepening more into your essential nature; you gain personal insight into the profound nature of reality, including cosmic cycles. All that you have become so far results in refined conscious awareness during **year three**, where *‘walking the rainbow’* is a natural way of being, rather than an intellectual concept. The material covered throughout the journey is thus married with your own talents, life expression etc. to create your personal, individualised *‘Art of Synthesis.’*

With each stage on your journey through this material, it is suggested you cultivate awareness of the different levels of intimacy and how comfortable you are with each one. Remember this is an INNER journey, where individuals will respond and grow at variable rates, so you are encouraged to take it one step at a time, **in whichever order works for you.**

Nine gatherings, spaced at 6 week intervals through each year, form the foundation for this ‘experiential journey.’ **These days are then integrated into your daily life by contemplation** of the presented material in your own time; this does not have to be time consuming and you may invest as much, or as little, of your time as you can manage. However, please consider this to be a personal investment where the greater your contribution, the higher the reward. The nine gatherings, as a **fluid structure**, are grouped as follows:

1 – 3	Body	Visions of Reality
4 – 6	Soul	Stillness Speaks
7 – 9	Spirit	Nature’s Way

Know Thyself – Body

The four suits within **‘Visions of Reality’** contemplation cards are used to balance the physical, emotional and mental bodies whilst cultivating awareness of the spiritual body. During each of the days we will familiarise ourselves with these vehicles of expression as they pertain to us as individuals. The Rays associated with the three primary suits, together with their practical relevance, will also be introduced; as will the symbols associated with each suit.



Rainbow Bridge

Suggested contemplations:

Mental	Light suit - Ray 3: love as expressed through ‘Intelligence’
Emotional	Love suit – Ray 2: love as expressed through ‘Wisdom’
Physical	Power suit – Ray 1: love as expressed through ‘Will’
Spiritual	Beyond all Systems: love as expressed through all three primary rays



Mystic Union

Know the Self – Soul

The four suits within **‘Stillness Speaks’** contemplation cards are employed to forge the bridge to higher consciousness and make conscious choices to align with more refined aspects of the personality vehicles. During our gatherings we will develop an understanding of higher purpose, how it pertains to us as individuals, and how this knowing may then be of service to the Soul. The Rays aligned with each suit together

with their symbols and seed thoughts will also be reflected upon. Suggested contemplations:

Mind	Doorways – Ray 5: love as expressed through ‘Knowledge’
Heart	Journeys of the Soul – Ray 4: love as expressed through ‘Harmony’
Matter	Songs of the Cosmos – Ray 7: love as expressed through ‘Order/Alchemy’
Soul	Synthesis – Ray 6/2: love as expressed through ‘Devotion/Wisdom’

Know the One – Spirit

Nature’s Way contemplation cards, used within this section, instil wholeness and well-being; each card embodying natural intelligence through the marriage of nature beings (devas) and sacred geometry. One symbol and one ray run, as a river, through the entire pack; the spiral of integration and Ray 3: Active Intelligence - the Mind of God.

The devic (nature) kingdom are said to hold the divine blueprint for the perfection of form, including the human being, on every level; this is natural intelligence. Sacred geometry functions in a similar fashion, thus each of these cards are complete, perfect, in themselves; there is no requirement for suits. However, in keeping with the **essential essence of the ‘Journey’, the four natural elements** and their association with the human energy bodies will be the focus of this final section. Suggested contemplations:

Thought	Clear - Seeing	Air
Love	Compassion	Water
Form	Manifestation	Earth
Spirit	Unity	Fire



Inner Earth

“The map is the way Spirit moves within the void. If you know the underlying map, then you have the knowledge and understanding to co-create with God.” Drunvalo Melchizedek.

Walk the Rainbow: Understanding the Way of Wholeness – Guidebook

This comprehensive step by step guidebook, in alignment with the three levels of familiarity, is divided into three primary sections: Setting the Scene, Joining the Dots and Walking the Rainbow.

Section One - Setting the Scene

This section allows you to get an overall feel for the ‘merchandise’ you will be engaging with throughout the journey, it introduces the ‘Language of Light’ as well as the importance of number; the mathematics of the cosmos, and outlines the ‘*Art of Synthesis*.’ This section focuses primarily on the importance of number three whilst introducing number seven through the seven rays, seven chakras and seven endocrine glands. It includes:

Art of Contemplation

Body, Soul and Spirit contemplations as they relate to individual, group and unity consciousness

Introduction to the subtle energy bodies including the seven chakras

Creating the rainbow – birth of the seven rays

Introduction to the seven rays

Sacred geometry – the building blocks of the universe

The art of relating

The nature of mind

Section Two – Joining the Dots

Assembles the fragments and brings them all together under three distinct threads – ‘*Thinking in the Heart*,’ ‘*Life in a Box*,’ and ‘*Into the Void*.’ It also expands our frame of reference from 3 to 12, and ultimately 144, the number of light and the number of facets making up the Christ-Consciousness grid. The total number of cards, including their symbols, across all three packs of contemplation cards amounts to 144; each image or symbol therefore translates to a single facet within this grid work of light. Section includes:

Chakras, Rays and Physiological Relationships

Endocrine Energetics

Nervous System

Brain: Brain in the Gut: Heart Brain

Body as a Trinity

Map and Compass

Thinking in the Heart

Life in a Box

Into the Void

Section Three – Walking the Rainbow

'*Walking the Rainbow*,' is the **application** of the totality explored so far. It takes the '*fragments of the whole*,' the three primary threads from section two and weaves them into a glorious tapestry that is Spirit manifest in matter; daily life. Taking the form of a series of articles it illustrates how the principles extolled within these pages may be applied to ordinary life situations and includes real life experiences and reflections of the author and fellow students of life.

At the back of the book is a selection of **appendices**. They are the backbone of this work, **detailing all the 'fragments,'** and are used as a point of reference when researching material to deepen into the '*Art of Synthesis*'; knowledge included in these pages helps to validate intuitional experience.

N.B. Guidebook is continuously evolving and being added to as research, as well as group experience, reveals more aspects of Truth. '*Walk the Rainbow*' participants will receive regular updates as they are released.

'Walk the Rainbow' brings all of this, and more, into your daily life....

Visions of Reality

transformational tools for a changing world

Art of Synthesis

the way of wholeness

Centre of Light

living the way of wholeness





Barbara Rose is a visionary artist, award-winning author and researcher of Truth. She loves to play! Loves ageless wisdom teachings, is fascinated by extra-terrestrial life and the magnificence of our beautiful planet earth. She loves meditation, creating, sacred geometry and above all, she loves to share. All these magical ingredients she generously blends into each of her creations, making them into the unique, transformational works of art they are today. She offers the wisdom of her experience, married with her creative talents, in service to others; facilitating ease of transformation through talks, workshops and creative contemplation groups. Her passion and vision is to see ultimate creative expression integrated into the daily lives of all. *"As I reflect upon my life I see my entire journey has led to this point. This work is pure joy to create and fills me with excitement at its potential."*

Testimonials

“...each gathering centres me back to a point of ‘right belonging’ and gives me thought for reflection and contemplation. It certainly has brought more awareness into my daily life and hopefully can use the learning to enhance not only my life but those of others. Heartfelt thanks.” Bev, Preston

“..I DID IT.....the seed of life from last week and I did it on my own, this morning. I feel positively euphoric....what a shift....” Lillian, Skelmersdale

“thanks for an amazing day I got so much from today very uplifting and so rewarding on all levels...You held an amazing space for transformation...” Bobby, Lancaster

Resources

Visions of Reality

Book: Visions of Reality: Art of Synthesis by Barbara Rose

Website: www.visionsofreality.co.uk – featuring visionary art, workshops and online shop

Blog: www.visionsoreality.blogspot.com – regular articles offering fresh insights into ‘Life, the Universe and Everything’ as well as into Visions of Reality transformational tools

Sacred Geometry

A Beginners Guide to Constructing the Universe – the Mathematical Archetypes of Nature, Art and Science: Michael S. Schneider

The Ancient Secret of the Flower of Life Vol 1 and Vol 2: Drunvalo Melchizedek

Websites:

Charles Gilchrist www.charlesgilchrist.com – highly recommended. Excellent videos and mandalas featuring sacred geometry. His passion for his art is contagious.

Seed of Life Institute: www.solischool.org

Seven Rays

The Seven Rays of Life – Alice A. Bailey

The Rays and Initiations – Alice A. Bailey

Esoteric healing – Alan Hopking

www.lucistrust.org

Investment - £540

Special introductory offer includes:

Walk the Rainbow – nine gatherings per year for three years including all teachings and additional hand-outs

‘Key of Light’ contemplation cards: ‘Visions of Reality’, ‘Stillness Speaks’ and ‘Nature’s Way’

‘Walk the Rainbow: Understand the way of Wholeness’ by Barbara Rose - comprehensive 300p (minimum) comb-bound guidebook

Light refreshments at each meeting

CPD certificate upon completion of each year (assuming full attendance)

To secure your place please contact us for a booking form
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