

## What is Light?

Along with most of our natural world, light is something we take very much for granted; something we need in order to see. After all, you would not be reading this book unless there was a source of light that enabled you to view the pages. However, we can't touch it; we can't smell it, taste it, or hear it – we can't even see it, at least not **all** of it. It is only the 'visible' part of the electromagnetic spectrum – red, orange, yellow, green, blue, indigo and violet (plus black and white, which encompasses all 7 colours) - that may be seen with the naked eye; all else is hidden. We can notice the **effects** of light; we can observe how it interacts with our environment, how it behaves under certain conditions and with extra equipment we can see into the realms that are invisible to the naked eye – radio, infra-red, ultraviolet, x-ray, gamma rays etc.

On a feeling level, we can determine how it influences our perspective on the world in which we live. For instance, on a bright sunny day the world seems so much more vibrant and we feel 'lighter' and happier as a result; the reverse is generally true on dark, dismal days when there is a distinct absence of its quality. The positive effects engendered when the full spectrum of visible light illuminates the sky, in the form of a rainbow, have already been discussed. And, as a rule, we tend to feel uplifted when the warmth of a smile 'lights' up a person's face and down when faced with an angry or grumpy persona. Light, quite literally, has the capacity to penetrate all levels both seen and unseen, for the benefit and evolutionary growth of us all.

Without light we, as a species, would struggle to survive. It is an essential part of the ecosystem defining our 'home' on earth. Plants **require** light to produce the energy they need to grow, animals depend on plants, and we as human beings depend on both as a source of food and energy; life on planet earth would, quite literally, grind to a halt if we didn't have this life-giving ball of light in the sky to illuminate our days, and the twinkling stars at night to shine light in the dark.

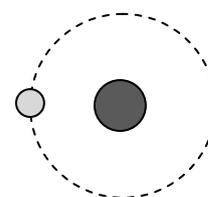
Take a break for a few moments, go for a walk in nature, or even just simply sit in your own garden. Notice how every plant turns its face towards our immanent source of light. Sunflowers are particularly easy to observe – they literally follow the path of the sun from dawn to dusk, turning their heads ever upwards, almost in reverence or gratitude, for this life-giving source of warmth and light. Watch the insects and moths frantically fight to get close to an electric light at night. And chart the course of history where ancient tribes worshipped the sun as an all-powerful god. Such practices are not confined to the past, they continue to this day; as well as solar festivals, sacred ceremonies and global meditations are also conducted at the time of the full moon when its reflected light is at its most radiant.

There is no doubt light is a fundamental part of our existence, all existence, but what do we really know of its quality; its essential essence? How does it behave when it interacts with matter, and what, if anything, does it have to do with spirituality and the science of the Soul? Let's see if we can 'shed a light' on light from two apparently diverse perspectives - modern day science and esotericism.

### A bit more science

An obvious question to ask before looking into the nature of light is, "*how is light created?*" After all, the 'beginning' is generally the most perfect place to start when investigating the origins of anything!

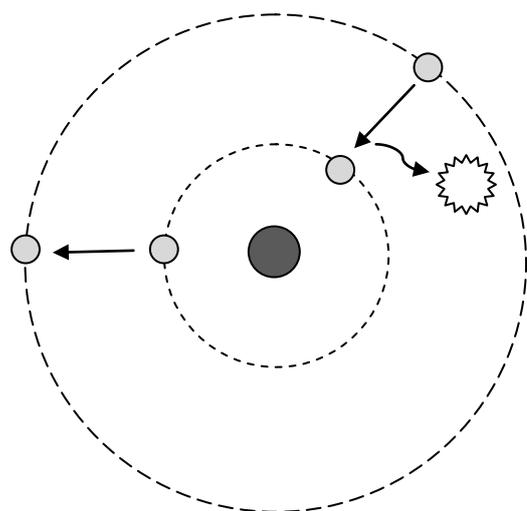
Light begins with the most fundamental building block of matter – the atom. Everything in our physical universe from the simplest life form, such as a hydra, to the most complex star systems and galaxies, extending to the far reaches of the known universe, is made up of atoms – trillions and trillions and trillions of them. Naturally,



**Atom**  
Electron orbits  
central nucleus

this includes you and me!

An atom has three components - neutrons, protons and electrons (it can be made up of than one of each) – with most of its mass centred in the nucleus where the neutrons and protons live. Electrons are free flowing, just like planets, and orbit the central nucleus in a way that is similar to how the earth orbits the sun. In effect an atom is



**Atom**  
*Showing 'excited' electron releasing photon as it returns to original orbit*

just like a mini solar system. The electron's orbital path is at a set distance from the nucleus until it gets 'excited' by an incoming energy force (such as heat from the sun or a star) at which point it shoots out away from the centre; the greater the incoming force, the greater the energy impact, and the further out it goes. This action creates an unstable condition in the atom as a whole which it quickly seeks to redress. As balance is restored, through the effect of cooling, the electron returns to its original orbit, releasing energy in the process. This energy takes the form of a packet of light, called a photon.

Just to add some perspective, a cube of sugar contains as many atoms as there are stars in the universe, so consider how many we have within us. We are quite literally made up of more than a million mini universes (to hazard a guess) and filled to bursting with light potential! If this is the case then why do we not feel 'light'? Why do our gross material bodies feel so dense? And why, if we are made up

of so much latent light and energy, do we, as sentient beings, look to the outer world to sustain us? Imagine how it would be if we could tap into these infinite resources within us. Not only would be healthy, vibrant and ALIVE, we could potentially generate enough light and energy to meet the demands of the entire planet!

So what's stopping us? Let's investigate some more and return to our little packet of light. To realise its potential we need to observe how light behaves when it travels through and interacts with the various elements of our natural world; it would also be useful to know what light is made of. Essentially, as the title of this chapter asks, *"what is light?"*

The answer to this question has fuelled scientific debate ever since Newton first put forth his theory that light was made up of 'corpuscles' or particles, apparently disproving Descartes' view that light was a wave. The question, to this day, has defied all attempts at resolution. As such, an impasse has been reached, and light is now defined as a paradox labelled, 'wave-particle duality.'

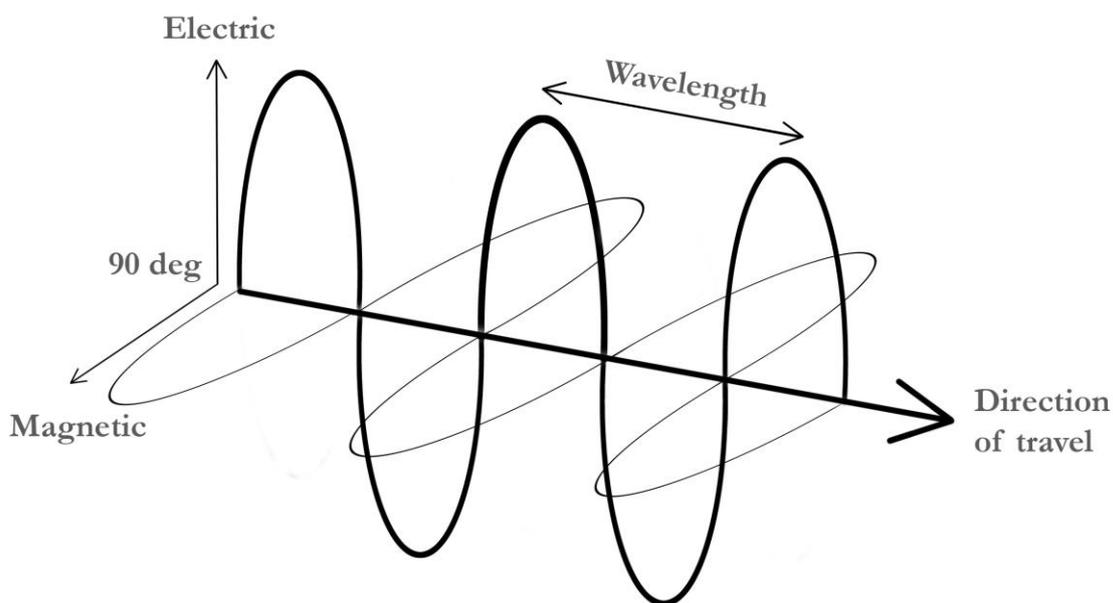
When we come to consider the spiritual properties of light, in particular using the *'language of light,'* we will see that this paradox translates to the same understanding. Nothing is cut and dried, and all is relative to the perception of the observer – you, me and, in this case, the scientist/physicist. *Walk the Rainbow* and its intrinsic elements – *Key of Light* cards - reflect this. At the end of the day, truth as we understand it is a paradox. However, as we shall see, it's not quite as simple as that either!

### **Wave-particle duality**

We have already gleaned that the light we see through our physical eyes is the visible part of a wider spectrum of light defined as the electromagnetic spectrum. As such it exhibits the behaviour of **both** wave and particle. As a wave it is made up of two wavicular components – electric and magnetic (hence the term – electromagnetic) –

which oscillate, or vibrate, in phase (both waves are at their highest peak at the same time) with each other; the component waves are perpendicular to, or ninety degrees, to each other, as shown in Fig.2 below.

Electromagnetic waves are therefore created by the vibration of an electric charge within the atom. This vibration creates a wave which has both an electric and a magnetic component as described above. It is the interaction of these two constituents, inextricably linked or 'entangled,' that enables the wave to travel through empty space; unlike sound it does not require an external medium in order to move. However, the **speed** of light **is** dependent upon the quality of the medium through which it travels being fastest, and most constant, when it travels through a vacuum such as space.



**Fig 2. Electromagnetic Wave**

Waves are measured in frequency which is directly related to colour as well as to the vibration of the components within the full electromagnetic spectrum. Radio waves, for example, have the longest wavelength and the lowest frequency whilst gamma rays have the highest frequency and shortest wavelength (as you may have guessed there is an inverse relationship between wavelength and frequency); the visible element of rainbow light sits in the middle of the wider spectrum. In terms of colour, red is the lowest frequency whilst violet is the highest with all colours in between following the natural order of the rainbow – red, orange, yellow, green, blue, indigo, violet.

*Key of Light* cards, by virtue of their suit colours, reflect this vibrational spectrum and allow you to intuitively appreciate the differentiations between the light of the Soul and that of matter, together with the part you as an individual play within the whole. The relationship between wavelength, vibration and frequency is important for when we come to consider the inner workings of the Soul and how it interfaces with us in our daily life. For instance, how many times have you felt a kinship with another person when you believe they are on the same 'wavelength' as you, and vice versa? Have you ever stopped to consider there may be a perfectly natural, scientific and universal explanation for this? Appreciating these differences from a detached scientific perspective enables you to align with the fundamental patterns of nature; life becomes less personal and more harmonious as a result.

Furthermore, can you see through observing the behaviour of natural phenomena, such as light, in our physical reality, we gain deeper insight into how things function in the **metaphysical** worlds, the realm of the Soul, as well as our inter-personal relationships? In applying these understandings to how we interact with others in our everyday lives we can make sense of how some relationships flow effortlessly whilst others fall apart. Changes in our behavioural patterns or even personal interests result in an increase or reduction in frequency, with its associated wavelength adjustment, and our journey through life takes on a whole new perspective. In short, our *'vision'* reflects an entirely new *'reality'* simply as a result of our altered vibrational state.

As a wave, when light hits matter it will behave in any number of ways depending on the type of object; the most obvious being **reflection** off the surface of a mirror. Another example, and one very pertinent to this work, is **refraction** (bending), the process by which rainbows are created. Light may also be **transmitted** by transparent surfaces like windows and **absorbed** by dark colours; black, in particular, absorbs all light whilst white has the opposite effect. Have you ever wondered why tomatoes are red, oranges, orange or apples green? It is all down to how they reflect and absorb light. In the case of a tomato, every colour is absorbed with the exception of red which is reflected back. The next time you buy a piece of fruit notice how its colour changes as it moves through the stages of ripening; a banana, for instance, begins as green, changes to bright yellow and if you leave it long enough, changes to black. And it's all down to the behaviour of light!

Again, apply this to your relationships. What happens when a joyful 'light' state of mind is put down by one who is filled with doom and gloom? The light, quite simply gets absorbed by the dark, and two grumpy people is often the end result. The reverse is true when a 'light' person meets another 'light-minded' individual or group of individuals; each reflects the light in the other resulting in healthy relations between all involved.

A quality of light defined by the term **'interference'** further serves to illustrate this concept. We will use water as an analogy to help understand the process. When a raindrop falls into a puddle or large expanse of water it creates a ripple, or series of waves, originating from the point where it lands. Subsequent droplets create more and more ripples until beautiful patterns emerge on the surface. The area where these ripples overlap is called interference. When overlaps are in sync they reinforce each other, when out of step they cancel each other out. Light waves, when passed through a small gap, create the same effect; they spread out just like ripples in a pond and 'interfere' with each other. And it just the same for us; no man is an island, as beings of light we are interacting with and 'interfering' with each other all the time!

The simple method of watching light as it passes through a confined space confirms that light is indeed a wave. However, as we have already stated, it is not quite as straight forward as this. Further, equally valid, experiments demonstrate that the moment light interacts with matter it takes on a different form; it becomes a stream of particles - photons!

Science has therefore concluded that light moves through space as a wave but interacts with matter as if it were a stream of particles; hence the term, wave-particle duality! To clarify, as soon as light, as a wave, hits a surface it becomes a stream of particles, just like water droplets. Then it moves through that medium as a wave in a like manner to the ripples in a pond. Electrons in an atom behave in the same way. Therefore, as atoms are the building blocks of matter – our physical universe in its entirety behaves in the same way as light. And that means so do you and I. Unfortunately as a race we are not in tune or in sync with the patterns and cycles within and around us. We forget we are light, and even if we remember we either resist or disown it! *Walk the Rainbow* helps you to remember and encourages you to BE the light that you are.

In the next section we will come to see that the light of the Soul reflects the same paradoxical wave-particle duality as the atom. However, before moving on to the metaphysical perspective on light, it might be worth taking a look at the overall goal of physics; what is its purpose and how does it determine the way in which the universe as we know it, works? After all, how can we form a balanced judgement on the proving in science unless we are familiar with its methods?

Essentially, the scientific method for finding out how our universe works is through observation. It creates certain conditions that it may then prove how individual particles within our physical world interact with each other, just as we have seen through our brief sojourn into the world of light. However, there is more than one way to skin a cat, so to speak, and it is in determining this overall goal of physics that the opinion of two scientific giants – Einstein and Bohr - differs.

Einstein maintained that an objective view of the universe, independent of the observer, was the goal of science; without a view of a reality beyond perspectives, science would be incomplete. Bohr, on the other hand, supported the premise that physics could not say anything about a world that is not being observed; as we are part of the known universe how can we possibly speak of a reality beyond it without our perception entering into the equation? As soon as we observe a reality beyond the physical, the simple act of observing it alters that reality. Mind-boggling isn't it? No wonder scientists have been arguing the toss for decades!

And so, to return to our opening question, “*what is light?*” Bohr would redefine it and speak **only** of observed behaviour, for example, “*how does light behave when it moves through space?*” or “*what happens to light when it interacts with matter?*” Whereas Einstein would ask, “*what exists in between the observations?*” Both viewpoints equally valid and intriguing, wouldn't you say? The German physicist, Werner Heisenberg, a founder of modern quantum mechanics, states the current position on this apparently insoluble debate:

*“It is possible to ask whether there is still concealed behind the statistical universe of perception a ‘true’ universe in which the law of causality would be valid, but such speculation seems to us without value and meaningless, for physics must confine itself to the description of the relationship between perceptions.”*

Well that's that then! To this day, science is no closer to realising Einstein's vision of a 'true' reality, and it seems like it never will. Perhaps, just like the wave-particle paradox, both scientists are right, and Einstein's utopia is right before our eyes waiting for us to wake up and see it? Or maybe we simply need to look beyond physics? *Walk the Rainbow*, whilst accepting the paradox, is a step beyond perspectives; it is an immeasurable leap into the extra-ordinary kingdom of the Soul...

### **The Light of the Soul**

Light, as set down in esoteric teachings, is a precise and authentic science. Known as the 'Science of Light Manifestation' it defines well-structured techniques for bridging the gap between Spirit and matter. This 'gap' is called the Antahkarana or, to express it in everyday terms, the 'Rainbow Bridge.' We shall soon see that it is no coincidence the title of this book and associated *Key of Light* cards reflect its purpose, not only in name but in essence; to realise the ultimate in *Walk the Rainbow* is to build this bridge of light and walk it!

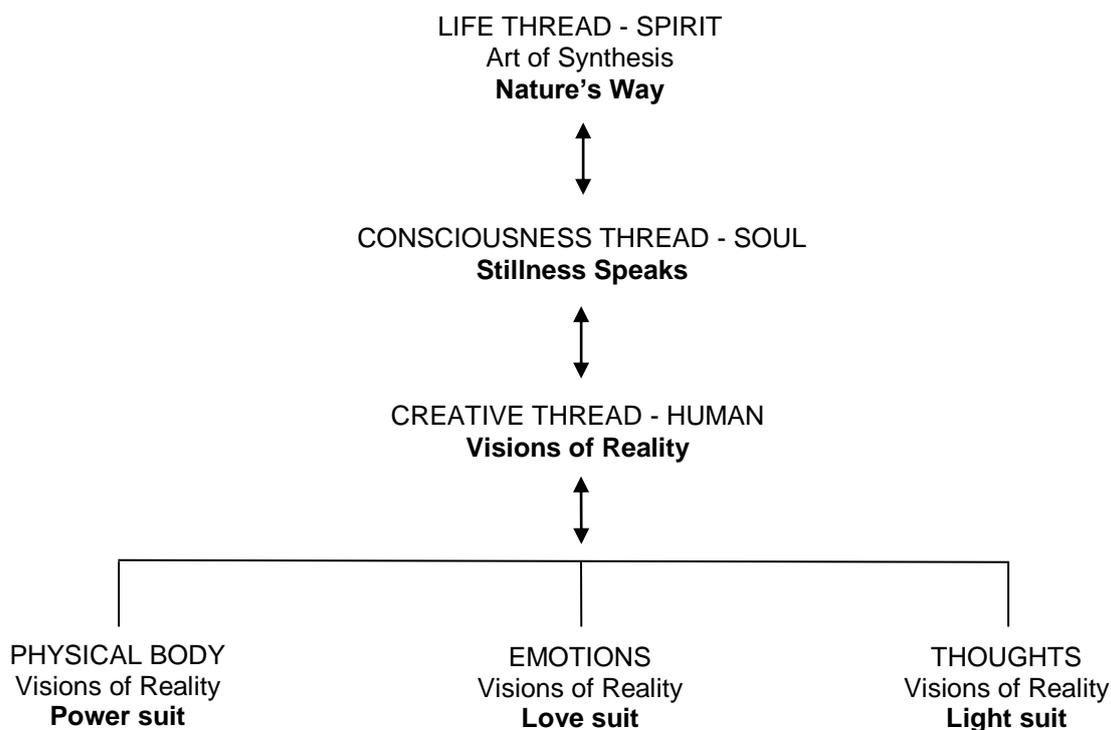
As the Tibetan, Djwhal Khul, says, “*Light is substantial, and from the angle of the spirit is a sublimation or higher form of material matter.*” Education in the New Age. Alice A. Bailey. Exceedingly close to the conclusions realised by our scientists when talking about the frequency and wavelength of colour. Remember, the whole spectrum of light, together with energy or force, is defined by these two units of measure; the realm of the Soul and Spirit is no different, they are simply higher vibrations of light, not yet discovered by physics. If we can match our light, our

vibrational frequency, to that of the Soul then we will 'see' it. Maybe the reason science hasn't realised Einstein's dream is because it simply hasn't matched its vibration to the subtle realms of Spirit; after all, at one time x-rays, gamma and microwaves were unknown?

The vibration of the Soul displays similar qualities and behaves in a like manner to light in our physical universe. It is both electric and magnetic, behaves as a wave or a particle and moves in response to certain energetic stimuli or forces. However, before looking at this in more detail it would help if we knew the structure, or at least the components, of the rainbow bridge. After all, how can we build a bridge of light if we do not know the starting point, what's on the other side, or the materials involved in its construction? This is why the 'bridge,' the materials, and the method is a science. It requires dedicated effort to know and understand the 'kingdom of the Soul;' it is not merely a case of looking radiantly serene with a visible halo of light around your head, being a 'nice spiritual person' - although that indeed may be an effect!

### The Rainbow Bridge

First of all let it be said, the Rainbow Bridge, the Antahkarana, is concerned with energy and force. **Energy** may be defined as that which **enters into** a particular form, be it human, animal, plant, mineral, etc. from a direction or source. Heat from the sun entering the atom that 'excited' our electron is a good example. Known as the sutratma or '*Life Thread*,' it is quite literally the quality that gives all forms, life. **Force** is an energy which, after due manipulation or concentration etc., is **projected outwards**. Again, using our atom as an example, it is the flash of light, the photon, created following the energetic release when the electron returned to its original orbit - in human terms it translates to our interactions with others which may be beneficial or selfish dependent upon our intentions.



**Fig. 3 Rainbow Bridge between Spirit and matter**  
*Creative Thread, triple in nature, is constructed by the human and unites with the two primary threads between body/Soul and Soul/Spirit*

Adapted from 'Building the Antahkarana' The Rays and the Initiations by Alice A. Bailey

Secondly, although the diagram above sets out the structure of the bridge in linear format, it is not linear; it is a process. There is no physical or even etheric (subtle), bridge of light as such and the 'building' can take place at any one or more of the levels at any given moment. The 'lighted way' is, therefore, a means by which each level of expanded conscious awareness enables you to be more and more 'inclusive,' more accepting towards yourself and others, and thus more illumined and 'light.' The structure, as a whole, provides a point of reference for the various stages of the journey. It also shows the role each pack of *Key of Light* cards plays in your spiritual unfoldment; the *Art of Synthesis*, shown as the life thread, infiltrates all levels, as does Spirit. *Walk the Rainbow*, although not mentioned specifically, is the process in its entirety; it **is** the *Way of Wholeness*.

Now let us take a closer look at the 'bridges.' Fig. 3 above shows the links between each aspect of divinity, each one being defined as a 'thread.' It is important to understand these threads are always there, but until you choose to align with the Soul they remain unconscious. The three creative threads connect to the human being – physical, emotional (feelings), mental (thoughts) – and entwine to become one. This then unites with the primary two, the consciousness and life threads. The arrows are two-way to show the interplay between energy and force at each level with flow being in both directions simultaneously. *Stillness Speaks* contemplation cards assist you to align with Soul qualities whilst *Visions of Reality* helps to unite the three aspects of the creative thread; *Nature's Way*, as Spirit, applies to them all.

The Science of the Antahkarana is deep and profound with many, many subtle layers within it, and so of necessity, it is introduced here simply to show the parallels between the subtle realms of the Soul and the concrete world in which we live. *Walk the Rainbow book two: understand the way of wholeness* expands upon this information and offers detailed and practical methods to build the 'bridges within the bridge.' It helps you to understand how the simple act of 'cleaning windows' in everyday life is fundamental to uniting the three creative threads; as a result the rainbow bridge to the Soul and beyond is assured and you can, with ease, *Walk a Rainbow through your life*.

## Electricity

We now have an overall perspective on the relationship and bridges between body, Soul and Spirit, so we can return to the qualities of the Soul and see how they parallel the scientific model of light. We have discovered that, as a wave, the entire spectrum of light has both electric and magnetic properties, as does the Soul. Its 'home' is the plane of mind and as such is ideally placed to facilitate the merging of Spirit with matter using the medium of thought, stimulated by consciousness. In other words the Soul knows what it is doing, there is purpose behind its actions and its function is to stimulate the human mind into waking up!

In response to its impressions, electrochemical processes in the brain stimulate neurons (brain cells) into action causing us to think. This action is the same regardless of the source, however, in the case of the Soul it results in spontaneous 'light bulb' moments that lead to a wider and deeper perspective into realms that we previously had no awareness of. Communication between nerve cells is not like any other. There is a gap, known as a synapse, between each one that has to be 'bridged' before a neural 'thought' pathway can be established; chemical messengers 'excited' by electro-magnetic nerve impulses are fired across the synaptic gap to complete the circuit.

Can you see how the excitation of an atom, resulting in the release of light, is reflected in the human brain? And how the way we process thought mirrors the rainbow bridge? Our brains, quite literally, light up like Christmas trees each time we think! Clearly there are obvious links between science and spirituality in this regard. Now if we can only gain mastery over our thought processes and understand how they translate to behavioural patterns that create our reality, we will be well on our way to living the *Way of Wholeness*; the underlying purpose behind *Walk the Rainbow* is to give you the tools that enable you to do this.

Revisit fig. 3 and you will see the thread closest to the human is the consciousness thread whose medium is the Soul. This thread is anchored in at the head, or more specifically, the brain. Soul 'force' is the incoming 'energy' that stimulates 'light' activity in the brain which forges the 'bridge' to higher consciousness. Remember the rainbow bridge is about force and energy. Change our thoughts and we change our reality – it really is that simple! The Soul, with its link to the brain, is ideally placed to assist us when we choose to acknowledge and align with its presence. *Stillness Speaks* cards are also especially attuned to this purpose. However, as the Soul responds to, and communicates through, symbol and image, **all** *Key of Light* cards will help you to raise your vibration to unite with its purpose.

### Consciousness

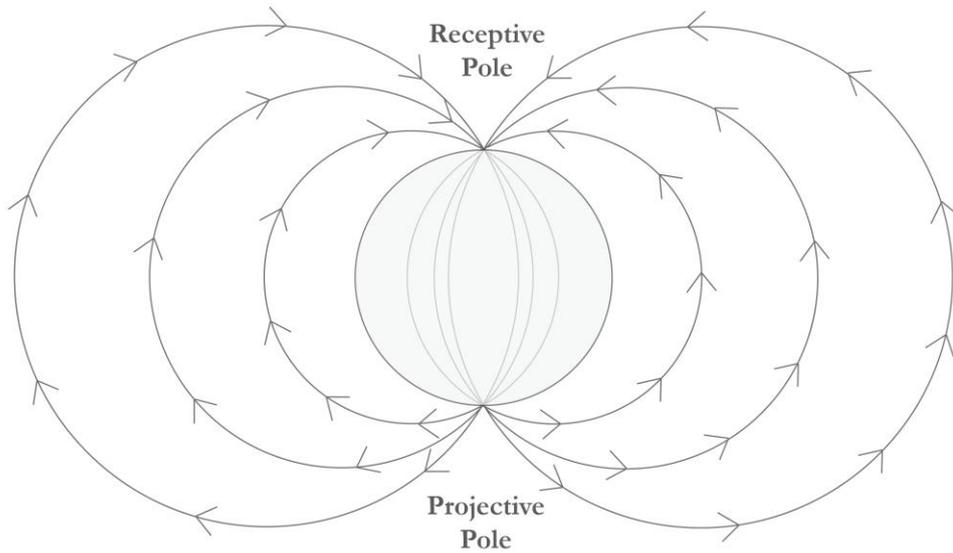
Before moving on to the magnetic qualities of the Soul, it is worth exploring the meaning of 'consciousness,' after all this is the essence of its function within the rainbow bridge. Consciousness simply means, 'to be aware,' so from the standpoint of the 'bridges within the bridge' we can assume that the creative thread is concerned with being aware, or mindful, of our thought patterns, our emotional behaviour, and our physical body, which includes the world we live in - that's why it is important to include the scientific perspective on physicality in this book! The consciousness thread is about knowing the Soul and the life thread concerns the Spirit aspect; as Spirit is everything, observing the way nature behaves, or just by being in nature, **with awareness**, is to forge a link between Spirit and matter.

### Magnetism

Magnets are attractive or repulsive and will attract or repel depending on which end of the pole you approach. Let's not forget that the earth, by virtue of its gravitational field, is also a huge magnet. The Soul is no different. In fact, the movement of energy within the rainbow bridge behaves in just the same way as a magnet. *Fig. 4* shows how energy is received at the receptive pole and pushed outwards at the lower projective pole, following the same pattern, 'energy' and 'force,' as the flow of light within the rainbow bridge. These parallels are all very well and good but what do they tell us about the quality of the Soul itself? How does it apply to daily life? And where does the electromagnetic wave fit in?

The Soul is the 'middle principle,' sitting part way, between Spirit and matter; in effect it forms a bridge, a **rainbow** bridge, between the two. It receives impulses of light from Spirit – like the receptive pole in *Fig. 4* – then transmits – projective pole - these higher vibrations using its own 'force,' consciousness, to stimulate activity in the brain of the human being. The way the energy moves between these two functions is down to the wavelike behaviour of the Soul's electromagnetism; this will become more apparent when we discuss the *Language of Light* in the next chapter.

In a like manner to light, the Soul behaves as a particle when it interacts with matter; matter being you and me. The more we become like the receptive pole and open to receive these impressions of light, the more we are one with the Soul, and the greater is our attractive force in the world. We 'transmit' a higher frequency and begin to draw towards us those who help us on our journey, those who harmonise with our message and those who would be an altruistic force for good in the world. At the same time those who hinder or harm are 'repelled' and naturally fall away. This is magnetism in action.



**Fig. 4 Magnetism**  
*Showing movement of energy  
 between two poles*

In exploring the light of the Soul we have spoken of electricity and magnetism as if their natures were independent. This is not the case; in effect they are inseparable and are two sides of the same coin. There is an inherent relationship between electricity and magnetism with changes in one causing an alteration in the field of the other; electricity always creates a magnetic field when it moves and vice versa – hence the term, electromagnetism. In a like manner, electrical stimulus from the Soul in a receptive human results in a fluid magnetic field that attracts or repels according to the vibration of the recipient.

This chapter comes to a close with a review of our discoveries. We have spoken of energy and force, frequency and wavelength, bridges of light, properties of light, atoms and neurons, consciousness, thought and mind, and of course electricity and magnetism, to name but a few! All we need do now is bring them together in such a way that science and spirituality, human being, Soul and Spirit may walk hand in hand for the betterment of the world as a whole. More importantly, as far as this work is concerned, we need to understand its relevance to *‘Walk the Rainbow.’*

It is all very well being aware of our thoughts, feelings and all that constitutes the world in which we live but what of the realms that exist beyond the known universe, the levels where there is no thought, no emotion and no ‘body’? What of Einstein’s ‘true’ reality? Is it really possible to experience these other-worldly dimensions whilst in a physical body? The short answer to these questions, as masters such as Buddha and Christ will avow, is a resounding yes! The ‘Way of Light’ is open to all.

More to the point, we have now entered an age where this is rapidly becoming the **only** way forward for a large portion of the human race. In short, humanity is waking up! This is why *Walk the Rainbow* is so important at this time; in a like manner to the Soul, it is the middle principle, the consciousness aspect that bridges the gap between the ordinary man on the street and the place where Love exists in its purest form as the radiant Light of God.

In conclusion, the obvious key to bringing all these elements together is frequency, or vibration; regardless of individual forms, be they atoms, humans, Soul or Spirit, the dividing line that determines one from the other is the frequency it emits. If we can understand and **apply** this understanding to our intimate relations, whether it is

an inner communion with the Soul or another human being, we will fluidly move from one level to the next – effortlessly! We will **be** the love that exists beyond all understanding. And if we employ the innate qualities of light, we can make of our minds a mirror and reflect this ultimate perfection into the world at large; the inner *vision* translates to the outer *reality*.

### **Personal reflection**

*In my former life as an air traffic controller, radio waves, the lowest vibration in the electromagnetic spectrum, were used to communicate with pilots and agencies on the ground. These waves were clumped together in what was called 'bandwidths' – HF (high frequency), VHF (very high frequency) and UHF (ultra-high frequency). As you can guess each bandwidth had its own exclusive range of frequencies. What isn't as obvious is that each range required a different 'box' in order to transmit and receive. Without the appropriate equipment it was impossible to communicate with other agencies either on the ground or in the air. Imagine the potential chaos that would cause! Walk the Rainbow, especially Key of Light cards, is a new box! Communication within each range of frequencies – body, Soul and Spirit – is by means of symbol, image and geometric structure; known collectively as the *Language of Light*.*