



Walk the Rainbow

One year experiential journey

With
Barbara Rose

Begins in Preston - January 2012

Introduction

The Visions of Reality mantram '*Manifest the beauty of your soul... walk a rainbow through your life...*' inspired the launch of this one year experiential journey. 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.

Life in the 21st century can be for the most part all consuming and demanding, where our wants and needs, as well as those of others, become driving forces in our lives. Inner peace, balanced relationships 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.

Nine days, spread over one year, form the foundation for the 'Journey' with intervening contemplations, on a weekly basis, being carried out in your own time. These are an essential 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.

Three packs of contemplation cards by Barbara Rose – 'Visions of Reality', 'Stillness Speaks' and 'Nature's Way' – together with ancient wisdom teachings (particularly sacred geometry and the seven rays), are employed as mediums to awaken experiential knowing of you as a body, soul and spirit - described under 'Art of Synthesis' below.

The Journey will be offered once during 2012, with spaces limited to 9, 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



Doorway

Art of Synthesis

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 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 workshops/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. **Visions of Reality** contemplation cards are particularly attuned to balancing the three personality vehicles.



Illumination



Festival of Light

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,



Bridge Across Forever

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...'*

Commitment



City of Light

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 the year, as well as the group experience, carries with it this ultimate potential.

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 and only offering one 'Experiential Journey' in 2012, my personal commitment is assured; I will be engaging with the material on a week by week basis, as you do.

Structure

Nine gatherings, spaced at 5-6 week intervals, form the foundation for the one year '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 are grouped as follows:

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

Know Thyself – Body

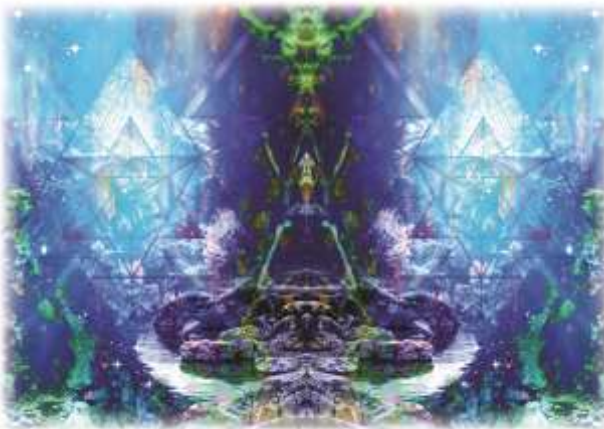
The four suits within 'Visions of Reality' contemplation cards are used to balance the physical, emotional and mental bodies whilst cultivating awareness of the spiritual body. During each of the days we will familiarise ourselves with these vehicles of expression as they pertain to us as individuals. 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 in your own time:

Week 1 - Mental	Light suit - Ray 3: love as expressed through 'Intelligence'
Week 2 - Emotional	Love suit – Ray 2: love as expressed through 'Wisdom'
Week 3 – Physical	Power suit – Ray 1: love as expressed through 'Will'
Week 4 – Spiritual	Beyond all Systems: love as expressed through all three 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 group. The Rays aligned with each suit

together with their symbols and seed thoughts will also be reflected upon.

Suggested contemplations in your own time:

Week 1 – Mind	Doorways – Ray 5: love as expressed through ‘Knowledge’
Week 2 – Heart	Journeys of the Soul – Ray 4: love as expressed through ‘Harmony’
Week 3 – Matter	Songs of the Cosmos – Ray 7: love as expressed through ‘Order/Alchemy’
Week 4 – 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 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.



Inner Earth

Suggested contemplations in your own time:

Week 1 – Thought	Clear - Seeing	Air	Spring
Week 2 – Love	Compassion	Water	Autumn
Week 3 – Form	Manifestation	Earth	Winter
Week 4 – Spirit	Unity	Fire	Summer

“It is, as It is”

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 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.

Flower of Life Research: www.floweroflife.org

*Article: The Convergence of 2012 and the Sacred Geometry of Integration: Ronald Holt
<http://floweroflife.org/rh-convergence2012.pdf>*

*Article: The Spiral and the Holographic Matrix: Ronald Holt
<http://floweroflife.org/holomatrix01.htm>*

*Article: Meditation and the Art of Merging: Ronald Holt
<http://floweroflife.org/medit01.htm>*

Seven Rays

The Seven Rays of Life – Alice A. Bailey

The Rays and Initiations – Alice A. Bailey

www.lucistrust.org



Barbara Rose is an award-winning author, visionary artist and researcher of Truth. Although ancient wisdom teachings have fired her soul since early teens, her inner journey **didn't begin** in earnest until the turn of the century, when she began to conscientiously tread a path of self awareness. In 2003, following three years intensive training, she emerged a Registered Homeopath and Infinite Tai Chi, Chi Kung and Meditation teacher. Her creative journey has flowed as a river through her life, winding its way through the outer forms, to emerge into the unique works of art they are today. She now offers the wisdom of her experience, together with her inspirational creations, in service to others; facilitating ease of transformation through talks, workshops and 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."*

About the Venue

Although meetings take place within the 'Rainbow' room, the major rooms of the house and the garden are made available to you throughout the designated times of the workshop. The garden houses a six foot star tetrahedron meditation pyramid and within the house is a small room, the 'inner sanctum', both of which are available if you would like some quiet time to reflect during the day. Please respect the sanctity of both these spaces by observing silence within the vicinity if they are being used by another member of the group.

Please help yourself to tea, herbals, coffee and biscuits in the kitchen. Fresh (oxygenated) water will be provided in the 'Rainbow' room; no other drinks or food in here please. I request outdoor shoes be removed when entering the house so you may wish to bring some slippers or thick socks for your comfort (the floor in the kitchen is quarry tiled which can be quite cool underfoot).

Finally, two furry beings (one cosmic feline and a canine Sirian) share this space (as well as fish in the garden) who quite often like to join in the proceedings (not the fish!) – they love meditation! If this creates a problem for you, for any reason, please let me know beforehand. It only remains for me to welcome you to this house and to our 'Journey'. May our union be strong and our understanding of this sacred art and each other be true.

Joyful blessings

Barbara



Resting Place

Venue, Dates and Contact

All meetings will be held at Ingol, Preston (full address on registration)

Email: Barbara@visionsofreality.co.uk

10.30am to 4pm

Know Thyself – Body - Visions of Reality

Sunday 15th January

Sunday 19th February

Sunday 25th March

Know the Self – Soul - Stillness Speaks

Sunday 6th May

Sunday 10th June

Sunday 22nd July

Know the One – Spirit – Nature’s Way

Sunday 2nd September

Sunday 14th October

Sunday 25th November

“Change is the only constant”

Investment

Special Introductory Offer: £350

Includes:

'Journey' handouts etc. including all 3 packs of contemplation cards: 'Visions of Reality', 'Stillness Speaks' and 'Nature's Way' (refund of £5 per pack if you have your own)

Light refreshments at each meeting

Support/guidance, if required, via telephone or email (preferred)

CPD certificate (upon completion) if required

To secure your place, please complete and sign the form below and email to: **Barbara Rose**
barbara@visionsofreality.co.uk

Name _____

Address _____

Email _____ Tel _____

- I enclose full payment **£300** (cash/cheque payment received by **1st December 2011.**)
- Full payment **£315** paid by credit card [online](#) (received by **1st December 2011.**)
- I enclose £50 deposit (non refundable) followed by three further instalments:
£100 by 15th January 2012
£100 by 19th February 2012
£100 by 25th March 2012

Please make cheques payable to Barbara Rose

Credit cards, via paypal, are also acceptable. Please follow this link to [register](#)

Disclaimer: You indemnify us from any legal liability, claims or prosecution. Whilst great care has been taken to ensure your safe participation, you take part at your own risk. You accept responsibility for your personal belongings and your physical, emotional and mental well-being. Thank you for your co-operation and participation.

Signed

Date