

The effectiveness of the Rainbow Bridge Techniques is backed up by the findings of Quantum Physics. It is stated that a problem cannot be solved on the same level it was created. It must be solved on and from a higher level. This is exactly how the Rainbow Bridge Techniques work. You are invoking the soul and the spiritual triad for healing complexes on physical, emotional and mental levels.

You are actively taking responsibility for your own healing, utilizing these techniques.

The **Rainbow Bridge Monadic Thread Meditation Techniques** seek this healing from a level higher than that of the soul and spiritual triad. This healing is invoked from monad via the built antahkarana (Rainbow Bridge). This is a powerful level of healing to seek and invoke. This is why it is important that Monadic Thread meditation work is not done or practiced by someone who has not done or followed the Phase One and Two Rainbow Bridge healing work properly. These preceding phases (One and Two) create a better and wider channel to draw and invoke this Monadic energy down from.

Phase Two work clears the physical, emotional and mental vehicles of the heavy external karmic imbalance (the cage), before higher monadic energies are invoked on purpose, for further deeper internal karmic imbalance healing. Of course continued Phase Two work also clears and heals karmic imbalance patterns closer to the physical body as well as internal patterns.

The Monadic Thread techniques speed up the healing and resolution of internal patterns and complexes that by nature can be harder to remove. This technique also continues to build the light body by continuing to induce weaving the monadic threads, integrating the planes of the spiritual triad and anchoring the monadic spark in the heart chakra.

With time and continued practice the Monadic Thread techniques also healthily anchor the cosmic ray path chakra down over the auric field. This technique re-weaves and anchors the creative threads that were withdrawn at the downfall of Atlantis, when hierarchy reconstructed the blue print of Initiation. With continued practice this high calibre meditation technique fully restores and anchors your divine blue print in a holistic and responsible manner.

This technique is for karmically responsible and mature advanced souls who are seeking to deepen their evolutionary journey.

If you wish to be taught the Monadic Thread techniques, **this consists of eight, two to three hour classes via Zoom over four months.** The energy exchange for this workshop is **€180** per person and includes a full instruction manual, class handouts and private class recordings. **You can repeat/refresh these classes.**

Chloe will be hosting online Monadic Thread Workshop classes in 2026, taught via Zoom classes on the following dates;

Please note as already stated *each class is between 2 to 3 hours in length via zoom.*

1. The first class will be on Tuesday, October 27th from 6pm to 8pm Irish time zone.
2. The second class will be on Wednesday, October 28th from 6pm to 8pm Irish time zone.
3. The third class will be on Wednesday, November 4th from 6pm to 8pm Irish time zone.
4. The fourth class will be on Friday, November 20th from 6pm to 8pm Irish time zone.
5. The fifth class will be on Saturday, November 21st from 6pm to 8pm Irish time zone.
6. The sixth class will be on Monday, December 14th from 6pm to 8pm Irish time zone.
7. The seventh class will be on Tuesday, December 15th from 6pm to 8pm Irish time zone.
8. The eighth class will be on Friday, January 15th from 6pm to 8pm Irish time zone.

All classes are in the Irish time zone and via Zoom.

(please see next page for an outline of what will be covered)

Outline of what is covered:

1. The monadic mantra and how to properly work with this mantra for continuing to enforce building the light body. What the monadic mantra is and the causation of this mantra over time. I will also include the Stevens adapted version of the Monadic Mantra.
2. The adapted monadic silver band of light, golden sphere and Christ Light technique and how these techniques are changed and adapted for continued aura strengthening and protection as you advance building the light body. Other complimentary protection techniques will be included as well.
3. The Phase Two self enquiry technique is worked with as a preparation technique for assisting with emotional and mental alignment. The Monadic Thread techniques start to raise kundalini energy at a higher level and techniques are given to help you put your internal life in good order as you enforce deeper initiation. We will also look at different contracts in your life (personal, professional, family and social), in different ways to avoid spiritual conflict arising.
4. The monadic daily centering and aligning technique is introduced to start acclimating you to the deeper Monadic Thread techniques that will be taught.
5. The full Monadic Thread stanza prayer sequence is taught and deeply explored. This is the technique that starts to build your light body beyond the monadic chakra.
6. The Monadic Thread stanza technique with both the adapted line form clearing and updated part to soul star radiation method are taught and practiced. Internal karmic imbalance is discussed. Discussion over the impact on your light body, in particular stage 5 and 6 of building the light body is explored.
7. And much more! After each class and in-between the eight classes you are expected to find time for practicing the meditations that are taught. You will need between 20 to 30 minutes a day set aside for the meditations explored. You will need to reduce your other meditation practices as you attune and adjust to Monadic Thread meditation work.

Please contact Chloe Folan soon if you wish to reserve a place. You may also attend this workshop as refresher training for the Monadic thread techniques.

Prerequisites: You must have a clear and wide central vertical channel, have no external karmic imbalance and already be building to your monadic chakra. A free aura check is done remotely to assess suitability for these workshop classes.

You need to be around stage 4 or 5 of building the light body with no external karmic imbalance to join these classes.

You also must have attended proper Rainbow Bridge Phase Two classes. There are no exceptions to this.

If you are at a suitable level of development for joining, you will be sent a student registration form to fill out and return.

Please contact her to arrange a booking:

[Contact Me](#)

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