

(SOURCE: *IN RESONANCE* by JASMUHEEN)

Meditation for Empowerment and The Violet Flame of Freedom This meditation, I believe, was first channeled through by the Ascended Lady Master Kwan Yin in 1982. It is covered in the initiation process into the healing modality of Magnified Healing, which is again 'overseen' by Kwan Yin. She is known as the Goddess of Mercy and Compassion and has been revered in Eastern cultures for eons of time. With her permission I have elaborated upon this meditation so that it can be used to allow beings to step into their true power – the God/Goddess state of being. The common inhibitor of the majority of individuals with whom I have worked has been lack of self-worth and doubt of their true divine nature. Often, this lack of self-worth manifests as their inability to regularly find time in their busy schedules to BE with themselves in silence. If we truly loved and honored ourselves, we would put as much effort into our relationship with ourselves, and the Inner Teacher, as we do with our loved ones. We would then find that loving and honoring ourselves is a natural by-product of spending time with the Inner Teacher! So as with all previous guided meditations in this manual, I suggest you record onto tape a version of the following meditation that works for you. This meditation can also be

obtained on tape from S.E.A. Listen and meditate on it regularly until the desired result is attained. This meditation is designed to empower us in the inner realms of being to step into our queenly/kingly selves, to open up to inner guidance after being realigned energetically using the three-fold flame of love, wisdom and power which blends together to form the Violet Transmuting Flame of Freedom. (I have also included a simple meditation using the violet flame before the meditation for empowerment.) Before we elaborate on this meditation, I would like to cover a little information and background on the Chohan of this ray and the violet flame. The Ascended Master St Germain is of the Seventh Ray of Spiritual Freedom, and he works with this flame, which is one of the most powerful energies in the universes. St Germain is known as the Comte St Germain and he has identified himself with the outgrowth of consciousness particularly in Europe. He is known also as the Master Ragoczy and it is said that he has enjoyed previous embodiments as the disciple Mathias, Merlin and even Christopher Columbus (these reports sometimes vary with the channel). St Germain's energy was prevalent in the early Americas overshadowing the writing of the Declaration of Independence. He also channeled the I AM discourses through medium Godfre Ray King. In my personal dealings with him, he advises that he is now overshadowing many to utilize the media in a

positive manner so that information can be brought through that is inspirational and also illuminating. Archangel Zadkiel works beside him in assisting in ushering in the new Golden Era by teaching humanity how to transmute the negative energy we have accumulated into light. They do this by using and upholding the radiance of this flame of forgiveness. St Germain is also known to use the amethyst jewel, which is the condensation of the violet ray.

The freedom brought by working with the seventh ray is the freedom from the cycle of life and death; the freedom to do the will of the Mother/Father Creator God; the freedom to rise above earthly limitations; the freedom to recognize the divine life force that exists within all of creation and the freedom to relate to this divine force with peace and love and understanding. Freedom is to recognize that this divine life force is God expressed in countless, myriad's of individualized form and then to further recognize the wholeness of which everything is a part. Freedom is to release the veils of separation and ignorance and to know that in joy, in safety and in harmony, we can step into the unknown!

“The Eternal Law of Life: What you think and feel you bring into form; where your thought is there you are, for you are

your consciousness; and what you meditate upon, you become.” - St Germain

Affirmations for Freedom by Forgiveness using the Violet Flame

Through the power, love and mercy of my beautiful I AM Presence, I call upon the Violet Transmuting Flame to blaze forward within me to transmute all that is not of the highest flame of light. I forgive ... I forgive ... I forgive ... through my compassion, love and mercy all that is tangible and intangible that has ever wronged me in any way, and through this Violet Transmuting Flame of Forgiveness I am now freed and liberated to move forward within the love of the violet ray of God's Holy Spirit so that I am forgiven and freed from the cycle of karma from the constraints of the laws of cause and effect. I thank the beloved Source of life for this flame of forgiveness this flame of freedom.

I am new and today I shall bring newness to my life and I shall express as spontaneously as I can my power into this world as it presents itself to me. I call upon the forces that work with my soul to create my world. I call upon these

forces now to bring to me these elements that would draw forth my talents, that I may discover it.

- Merlin

Meditation using the Violet Flame

- Get comfortable where you will not be disturbed. - Tune yourself with breath and light work as previously suggested. - Take deep breaths, then visualize yourself standing in the Great Silence and see yourself in the centre. Visualize a pillar of golden yellow light of Divine Wisdom. - To the right behind you, visualize the pink light of Divine Love. - To your left behind you, visualize a blue light for Divine Power. - Now envision the three flames or pillars of light blending into a circle around you, with the gold in front, the pink on the right and the blue on the left. - Feel the energy and the activity as these three aspects penetrate every cell within your physical system, and as it does so, focus your attention in your heart where the three-fold flame sits as that spark of divinity within you.

- Now see the three-fold flame expanding to meet the pillars of light around you, blending all harmoniously

within and without. - Now with your heart centre visualize a large disc of golden pink light expanding from your heart flame. - Affirm to yourself three times – ‘I AM the Ascended Master Freedom’. - Now in your mind’s eye, in the third eye of your sixth chakra, visualize a large disc of blazing white light from the ascended realms. - Feel it expanding into your very being. - Affirm to yourself three times – ‘I AM the Ascended Master Consciousness’. - Now visualize the golden pink light of wisdom and love within your heart, rising up to your third eye and see it blend with the blazing white light. - Visualize a beam of light extending now through your crown chakra right up to your beautiful I AM Presence, connecting all in unison. - Now repeat three times – ‘I AM that I AM’. - Feel the Ascended Master Consciousness and Freedom and envision it coming back down through your sacred spine, through your chakra system. - Picture the light blazing forward now into your beloved Earth Mother, to all humanity, to our continent, to any beloved group, family, and friends. - Visualize this light circulating around each person within this group and connecting the flame within your hearts as one. - See one big circle of great white light combining all energies and know that you are the perfect God essence, that you are made in the perfection of God’s image. - See this thread of light connecting back to your heart, back up to your third eye, returning to your I AM Presence. - Now pour forward

to your I AM Presence the gratitude and the love that you have for yourself and ask by the grace of God that your I AM Presence continue to pour forth this perfect activity into daily life and your physical vehicle. - Now through your beloved almighty I AM Presence call forward the invincible Violet Transmuting Flame asking for purification and transmutation. - And so it is!

Meditation for Empowerment

This meditation is designed to connect you with the God/Goddess within, and to be empowered using the violet flame.

- Again get comfortable where you will not be disturbed. - Let us begin – close your eyes. - We are about to commence the journey to the inner realms. - Begin to tune yourself with light and breath work. - Breathe slowly, rhythmically and deeply - Feel this breath moving through your physical body and release all tension. - Imagine that you are in a tall building on the tenth floor.

- As you step into the elevator and begin to descend, you count backwards, breathing one connected inhale and exhale between each count, allowing yourself to relax

deeper and deeper as you descend ... 10 ... 9 ... 8 ... 7 ... 6
... 5 ... 4 ... 3 ... 2 ... 1 ... 0 .. - The doors of the elevator
open. - You find before you a most beautiful sanctuary. -
Let your mind wander and create as you open up your
inner senses. - The sky is a brilliant blue. The breeze is
gently blowing, birds are singing. - You see before you a
crystal stairway and you begin to climb, slowly leaving
your cares, worries and concerns and even the planet
behind. You seem to be climbing into the centre of the
very universe. - As you absorb its vastness, you begin to
feel so small – like a speck, an ant, an atom ... so small that
you can now simply step into the chambers of your own
heart. - As you stand now in the inner heart chamber, you
see before you the three-fold flame of pink, golden white
and blue. - You move forward gracefully and step into the
pink flame – the flame of Divine Love. - Feel its soothing
energy whirl around your feet, moving up around your
body like a gentle mini tornado. It engulfs you and then
infuses through your body, through all your energy fields. -
It fills every cell with its soft loving pink energy, its
vibration of love. It is as if you are standing in a shower of
love. It surrounds you, moves through you, realigns you to
its vibration. - Breathe its energy into the very heart of
your being. - As you exhale, release the energy of love
from within your cells, for it resides there also. - When
ready, you step into the flame of Divine Wisdom, its

golden white light wrapping itself around you – around your feet, up over your head. - Then it also infuses through you, and as it does so it activates all the positive cellular memory that you need to utilize in your life now. - It aligns you with Divine Intelligence, reawakens you to the knowledge of all universes – to sacred wisdom, to higher knowing. - You feel alive, loved, connected to all. - Breathe this energy into every cell as you stand within this flame. - Take three deep breaths. - You feel the blue energy of the flame of Divine Power now begin to encircle you. - As it does so, and as it moves through the centre of your very being, you feel empowered – as if you can do anything, achieve anything, you feel determined, filled with love, filled with wisdom, filled with a strength of purpose. - Breathe this new-found awareness and inner strength and power into every cell. - The three flames dance around your being, blending their energies into one powerful vortex – its color becomes violet in hue. It is the Transmuting Violet Flame of Freedom. - As it swirls around you, you begin to dance, to spin – clockwise, anti-clockwise – the direction does not matter.

- You feel yourself becoming freer as you spin around, as if all unwanted matter, negative energies, psychic bonds are being broken or simply jettisoned from your energy field. - Visualize yourself to be spinning in the centre of this mini

tornado of violet light. - Visualize all emotional baggage and limited belief systems being flung off into the atmosphere around you and dissolved by light. All that no longer serves your highest good and divine unfoldment leaves you now. - Feel this flame move through your cells as you dance – realigning you, freeing you, dissolving all dross, pollutants and negativity in your cellular structure. You continue this spinning dance until you feel so light you could float away – so free and unencumbered, joyous. - Breathe deeply of this new energy that engulfs you now. - So you have been bathed in Divine Love. - You have felt the flame of Divine Wisdom activate all higher knowledge within you, have been empowered and then set free. - As you step beyond this flame, you see before you now a most beautiful throne. Notice its color, its texture – perhaps it is crystal or gold and bejeweled. - Pause for a moment. - You have a sense of a robe being placed around your shoulders. Feel the texture on your skin, notice its color. - A crown is placed upon your head. Is it plain or jeweled or crystal inlaid? This is your coronation. You are the king/queen, God/Goddess of your inner realms. As you sit upon your throne, you feel as though you have stepped into your true divine nature – your God Self. - You contemplate any problems you had before entering this magical place. - You ask for guidance. - You are still and listen. - You breathe slowly, deeply and connectedly and

begin to visualize how you wish your life to be – knowing you have the love, wisdom, power and freedom to create wisely. - Allow your mind to drift, to fantasize. - Allow higher vision to click in and reveal itself to you. - Take deep, connected, fine breaths. - Feel your Divine Self alive and activated within you. - Feel it grow and expand with every inhale and every exhale. - As you breathe, you feel yourself becoming larger and larger and, still seated on your throne, you find yourself now once more on top of the crystal stairwell in the centre of the universe; for not only are you the God/Goddess of the inner realms, you are empowered to rule wisely over your universe, over all aspects of your life. - As you rise and begin to descend this staircase you affirm what it is you wish to create in your life with each step down ... - I AM healthy, I AM vibrant, I AM radiant. - I give and receive love easily in all aspects of my life. - I enjoy loving, positive relationships with all in my life. - My life is joyous and abundant.

- Affirm what you wish with each step. Feel more empowered as you do so. - You see Planet Earth before you. You look upon it with eyes of love and compassion knowing that the God/Goddess within you is also within all sentient beings. You send powerful beams of loving healing energy into the Earth and into the hearts of all her

inhabitants. - Finally, you step back into your garden. - You pause to remember your experience, any messages your Divine Self may have whispered to you, any visions you have accessed and any decisions you have made stay fresh in your memory. - You feel a deep sense of love, of peace, a quiet inner knowing of true empowerment.

Meditation for Manifestation

If you wish to manifest something in your life, you may wish to apply the following guidelines and then try the meditation for abundance that follows.

- The first requirement for manifestation is to be clear about what it is you wish to attain. - Next, write in ink the 'activity' or 'thing' you wish to manifest in your life. This anchors the application in the etheric as well as in the physical. - Let it sit for 24 hours (one cycle) undisturbed. This allows the energy to go forward into the universe to build enough momentum to attract the Law of Manifestation back to you. - After 24 hours burn the piece of paper and recite this decree: 'My beloved magic I AM Presence, through the power of your flame bring this application into physical manifestation. I now release this into the three-fold flame of my heart'. - Have no

attachment to it or to the outcome – this is called the ‘ritual of completion’ where the burning releases the energy. Meditation for Abundance or Manifestation

- Get comfortable, close your eyes. - Tune yourself with breath and light work. - Visualize yourself standing on top of a tall mountain overlooking everything. - Feel as though the air is super-charged with electrical, magnetic energy. Breathe this air into you slowly, feel it filling every cell. Feel as though you are becoming more and more charged, more energized as you breathe this air into you. - Breathe it through the pores of your skin. - As you exhale, breathe back out into the atmosphere love and gratitude for all that you have in life. Feel as though you are giving love to the world. - Continue breathing in and out, feeling empowered, energized on the in-breath. - Visualize on the in-breath that whatever it is you are seeking, is attracted to your electromagnetic force and gently flows back to you with each inhale.

- Then as you exhale, send back love and gratitude for the receipt of your desire (if we wish to receive something we must keep the energy balanced by giving in return. Sending out the energy of love into the world is very empowering to the sender and receiver.)

Practice the above visualization for five minutes morning and night. Some say that for manifestation to work all you

need to do is to be clear about what you want, ask once and then let it go, assume the message has been received and do not doubt that it will be attended to. However, it is also good to create the habit of seeing yourself 'tune up' magnetically and attract to you what you wish, as this vision lays the seed in our mind that we are creative beings. Try both and see what works for you. Apart from doubt that many have about their ability to manifest, the next most limiting factor is the belief of lack of deservability. When we can overcome these two factors, manifestation becomes automatic and faith in our ability grows with success. When we also truly understand the Law of Resonance, where like attracts like, we also realize we can manipulate our energy fields to create the life we desire. True manifestation is the ability to create via thought alone without physical action.

In summary: 1. Intention: Think it and make sure your intention is for the highest good for you and others. 2. Definition: Say it clearly and specify a time frame you wish to achieve this. Spirit knows no linear time so it may be brought to you years hence! 3. Deservability: Know you deserve all you desire if your intention is pure. 4. Desire it: Write it down in a positive format. 5. Action: Do it. Do all you can do yourself to make it happen, then let it go and

trust it will be done. If you always act with integrity and do not doubt you will succeed. If we are tuned in synchronistic alignment with Divine Will and have no internal saboteur programs running, then anything we wish to make manifest must come to pass.