

VIOLET FLAME

What is the Violet Flame...

The Violet Flame is a decree (a rhythmic prayer) that calls forth a powerful spiritual energy. This light-energy, combined with visualization, has the special quality of erasing and transmuting negative aspects of ourselves. Mystics through the ages have known how to use this energy, but it wasn't taught until the 1930's when the Ascended Masters (St. Germain of the 7th Ray) gave it to us again. It frees us from painful memories, our own human discord, our imperfections.

“The Violet Flame goes after the schisms which cause psychological problems that go back to early childhood and previous incarnations. These have established such deep grooves within the consciousness that in fact they have been difficult to shake lifetime after lifetime.” – St. Germain

The Violet Flame literally raises your vibration. It connects you with Source and removes obstacles. It erases karma that has accumulated around your soul, from this and other lifetimes. “The Violet Flame forgives as it frees, consumes as it transmutes, clears the records of past karma (thus balancing your debts to life), equalizes the flow of energy between yourself and other lifestreams, and propels you into the arms of the living God.” (El Morya)

How it works...

The Violet Flame cleanses negative energy within your cells, almost like a detergent. It transmutes anything negative that is lodged anywhere in your physical or spiritual being. It acts on anything from self-loathing, to viruses, to difficult relationships, to chronic behaviors. The Violet Flame also erases the negative records, memories and connections of karma. This makes room for the positive, freeing your soul to move on to higher levels of existence.

Physically speaking, the Violet Flame works within the spaces between the electrons and nuclei of every cell, where energy has become clogged. Energy oscillates rapidly between the Flame (which is Spirit, +) and the nucleus (which is Matter, -), effectively “scrubbing” at the clogged areas. This scrubbing action ejects and dissolves the particles of dense substance, and the Violet Flame consumes them, changing them into pure light energy. This transmutes the negative energy to positive. The cells' electrons now move freely again, and the cells are restored to their natural purity.

The Violet Flame raises the vibration of your cells and tissues to their natural healing frequency. This is because your “spiritual vibration” is defined as the rate of spin of electrons around the nucleus, and your electrons are now freed up. Your new vibration is at the vibratory rate of your higher self and mind. Thus the Violet Flame reconnects you and restores your natural resonance.

The basic practice...

The Violet Flame practice simply involves repeating a mantra. You can work with it as a formal meditation, or spontaneously during the day. The key to its effectiveness is regular practice...the more you use it, the stronger its action will be in your life.

Meditation:

1. Set aside a special time of day, go into meditation with spine erect and no limbs crossed.
2. Do some conscious breathing to center yourself.
3. Visualize a tube of white light surrounding you from Earth to Sky, containing you and the Violet Flame work (this protects and seals you).
4. Bring your awareness to your crown, open it consciously, and let your awareness rise upwards to the "I Am Presence". Call upon this presence to bring for the Violet Ray: "Mighty I Am, I call forth the all-consuming, transmuting Violet Flame, manifesting the Violet Ray." You may wish to call upon the archangels, ascended masters and elementals as well.
5. Envision the Violet Ray pouring down from your Supreme I AM Presence, all the way to your feet, and there igniting into the Violet Flame, completely engulfing the physical body and all the subtle bodies: etheric, emotional, mental, astral, causal, and spiritual. Imagine this brilliant Violet Flame extending high above and all around you (six feet to each side, nine feet high)...with the tube of white light around it.
6. Request that this all-consuming Violet Flame transmute all negative energies to positive in your bodies, your consciousness, the Earth and all beings. Add any specific requests or intentions if you wish. Say "thank you".
7. Choose a decree, perhaps starting with the simple one below, and say it nine times...or for 15 minutes...or longer...each day.
8. Start slowly, and over time you will be able to speed up and get a good rhythm and speed going in your chanting. As you increase your speed, you will find the decree to be more effective in raising your vibration. Let it come naturally.
9. Once you have memorized the decree, add visualizations – they greatly empower the verbal practice.
10. Meditating in this way, we can quickly advance our own "Remembrance" and bring healing energy to our precious Mother Earth. Of course you can improvise in any way you choose to create a meditation that works best for you.

To use the violet Flame during the day, simply visualize the flame and say a portion of the decree. Let it help you get through difficult moments or raise your energy.

Basic Decree: (these words were given by the Ascended Masters, and as such carry a great deal of intrinsic power)

(over)

Basic Decree:

**I Am the Violet Flame in action in me now
I Am the Violet Flame, to Light alone I bow**

**I Am the Violet Flame in mighty cosmic power
I Am the Light of God, shining every hour**

**I Am the Violet Flame, blazing like the sun
I Am Light's sacred power, freeing everyone.**

Note that the use of "I Am" is important in invoking Light, truth and power for all words that follow.

Cumulative Effect: As you do the decree over and over each day, it builds in a cumulative effect. This means that it not only works more and more on helping you to release the past and release any negativity that you may have thought or felt towards others or yourself, it moves out and provides protection, both in the present and smoothing the way for the future. It is truly a marvelous thing. St Germain has said that if people only could see what they had been protected from by using the Violet Flame, they would never stop doing it.

Resources:

Elizabeth Clare Prophet's book, Violet Flame: [To Heal Body, Mind and Soul](#)

Nine Steps for Putting the Violet Flame into Action in Your Life, from the Prophets' website:
http://www.tsl.org/violet/nine_steps.asp

Sai Maa's website: <http://www.humanityinunity.org/HIU/Teachings/VioletFlame/index.cfm>

Another link: <http://www.mykwanyin.com/violetflame.html>