



The violet flame meditation is one that is near and dear to my heart. It's a tool for purifying, grounding, clearing, and releasing. I've used it to transform intense feelings, clear psychic attacks, and as a strengthening tool for my auric fields.

The ascended master associated with the violet flame is St. Germain. He is the guide of the seventh or violet ray of light/energy. It is said that the simple version of the violet flame mantra was transmitted directly from him.

The violet flame is transmutational energy. When you invoke this energy, you are invoking powerful, transmutative energy for whichever purpose that you see fit. It works on your energy fields and effects may not be seen in the physical for days, weeks, or months to come – depending upon what you are working on.

Example: If you are using it to clear the negative energy of someone whom you've recently spent time with, this may clear quickly (hours to days). If you are using the violet flame to transmute decades-old or lifetimes-old stories and beliefs about yourself – this may take weeks, months, or years to see the physical effect.

The energy is purifying and can be used/invoked daily or many times a day, depending upon what you are working on.

Ideally, you'll create sacred space. Light a candle, do some deep breathing, call in your spirit guides, and/or feel free to call in St. Germain. Perhaps invoke the Violet Ray.

What you want to do is to get into a meditative, clear-minded state. Or as clear-minded as you can muster. Close your eyes and visualize a violet flame above your head. As you recite the following mantra, a picture that you are drawing this flame down through your chakras from your Crown down to your Root and allow the flames to then circle back up to the Crown and continue this process until you feel complete.

I am a being of Violet Fire
My purity is God's desire

The above process can be used to simply transmute yourself and your energy, with no further, specific intent.

Furthermore, you can use it for yourself, for situations, habits, and relationships, and you can offer it to others in your meditation.

If you'd like to use it to say, transmute fear: State that you are invoking the Violet Flame to transmute fear. Picture yourself enveloped in fear, to begin with, and allow yourself to see your transformed self after you've run the violet flame through from crown to root, and go a few more rounds seeing yourself without the fear.

When doing energy work on behalf of other people – it is a huge No-No to try to affect someone's free will. Using the example of a girlfriend who you no longer see eye to eye with – it would be a No-No to see her as apologizing, or arguing less with you, etc. It would be a Yes Yes to visualize your friend, Mabel we shall say, as a being of violet fire and that her purity is your desire. Picture Mabel as smiling, perhaps seeing the two of you in peaceful conversation, etc. using images of faith, and hope, without ego affectations; doing so ensures that you aren't working to manipulate her free will but to purify the situation, the friendship, etc.

Here is a more involved decree that you can use from Elizabeth Clare Prophet:

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 a sun.

I AM God's sacred power;

Freeing every one

It is recommended to repeat it nine times – I like to repeat it seven times as it is the seventh or violet ray.

Aside from attempting to usurp someone's free will, there is no right or wrong way to use this meditation. You can use it to clear karma, adjust soul contracts, revise timelines, or heal the planet.

Enjoy the power and transmutation available to you, through this practice!

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