

The Violet Transmuting Flame

If someone gave you a tool that could balance your karma, remove negativity, heal all imbalances that you have allowed into your body, mind, emotional and spirit system, release and gently melt away all misperceptions about who you are would you accept it, and would you use it?

I hope you answered yes! Because you **have** been given just such a tool. It has been given to all of us by the Holy Spirit through St. Germaine and the keepers of the seventh ray of consciousness, the Violet Ray. The only catch to this gift is that the tool is invisible, and you must use it with faith, knowing that it is doing the job for you, even though you may not have tangible perception of the process at the time. But rest assured, whenever you call forth the Violet Flame to assist you in any way, it is there on the job doing the work in magnificent grace, ease, thoroughness, and only in a way that serves your highest good. You *will* see results from this tool!

I teach many practical tools for living in greater mastery. I must say that if you only use this one tool, and did it regularly every day for 15 to 30 minutes at a time, your life would be changed in ways you cannot even imagine. It is gentle and powerful at the same time, it is a miracle from God that has been available to only those students of the great spiritual mystery schools for these many thousands of years past. But due to the magnificent times in which we are living now, this tool is available to any true seeker of the Light, and of Love, and of Truth. I beseech you, take advantage of this remarkable tool. For when one of us lifts our vibrational frequency we are all lifted. Just do it! **Pleeeeeease!**

It's easy! All you have to do is simply state out loud with confidence:

"I would like to be connected with St. Germaine and the keepers of the Violet Transmuting Flame please."
"Please blaze the Violet Flame through all levels of my physical body, emotional body, mental body and spiritual body, and/or this physical space for the next twenty minutes to transmute any energies that are unloving, unkind, not mine, stagnant, darkened, or ungrounded. I do this from the attitude of love and not negation. I ask this be done in the name of Love and in a way that serves my highest good."

Then you simply keep your focus on the color purple and on the decree; **"I AM given access to remember my purity by Divine Love."** You must add your intention and focus to this process to make it most effective. You may also repeat the mantras, I AM, I AM Love, I AM Light, I AM Truth, I AM Peace, Violet Fire Cleanse Me Now!

IMPORTANT: When you are finished with the time allotted, simply say thank you and ask to be **disconnected** from St. Germaine and the keepers of the Violet Flame.



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Helpful Hints for Using the Violet Flame

♥ It makes it easier to visualize the flame if you hold a small piece of amethyst stone, or a purple cloth or ribbon in your hands or on your lap as you use the Violet Flame for clearing. I have made myself a beautiful purple velvet meditation shawl that I wrap myself in when using the Violet Flame. It is a simple ritual that helps to ground the energy and make the habit more fun. You can also teach this powerful tool to your children and use purple paints to keep the child focused on this tool.

♥ You may use the Violet flame in a general manner, which is the process described on the previous page, or you may use it more specifically. I have listed below some specific examples. Be creative, it works in many wondrous ways!

Blaze the Violet Flame through an injury or disease you may be experiencing.

Blaze the flame through any negative feelings you may be having toward another person or circumstance. You do not have the right to use the flame on someone else specifically but you can use it to cleanse the energy *between* you.

Blaze the Violet flame for any kind of disease, surgery, dental work, or other medical procedures to transmute any physical, emotional, mental, or spiritual trauma while you are going through the event. You can ask your higher self to hold the focus for you if you are going to be unconscious.

Blaze the flame through your home/office/old household items! Use the flame to clear out your home! You wouldn't think of not cleaning your house for years at a time. So clean your energy space too! Make sure to call back your Spirit (*personal energy*) from any personal items you sell, discard or give away. A great return on just minutes a day invested! The Violet Flame and St. Germaine is the Great Alchemist! Use it!

Blaze the Violet Flame through fears, or grief! If you tend to be one of those people who worry and fret all the time and experience a great deal of inner fear; let the Violet Flame transform that inner habit. Ask the flame to transmute and transform your habit of worry and fear or excessive grief from a broken heart or deep loss of any kind if you are having difficulty emerging from the grief.



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Use the Violet Flame for forgiveness! The flame helps us to forgive people, places, and circumstances that we may be holding grievances towards. If you sincerely wish to let it go and forgive this event or person(s) completely, the Violet Flame can help you tremendously in the forgiveness process. *Let go!*

Use the Violet Flame to blaze away your self judgments, illusions and feelings of unworthiness, illusions of despair or depression, or any other negative feelings you might be holding within yourself. *Set yourself free!*

Use the Violet Flame to melt away shame! If you have experienced sexual, mental, emotional or physical abuse of any kind you may have integrated into your system a great deal of shame. In my experience most of that shame does not even belong to you. It is the shame of the perpetrators of the abuse that you have absorbed. No amount of psychological therapy will remove other people's shame that you have absorbed. The ONLY true solution to a permanent and effective release of others' shame is an energetic and spiritual clearing approach. The Violet Flame can save you tons of money on therapy and is far more effective. Please remember "*Shame is a sham!*" It is not your job to carry the backpack of someone else's shame! Then use the Violet Transmuting Flame on any of your own illusions of shame that you may be holding.

All you need to do is state out loud which event or cause of shame you would like to clear. Then blaze the violet flame through that experience as you forgive all people, places and circumstances related to that experience.

The Violet Flame can clear past physical wounds. Whenever we experience a physical trauma of any kind, be it from an accident or a surgery or from abuse, that wound holds within it emotional, mental and spiritual scar tissue, as well as, the physical scar tissue. This creates blockages or "holdings" in your physical, emotional, mental and spiritual bodies. Blockages then prevent life force energy from moving through you more efficiently. This dynamic is disempowering to you on many levels. Just blaze the flame through each and every wound you have ever had and it will free up energy pathways you can then use to create more of what you want in life. *Set yourself free!*

Blaze away doubt! Many people fall into the trap and illusion of self-doubt, or doubting the Universe when they want to make a change or make a dream come true. Those doubts can paralyze you and they certainly restrict the creative energy of the Universe in working with you. Just ask the Violet flame to blaze through those doubts and keep holding the focus in your heart and mind for the change you desire. *It really works!*



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Blaze away habits that are no longer serving you! Changing a habit or clearing an addiction pattern can be hard work. The process can be made dramatically easier with the use of the Violet Transmuting Flame. If you are trying to clear an addiction of any type, or just an old habit that you desire to be released, blaze the violet flame through *all the reasons for the causes, and causes for the reasons of the habit*. You will be amazed at the results!

My Two Favorite Uses for The Violet Transmuting Flame

♥ When you are walking through life just minding your own business, and whammo, all of a sudden something alarming or disconcerting happens. Whatever takes you out of the Peace of God, just call forth the Violet Flame ***immediately*** and blaze it through that circumstance and all parts of your being. Right then and there! There is no need to carry any stress or discomfort, for even a few hours, let it go and give it to the flame as soon as you can! This is one of the most efficient, and easy energetic clearing tools available to us, all it requires is intention and focus. When in doubt . . . use the violet flame!

♥ For five to ten minutes at the end of each day, just before going to sleep, ask the Violet Flame to transmute any negativity or energies that do not belong to you that you might have absorbed on any level of your beingness during that day! Add to this your Daily Completion habit and you are now clear for take-off into the delightful dream with Spirit. You don't have to go to sleep in the negativity of the world. Go to sleep in the Peace of Spirit, you will feel better in the morning.

Sweet dreams!



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A Centering Practice

Given to Jennavieve by St. Germaine

- 1) Stand with your feet shoulder width apart and knees slightly bent.
- 2) Hold your arms out wide as if you were hugging a BIG tree.
- 3) Say aloud in a strong and assertive voice, **“By the power of my own Divinity I COMMAND *all bodies come to center!”** As you are speaking this phrase bring you arms together in front of your heart center in the prayer position with your palms touching each other.
**All bodies refers to your physical body, your emotional body, your mental body and your spiritual body, and your etheric or subtle body.*
- 4) Now move your right arm straight up pointing to the sky and say out loud in your commanding voice, **“By the power of my own Divinity I command all bodies source to God!”**
- 5) Bring your right arm back to center and into the prayer position again.
- 6) Now move your right arm down pointing to the earth and say once again in your commanding voice, **“By the power of my own Divinity, I command all bodies ground to earth!”**
- 7) Now bring your right arm back to center in front of your heart and repeat out loud three times, **“I AM, I AM, I AM!”**
- 8) **Breathe deeply** at least five times and enjoy the feeling of being centered, balanced and focused. Be in control! You (**Your Divine Aspect**) are the captain of your ship, the master of your fate and the Creator of your Life!
- 9) You may also add: I am the Peace of God, I am the Joy of God, I am the Power of God, I am the Love of God, I am the Wisdom of God, *or whatever phrase fills you with peace.*



This process is simple and very powerful. It is best done with the postures, however if you are in a situation where you are feeling way out of balance and cannot do the postures for some reason, simply say the words silently in your mind and it will work that way as well.

This Centering Practice works on the Universal Law that the Divine in all things is the Master intelligence. Your mind, your body, your emotions MUST respond to this command. It is Universal Law. Use it for your advancement.

I recommend using this tool at the start of each day and throughout the day as needed. It will help keep you strong, focused and in control of your energy. It is a powerful tool to use as you walk step by step toward your Mastery. It can also lower your blood pressure and assist your body in its own daily healing and balancing process. Apply this tool immediately when something or someone triggers a strong reactive emotional response in you. This will get you back in control of your emotions so you can learn from them and move on!

