

# VIOLET FLAME

## Manual



# VIOLET FLAME



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## THE ALCHEMIST'S DREAM

The Violet Flame is a tool of self-transformation. Physical experiments in alchemy whereby base metals are transformed into gold are symbolic of what the Violet Flame does.

In medieval times, alchemists attempted to transmute base metals into gold, using heat to separate the "subtle" from the "gross". While there have always been alchemists who sought to create wealth by transmuting base metals, this process of transmutation is symbolic of a higher and more noble Alchemy - the Alchemy of self-transformation.

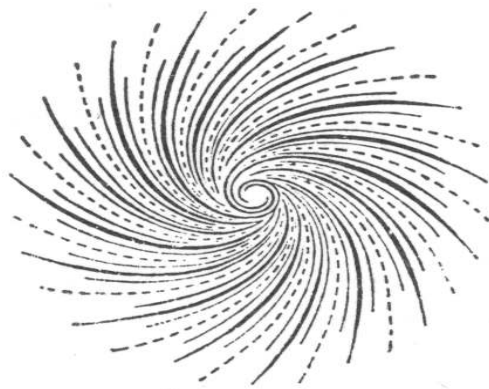
Alchemists of the Spirit did not seek physical wealth, but spiritual wealth. They sought to transform themselves into more spiritual beings, by becoming more loving, wise and compassionate. The Violet Flame has the capacity to bring about this transformation by transmuting negative elements within ourselves. The Violet Flame has the unique ability to transform fear into courage, anxiety into peace and hatred into love. This is why knowledge of the Violet Flame has been so prized throughout the centuries.

Alchemists of all ages have sought the mystical philosophers' stone. Early alchemists pored over minutely ciphered texts in search of this stone. For them, it was worth a lifetime to decode the mystery of this "stone" which symbolized the transmutation of the lower animal nature into the highest and divine. The coveted philosophers' stone - "the stone which is no stone" - was not physical, but spiritual, and *created out of fire*.

Some alchemists did discover the secret of the Violet Flame. According to Neoplatonist alchemists, the philosophers' stone was a self-transforming fire that would lead their souls upward, by drawing up to the Spirit all qualities which dragged downward and opposed the spiritual essences. In the process, the "hard and refractory materials" in their bodies would be transmuted into a rare and more luminous material. In this sacred experiment, they said the alchemist would become "like the gods", pursuing "the gold of the wise and not the vulgar metal".

***Transmutation, then, was not just a process, which turned base metals into gold, but a spiritual process which raised the soul into a state of unity with the Divine.***

Transmutation is the process of changing fearful thoughts and feelings into a loving vibration. It is similar to alchemy where lead is turned into gold. However, transmutation works with energy rather than physical objects.



## **WHAT IS THE VIOLET FLAME? WHAT DO WE KNOW ABOUT IT?**

It might be helpful to think about the Violet Flame not only as a flame or as a consuming fire, but a "light" as well. All colors of the physical spectrum have frequencies of light and color. Violet is probably the highest vibrational frequency of color and light we see. But beyond the physical spectrum are the colors and frequencies of the Spiritual Spectrum, much higher in frequency and dimension. Mystics have written and spoken about these inner perceptions.

The Violet flame is really native to the octaves of the Spiritual or the highest etheric plane. Its origin, if you will, is in the states of perfection. It only knows perfection or purity.

### **If the Violet Flame is A Spiritual Fire, what does that have to do with us, on the Physical plane?**

When Man identifies with the realms of the physical, we usually would consider the limitations of the physical realm. The body, its period of use and existence and the freedom we have to move about, exist and even express our selves is conditional. We are prone to trial and error, we CAN be instruments of super creativity and expansion, which we are intended to do, but most of life identifies with this relative view of ourselves. We even call it, Human Nature, but as we take on more of our "Soul faculties." our perceptions of ourselves, begin to change.

The use and application of the Violet flame (as we will learn) can assist us in the transformational shift we can make from over identification with the limited physical consciousness to the expanded, unlimited potential of our being.

### **How does the Violet Flame work?**

It has to do with the interaction of Spirit and matter (the physical). From the planes of Spirit the Violet fire, generates a specific action that is associated with certain benevolent God qualities. Each "Ray" or component of light is infused with its own characteristics. The Violet Flame properties or qualities are transmutation, freedom, alchemy, mercy, forgiveness, justice and JOY! These are 7th ray attributes.

Because it is an intelligent fire its applications cannot destroy, but only free. That is why it is known as freedom, forgiving fire. When it comes in contact with misqualified substance or energy it can only help to restore or redeem that energy to its original purified state. Remember, the Violet flame comes from the planes of perfection and it only seeks that, like itself.

It has a wondrous action in that it can help dislodge, free, and transmute any impurities that have lodged themselves in any of mankind's four bodies, the physical, emotional, mental and etheric.

On a more Scientific basis, the Violet flame can be directed on an atomic level to the particles of misqualified energy that accumulates in the wide-open spaces around the nucleus. Accumulated substance there inhibits the flow of light around the electrons. Energetically, this clogging can have all sorts of manifestations in the Physical body as illness, Psychological impairments and mental density, including a more difficult going for the soul in man to contact the finer spiritual energies of his higher being.

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## **HOW DO WE DRAW IT FORTH, CONTACT AND UTILIZE THE ENERGIES OF THE VIOLET FLAME?**

Generally, the Violet flame is most efficient when it is invoked. It can be experienced in meditation and visualization, but it is through the science and application of the spoken word it is most precise and directed. The most accelerated form of the scientific delivery of the spoken word is called decrees.

**The simplest mantra uses the name of the I AM consciousness:**

***IAM A BEING OF VIOLET FIRE!!  
IAM THE PURITY GOD DESIRES!!***

***IAM A BEING OF VIOLET FIRE!!  
IAM THE PURITY GOD DESIRES!!***

This is probably the quintessential Violet Flame mantra or Fiat given by untold Angels, Ascended Masters and Violet Flame devotees. It is frequently associated with Saint Germain and contains two key components.

1. It contains the IAM preamble. When invoking the name of the IAM, you release into the world of form the energies of the IAM Presence, a name revealed to Moses, by the consuming SPIRIT as the name of God for time immortal. Utilization of the IAM name is key to manifestation of that which you follow in spoken word, which is why, all that is added after the IAM must be affirming.
2. By the simplicity of this fiat, it can be readily recalled by our outer consciousness and we begin to tap into the rhythm of the sacred name affirming IAM in me is a being of Violet Fire, GOD in ME is the purity GOD desires.

Decrees, which are generally a series of worded verses, stanzas and rhythmic patterns are in reality "cups of light," or chalices that contain and carry the absorption and transfer of Spiritual Light, such as the Violet Flame.

The voice, vibration and delivery of cleanly offered up words of devotion through the throat and throat chakra are also an important component of effectively and efficiently drawing forth and extending out Violet Flame energies.

All of these actions must also be done in conjunction with communion and attention upon that Universal Presence, because to decree in alignment with the higher purposes of the Spirit is not done at the level of our human consciousness. We must be as a beacon raised up, in devotion, in supplication and in divine love for the creating energies of light.

We can experience relative results even with an uneven platform of focus and attention simply by good will and grace.

\*\*\*\*\*

## **WHERE DO THE ASCENDED MASTERS AND SAINT GERMAIN FIT INTO ALL OF THIS?**

Saint Germain's contribution is significant. He is actually probably the main Ascended Master, which sponsored the release of, and use for mankind of the Violet Flame. Up until the period around the 1930's when Saint Germain requested and received a dispensation to give liberal use and knowledge of the Violet Flame to Earth, it had only been practiced and introduced to devotees of the sacred fire, the Ascended Masters and their Chelas or students. Use of the Violet Flame was primarily taking place on inner levels and retreats of light for specific souls, while they took leave of the physical body to study in these etheric schools of the Masters.

Another important position of the Ascended Masters is to include the names of the Ascended Masters, like Saint Germain and Portia, Lord Zadkiel and Holy Amethyst, and the Archangels of the 7th ray in our preamble, when giving our Violet Flame decrees. When we include the names of the masters and angels we are also invoking and adding to the power and devotions of our Violet Flame service by the momentum of their causal bodies of light and it greatly multiplies our own devotion.

### **EXAMPLE:**

In the name of my mighty IAM Presence, Holy Christ Self, Saint Germain, Portia, Goddess of Liberty, Kuan Yin, Mother Mary, Jesus, Mighty Arcturus and Victoria, Violet Flame Angels, Zadkiel and holy Amethyst to blaze forth your violet flame momentum into the Earth, saturating it with Freedom's forgiving fire, transmuting misqualified energy, blessing, healing Elemental life and directing the sacred fire into my four lower bodies, consciousness, being and world.

***I AM The Violet Flame  
In action in me now  
I AM the Violet flame  
To light alone i bow  
IAM 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 Everyone!***

***\* From "The Science of the Spoken Word," copyright 1965, 74,83,91 Summit University Press-all rights reserved page #114***

### **Is that, just it? I invoke the Violet Flame and all of these positive attributes occur in my life?**

Certainly there is more to it than that. As was mentioned before just reciting the Violet Flame decrees while in a relatively positive place can contribute to generating more positive energy, even a better outlook perhaps. If it is only that, perhaps doing VF invocations might be a little more than a positive affirmation and that alone can have good results.

To really get a better perspective of how the Violet Flame is intended to be maximized, we must consider that the "Violet Flame Dispensation," was granted to Earth's inhabitants to begin to experiment in the Alchemy or Laboratory of our own being. The Ascended Master El Morya has said that there has to be some consecration, some devotion to serving the path of light and the God within and Universal energies of light for decrees and the Violet flame to really work beyond the "umbrella" dispensation given to the planet.

## **WHAT CAN WE EXPECT FROM THE PRACTICE AND USE OF THE VIOLET FLAME?**

Obviously, attempting to predict what results individuals can achieve will differ. The potential for benefits that can result from a consistent, devotional application to Violet Flame invocations and visualizations are quite optimistic. Many people have experienced increased capacity for clarity and thinking processes. Creativity seems to be enhanced by the absence of untoward absorption into our consciousness through.... accelerating the Violet flame, a singing, joyous, buoyant fire into the scenes, images and impressions for transmutation.

The best thing is to experiment with the giving of the Violet Flame, approaching its practice with insight and temperance and evaluate for yourself.

1. Try 15 minutes a day for a week or so, maybe 10 days, but give yourself an undisturbed environment and try and pick a Violet Flame decree or meditation you feel a connection with.
2. When you can learn to commit those words to memory, try and visualize that purple, Violet light, bathing, surrounding and emanating, divine love, lightness and Joy.
3. You might find you and the Violet Flame have an affinity for each other and you will look forward to these Violet flame sessions.
4. You may also find you desire to increase in the intensity and devotion of working with the Violet light as you discover for yourself its inner alchemical properties.

## **HOW THE VIOLET FLAME WORKS**

The Violet Flame works by changing "vibrations". In physics, vibration is the speed of oscillation - the speed at which something moves back and forth. On the atomic level, vibration can be understood to be the speed at which electrons orbit around the nucleus of the atom. The Violet Flame works by changing vibrations on this level.

Atoms are mostly empty space. The empty space between the nucleus and the electrons is where negative energy and karma can become stuck. When the atoms in our bodies and auras become clogged with this negativity, the electrons whirl slower and slower, and we begin to resonate more with negativity, and less with light - we have a lower vibration, and become less spiritual.

The Violet Flame transmutes this negative energy. It does not simply surround and remove the energy, but transforms it into light. Because there is less density within the atom, the electrons whirl faster and faster, thereby raising your vibration.

When you have a higher vibration, there is more spiritual energy in your body. Acupuncturists and yogis know that optimum health comes when this spiritual energy flows freely throughout the body. The Violet Flame frees up this energy and re-establishes harmony and equilibrium, propelling you into a more spiritual state of being

## INVOKING THE VIOLET FLAME

Ask Saint Germain and the Angels of the 7th Ray to help you to invoke the violet flame; (do this slowly at first while you get used to saying the decrees, then you can speed up. The faster it goes, the quicker the action). Then ask them to fill your aura and immediate surroundings with the Violet Flame. It has an unusual energy but try to go with it. It is very powerful so if you do feel a bit uncomfortable just ask them to reduce its power.

If you have problems with visualization, this method may help you:

1. Get a piece of purple glass and place a burning candle behind it.
2. Watch it for a while, and then look away. This image stays in your mind for a while and the more you do it the easier it is to visualize the flame. You are not looking at the glass you are looking through it towards the flame of the candle. You can also pretend that you can see the violet flame if it just doesn't seem to be happening, as this opens up your imagination without having to think about it first.

## VIOLET FLAME DECREES

Decrees are mantra/prayers to use to invoke the violet flame. You are to be very positive when you say the mantra/prayer and believe your most trusted and highest beings; Angels, Guides, Saint Germain are all there to help you. The decrees bring to you the violet flame and it's energy is very powerful. It will quickly come to you, go through you and back out into the world again. Anytime you are tense or feel threatened in any way, just repeat the mantra/s over and over and visualize the violet flame until you feel calm again.

**Saint Germain – 3x's**  
**Angels of the Violet Flame 3x's**  
**Violet Flame 3x's**

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**Violet Flame breathed into the palms of your hands ...**





## VIOLET FLAME INVOCATION

I AM the violet light

I AM a being of the violet flame

I AM at one with the violet light

I AM the purity of mind, body and spirit that God desires

I AM the purity of unconditional love

I AM clear of ego and purity remains

I AM receptive to the pure violet flame energy

I AM a being of purity and light

I AM receiving the violet light to cleanse my Aura

I AM a receptor for violet light

I AM perfect, whole and complete

I AM releasing karmic patterns

I AM the brilliant shining violet flame

I AM surrounded by the violet light

I AM the energy of the violet light

I AM FREE

And so be it.

I AM, I AM that, I AM.

**Daily Mantra:** Send the violet flame to all living things on planet earth for the good of all and to devour negative forces. The violet flame becomes stronger and more powerful every time you use it.

By doing these mantras at any time it instantly tunes you into the violet flame energy. It also brings you closer to the power of God (or whoever is your divine source).

## SAINT GERMAIN

***Ascended Master - a being who has become Self-Realized and serves humanity; a being who has raised his/her vibration to a sustained frequency of light. He/she can come and go at will from the earth plane without the Birth//Death cycle.***

**St. Germain was a High Priest** in the Temple of Healing in ancient Atlantis many thousands of years ago. He chose to be there at a time when enlightenment was considered by some then to be a privilege for a few. His task was to enable all to fulfil their highest potential.

Although he was rumoured to be the transformer of stones into raw diamonds, Saint Germain sought to transform mankind into the stuff that the God Men are made of. His goal, his mission in life, was to raise the level of the consciousness of the average man, to that of the Divine.

All alchemists seek transformation. For centuries men have desired the ability to change base metals, like lead, into Gold. But, this form of alchemy, this base transformation, is only a symbol of the ability, and the desire to transform the 5 passions inside of the heart of man into a heart that is connected to God.

Saint Germain, through his teachings, taught that human negative energy could be transformed into the Gold of divine energy. This new transformation, he taught through the connection to the Violet Flame. The Violet Flame is one of the 7 main Rays of the Holy Spirit, or the Voice of God.

The color violet has long been associated with spirituality, and the Etheric Plane, the highest plane within us before the first God Realm. The color violet has the highest frequency in the visible spectrum. It is a high vibration, and it is also a cleanser, and healer. Saint Germain is known as the Lord of the Seventh Ray. Each time that we pray to him, or send love to him, he brings spiritual gifts of his joy, diplomacy and creativity. He inspires us with his innovations in: healing, alchemy, literature, philosophy, education, and many other fields. For almost 70 years, he has helped to prepare us for the current Aquarian age.

He appeared to Guy Ballard in the early 1930's and gave him the first of the teachings on the Violet Flame. Saint Germain said that after many centuries of keeping the Violet Flame secret, the Masters had decided to release its use to the public during this very crucial time. Saint Germain said, "The use of the violet consuming flame, is more valuable to you and to all of mankind, than all of the wealth, gold, and jewels of this planet."

The flame has a cleansing property to it and acts like a detergent to cleanse the consciousness. Just as soap, gets dirt out of your clothes that need washing, the ray cleanses your body and consciousness. Soap gets dirt out of your clothes by using the positive, and negative charges of atoms. It works because each orbits a molecule that has 2 sides, a side that is attracted to dirt, and a side that is attracted to water. The dirt loving side attracts dirt, in much the same way that a magnet attracts metal paper clips. The waterside of the cloth, sticks to water, carrying the dirt with it.

When we invite the Violet Flame into our body and consciousness, it sets up a similar polarity between the nucleus of the atom, and the white-fire core of the Flame. The nucleus is matter, and it assumes the negative pole. The White fire of the Violet Flame, being a part of Spirit, it assumes the positive side. The interaction between the 2 causes a resonance. This vibratory resonance causes the negative or dross, to be dislodged from the consciousness. This oscillation dislodges the heavy densities that are trapped between the electrons, orbiting the nucleus. As this hardened substance, that weighs down the atom is loosened, it is thrown into the Violet Flame, and it is carried away.

## ANGELS OF THE VIOLET FLAME

### **ARCHANGEL ZADKIEL**

Seventh Ray - Violet Ray  
Freedom, Mercy, Transmutation  
Saturday - Seat of the Soul

### **HOLY AMETHYST**

Seventh Ray - Violet Ray  
Freedom, Mercy, Transmutation

***Ray 7. ~ Archangel Zadkiel works with the violet ray of transmutation and ceremonial magic He directs the angels of joy and mercy to transmute lower energies and help people to find forgiveness, diplomacy and tolerance. He is associated with St Germain and the Violet Flame.***

Archangel **Zadkiel** and his feminine complement, **Holy Amethyst**, embody the spirit of the violet ray, the seventh ray, and the Age of Aquarius. **Zadkiel's** name means "Righteousness of God." He and **Holy Amethyst** assist humanity in mastering the seat-of-the-soul Chakra.

These archangels bring the flame of freedom, joy, forgiveness, alchemy, justice, transmutation and liberation of the soul. We can enhance these qualities of the violet ray in our lives by invoking the Violet Flame through the science of the spoken Word.

Using the violet flame can erase past memories, bring forgiveness and increase the spirit of joy within us. And each time we call on Zadkiel and Amethyst, who embody the violet flame, we bring change to the earth and ourselves, come closer to merging with our Higher Self or Soul Essence and help prepare the world for the incoming golden age. According to Archangel Zadkiel, the success of the Age of Aquarius is absolutely dependent upon our invoking the Violet Flame and a single call to the Violet Flame can be worth a million prayers.

You can call on Zadkiel and Amethyst to help purify your aura, shift your energies into a finer vibration, and to bring new vitality to your life. While giving the following affirmations, visualize the Violet Flame wiping away obstacles to your soul's liberation:

***In the name of Archangel Zadkiel and Holy Amethyst,  
I AM the Violet Flame in action in me now!  
I AM the blessing and buoyancy of the Violet Flame!  
I AM freedom from limitation!***

Visionaries, diplomats, mystics, leaders, royalty, community organisers and high priests and-priestesses often work with this ray.

## I AM PRESENCE

The term "***The I AM Family of Light***" - the understanding of the words "I AM", were powerfully delivered to humanity by Saint Germain in the 1930's.

The "I AM" are two deeply significant words that speak of our eternal consciousness. You could say that these two words define our first moment of individualized God consciousness in that moment we birthed from Source. (Source/Great Spirit/The Great Central Sun/God/Goddess are all more or less interchangeable terms) During our soul journey we separated from that omnipotent consciousness and the spiritual journey now is one of once again remembering the I AM that I AM.

Therefore, the "Brothers and Sisters of The I AM Family of Light" is a term that can be used to describe those people who are earnestly seeking to re-awaken to the Truth of I AM which is the Truth of All That Is. We are those genuinely seeking to understand how to live a spiritually authentic life and it is our passion to awaken to the deep and meaningful divine plan of our life.

The Brothers and Sisters of The I AM Family of Light does not define a set organization, nor does it relate to an identifiable person or persons but rather those of us of all races and cultures who seek to remember our true source, our true spiritual identity. Our faith in ourselves and of the Source of Life has been restored, as we no longer believe in a vengeful God - a belief propagated by many people and organizations.

Rather, we acknowledge that our life's true purpose is to once again re-awaken to the infinite Love, Power and the Divine Wisdom that is the divine blueprint of the heart of our divine and individualized I AM Presence that is both within and above us. The awareness of the I AM grows within us, as we place our consciousness upon its Eternal Light. As we do this, illumination comes to our mind of the infinite possibilities before us, and the limitless Blessings our life can bring to others.

"The I AM Family of Light" is not only a term appropriate to the generalized group of people who are re-awakening to their Divine heritage, but it is also an appropriate term to describe those Master Teachers of the "I AM Family of Light" of the unseen realms or realms of the higher dimensions/frequencies. These ones are known as the Angels, Archangels, Ascended Masters, The Seraphim, The Cherubim, The Elohim - the Lords of Creation and other magnificent Cosmic Beings. At this time of the cosmic cycle there are windows of opportunity open now that have not been available for aeons of time. Therefore, we acknowledge the thousands of Master Teachers from our largely "invisible" Family of Light who have made the commitment to assist humanity and the beloved Planet Earth to once again be raised and brought back into the loving arms of the Light of All That Is.





## USING THE VIOLET FLAME TECHNIQUE

### *St. Germain's Violet Flame:*

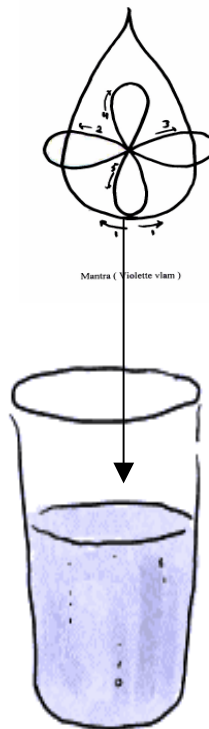
1. Visualize a beautiful violet flame coming from the centre of the earth, through your root chakra up to your crown chakra.
2. See it expanding through your physical body and out to the widest edge of your energy field.
3. See/feel/sense the energy that is not positive or healthy being removed and taken up into the universe where it gets changed/transmuted into pure Divine White Light from God/universe.

This Divine White Light then showers down onto you, filling the holes where the energy was removed to feed and nourish your energy and cells into wellness.

### VIOLET LIGHT ENERGY

1. Invoke the Violet Flame
2. Have a glass of water
3. When you feel the energy building, take a deep breath and on the exhaling breath charge the water with the Violet Flame energy – do this 3x's
4. Pass the glass of water around the circle, have each person charge the bowl with the Violet Flame.
5. When it returns to you, place your hands above the glass of water and once again invoke the Violet Flame and then drink the water.

### Violet Flame Symbol



## TRANSMUTATION OF ENERGY

***Transmutation is the process of changing fearful thoughts and feelings into a loving vibration. It is similar to alchemy where lead is turned into gold. However, transmutation works with energy rather than physical objects.***

The technique involves calling in the Violet Flame to burn away darkness, leaving a loving vibration. The Violet Flame has been around for thousands of years and has been brought out to the general metaphysical population only during the past 50 years.

### **Here is how to use it:**

1. Sit quietly at your desk or any place you can get a few moments to yourself.
2. Set your intention by quietly saying that you seek healing and only the Highest Good for all concerned.
3. Call in the Violet Flame.
4. Visualize it burning up all negativity.
5. Send the Violet Flame out around your office, home or any environment making available to all those who wish its healing and transmuting energy.

### **You can make up your own words or use the following:**

I Invoke the Violet Flame. Burn, Violet Flame, Burn.

I call forth the Masters and Angels of the Violet Flame. Burn, Violet Flame, Burn.

Transmute darkness into Light. I call forth the Highest Good.

My Divine Nature now operates in the physical world. Burn, Violet Flame, Burn.

I live in Joy, Prosperity, and Radiant Health. I AM Light. I AM Love.

Burn, Violet Flame, Burn.



## VIOLET FLAME MAGICK

This is Christian-Pagan magic. The violet flame is a metaphor for the light of the crown chakra where you connect to higher realms.

### You will need:

1. A violet candle
2. Lotus oil

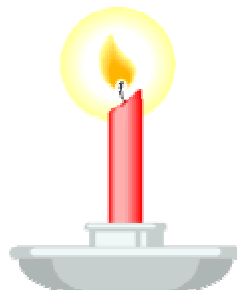
This ritual can be done at any time.

Anoint the candle with lotus oil. Put a dab in the center of your forehead as well.

Light the candle and say:

***By the power of the I AM THAT I AM  
The Violet Flame Lights Within Me Now!"***

Meditate for the next few minutes while staring at the candle flame until you feel psychically recharged and invigorated.





## GROUNDING AND SHIELDING

The practice of grounding will help root your energy, give you a stable outlet to channel out excess/unwanted energies and even bring you back to a more tolerable and comfortable level of energy to handle.

Shielding can help protect a person from negative energies, but not only does shielding keep energy out; it in turn can also help keep energy in. This is good for those that are not in control of their own energies that they may be leaking out. I don't just recommend this for us vampires, but for psychics as well.

For those that are just learning how to do these techniques or other techniques, give yourself time to feel the affects and to master these two powerful tools. In time you'll be able to switch these techniques on and off without too much thought or effort.

Before trying either of grounding or shielding, first find a time in the day or night that is most calm and without distractions. If you try to ground or shield and you are anxious or nervous you may not do it properly and/or may not feel the affects of it. Just relax and try it again or wait until you are calmer.

1. Sit comfortably in a chair with both feet flat on the ground, your hands can be folded in your lap or down at your sides, which ever you prefer.
2. Now then take 4 -5 deep slow breaths paying attention do your breathing as you do.
3. Breathe in slowly to the count of 5 seconds, hold it for 1 second and then exhale the count of 5 to 10 seconds. You will want to let the air completely out of your lungs. Feel the air fill your lungs as you inhale and feel the air leave your lungs as you inhale. If you start to feel light-headed, STOP! You shouldn't feel light-headed, but more relaxed.
4. Pay attention to how your body feels, you should feel more relaxed at this point. You don't have to continue breathing as deeply, but continue to pay attention to your breathing for the remainder of this exercise.
5. Close your eyes and visualize your feet becoming roots; pushing down into the surface under them. Keep pushing your "roots" down as far as you can go until you can't go any further. Remember your breathing as well.
6. Now with your mind on your roots and your breathing, visualize your energy flowing through and around you. The color violet seems to work best in doing this, you may of course choose the color you feel to be yours and use that instead.
7. Now then, see this colored energy flowing through you when you breathe in, it expands with you when you exhale it contracts with you. You may or may not feel any different, but if you do you have become more aware of your own energy.
8. Push that energy down towards your roots. See this energy flow outwards from your roots and deep within the ground away from you. If you have trouble doing this, then imagine the way a garden hose has water flowing from it, your energy can flow as slowly or as strongly as you wish. I don't recommend going to fast or trying to do to much at once if you are just learning how to do this.
9. Don't push all of the energy out and away, but enough to connect with the Earth and enough so that will feel more relaxed. When you feel comfortable (not tired) and relaxed you will have successfully grounded your energy.
10. To stop grounding, concentrate on your breathing and visualize your energy flow from your roots, slowing down and eventually stopping. Again if you have trouble with this just visualize a garden hose being shut off. You should have your "roots" come back up from the ground becoming feet again. After a while you won't have to visualize the roots portion and will be able to ground automatically.

## MORE GROUNDING EXERCISES:

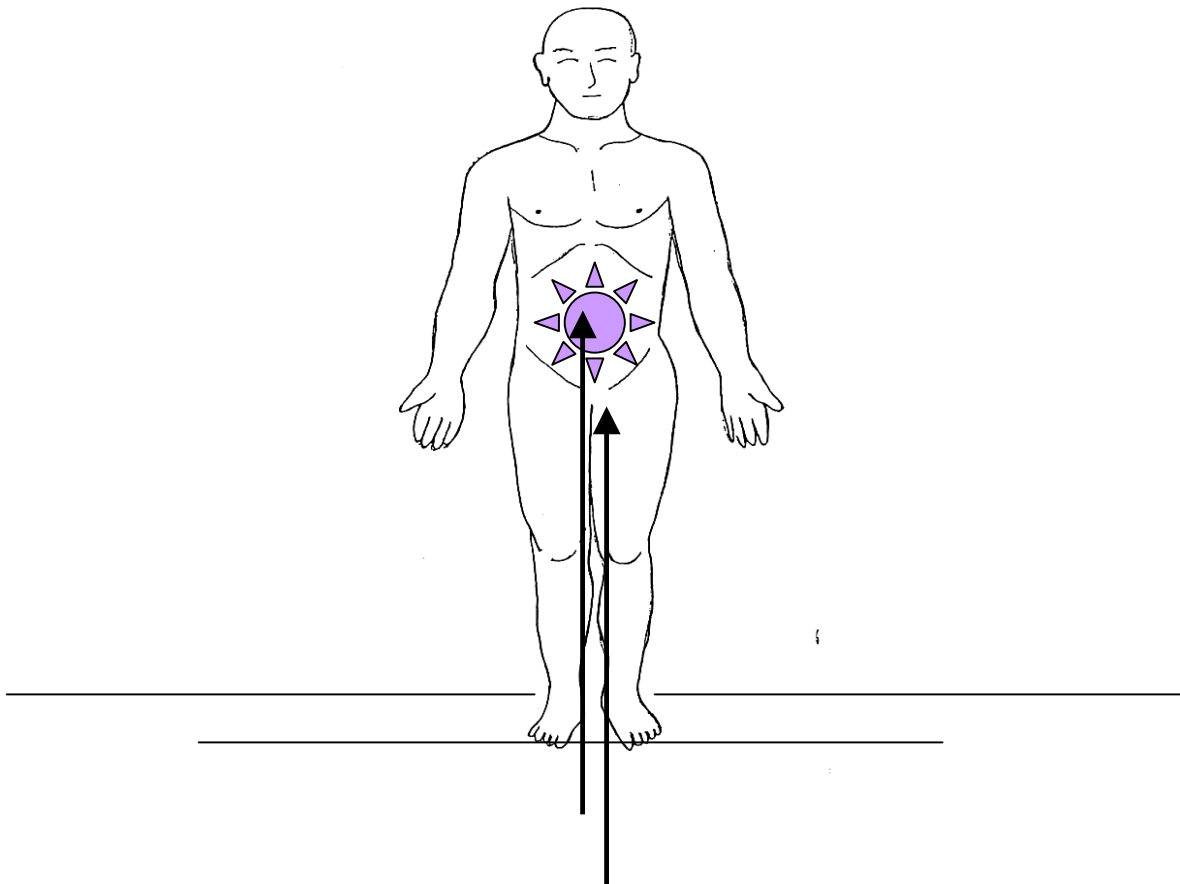
1. Ground yourself by imagining a ball of light in your belly, & extending a 'root' of energy into the earth, 4-6 inches thick.
2. Imagine the root sinking into the fiery center of the earth.
3. Play with colours for this cord, perhaps blues, browns or greens to begin.

## WHAT HELPS YOU FEEL MOST CENTERED & GROUNDED?

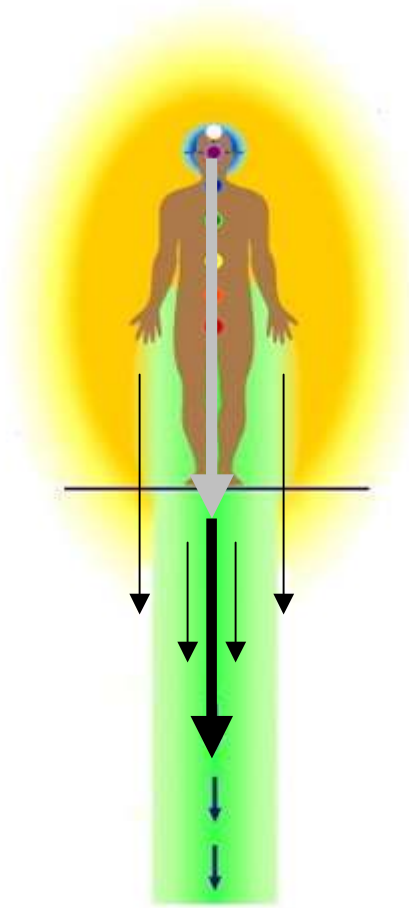
- In Oriental thought, the belly is the place we build, or loose energy. We are born with energy, & take more in daily in the form of food & drink.
- Some activities help build energy, others use energy. The kidneys are 'storage batteries' for spare energy.
- You may wish to play with the energy that goes from your head to connect you with the universe. Can you 'ground' yourself between Heaven & Earth? Place your back against a tree, feeling how it grounds into the Earth & reaches into the sky. 'The trees are the transformers,' & can show us the way to Fifth Dimension connection.

## CENTERING:

1. Close your eyes, and place your feet firmly on the ground or floor.
2. Gather all the energy in your body to a nice round glowing ball in what you feel is the center of your body. This is centering.
3. Find a center point in yourself and feel it there, steady and calm.
4. If you are only centering and not moving on to grounding, maintain this as long as you need to until you feel you have centered yourself enough.



## GROUNDING



1. Sit comfortably, breathe steadily, and imagine that your spine is a hollow pipe extending down from the base of your spine deep into the earth.
2. Once your “pipe” is sunk into the earth, you can easily “drain off” negative energy that has accumulated.
3. If standing, you can easily imagine extending these “pipes” down through your legs and feet, and deep into the earth.

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**RAISING EARTH ENERGY:** *This technique explains how to raise energy from the Earth into yourself. Drawing energy from the earth will help connect you closer to the Earth.*

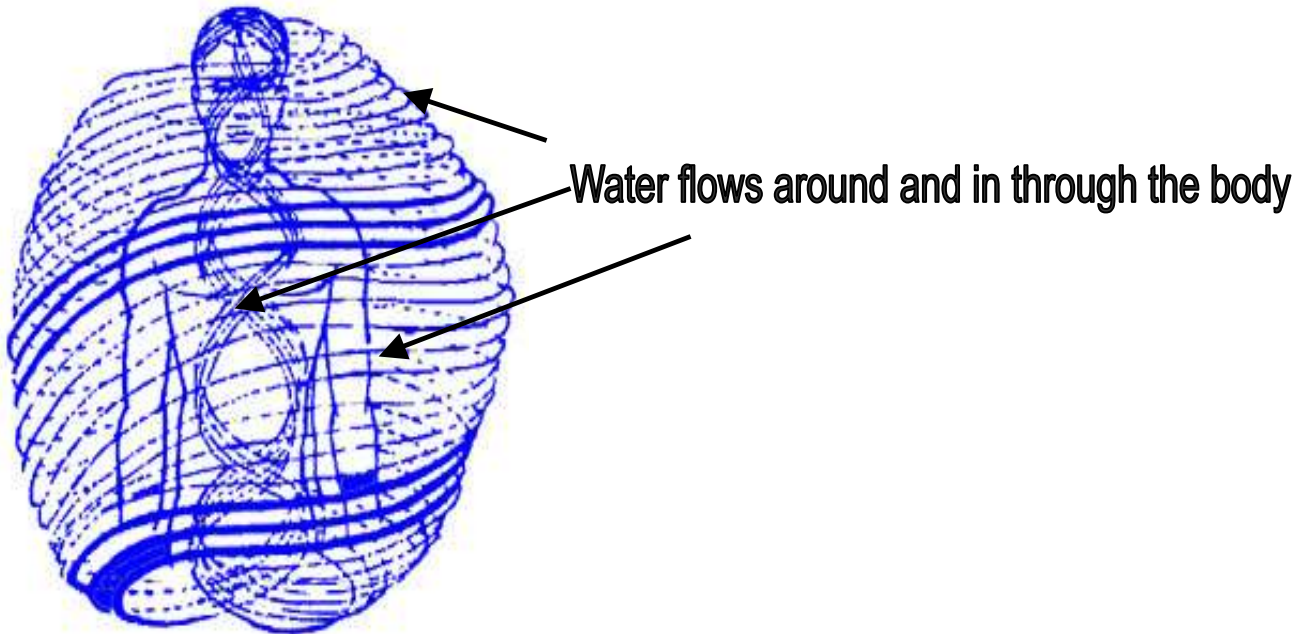
1. To draw energy from the Earth, clear your mind and then visualize energy coming up through the Earth as a green or bronze colored ball.
2. See it rise slowly each time you inhale until it reaches your feet.
3. Then visualize it enter through your feet into you and travel up to your stomach.
4. From there, visualize it dispersing throughout your body and mixing with your own personal energy.
5. After it mixes a few moments, bring it back to your stomach where it forms a multicoloured ball. Again you might feel a full or bubbly feeling and this is natural.
6. If it bothers you too much you can Ground the energy back into the earth.
7. Take your time and spend however long you need to fully visualize everything as clearly as possible. Practice no more than twice a day.

## GROUNDING WITH THE WATER ELEMENT

*The perfect image to channel your thoughts into calm and peace and let excess energy drain away is that of sinking into a pool of water.*

1. Mentally, look up at the blue sky and crisp white clouds above you, take in the living green colors of sunlight shining through the leaves all around the pool, and let yourself exhale.
2. Drift down from the warm surface water, and with your eyes still open watch the silver bubbles rolling upward, and feel yourself sink into quietness into the cool bottom layers where you hang in dim stillness.
3. There is water all around you, high in the air and deep within the Earth; its flow is the life-beat of the planet's pulse and the ocean depths are deeper than the mountains are tall.
4. Relax and become the flow....

**Water can extinguish fire. If you are filled with intense energy from work with the Violet Flame, then flood yourself with the element of water.**



**DEFINITIONS:** An electrical device is "grounded" when it is connected to the ground in a way that allows excess energy to leave the system.

We are:

- **PHYSICALLY GROUNDED** when we can feel our connection with the Earth and carry ourselves (posture, movement, awareness) in a manner that is in harmony with the Earth's gravitational pull.
- **EMOTIONALLY GROUNDED** when our energies and emotions move through our physically-grounded body freely and are wholesomely discharged through our cells, our breath, our thoughts, & our actions.
- **SPIRITUALLY GROUNDED** when a physically-grounded body and an emotionally-grounded mind are in harmony & alignment with one another and with "spirit" (the animating force within living things).

# HAWAIIAN HUNA BREATHING TECHNIQUE

## The Water Element

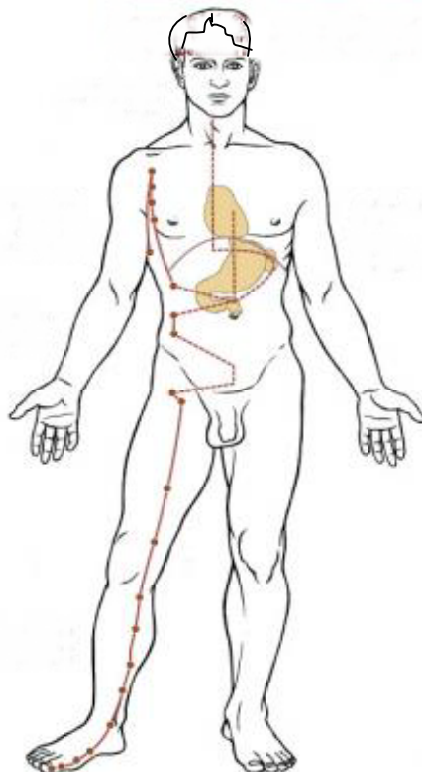
**Water Breathing Technique:** Water can be used for clearing and cleansing your energy. It is also used for cooling intense energy from Fire. Use when there you are experiencing an overwhelming amount of energy.

1. Imagine water. Imagine the colors (silvers, deep blue, aqua-greens) and liquid flowing of the water. Imagine waves.
2. Lean forward gently, holding your arms out in front of you, until you can imagine that your hands are in the water and the colors of the water.
3. Next, inhale the water and pull your hands back towards your chest.
4. Once at your chest, exhale – pushing your hands back towards the water and at the same time making a Shhhhhhhhhhhhh... sound. (A sound not unlike the waves at a beach).
5. Repeat all the steps over and over until you feel relaxed and lighter.

---

## A Quick "Physical" Grounding Technique

1. Dry wash your head, neck, arms and chest.
2. Place your hands at the sides of your waist (at the Belt Flow)
3. With your thumb in the front and fingers toward the back, slide your hands slowly and firmly down your legs
4. When you get to your feet, squeeze at the sides of your feet
5. End by tracing up the spleen meridian.

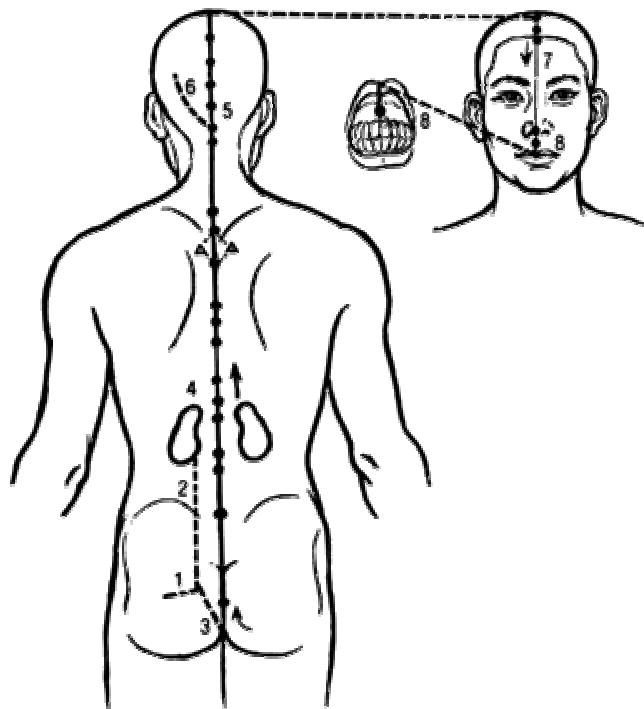


## Quick "Mental" Grounding Technique

*This three-part method can be done mentally in a flash whenever you need it.*

1. Place your feet flat on the ground and take a deep in-breath. As you release this breathe, mentally drop your energy low in your body.
2. With another deep in-breath, move your energy down governing meridian, from the top of your spine, down your spine, off your tailbone, and into the Earth. You are creating a "grounding wire" to the Earth. Also feel the pull of gravity down through your legs and feet.
3. As you release your breath, release your thoughts and concerns and release any energy that is not yours down through this grounding wire and through your feet.

*With this technique, you consciously align yourself with the force of gravity in pulling your energies down into the force field of the earth. By involving Governing meridian, you are able to instantly move your energies with your mind.*



**Governing Channel**

### Opening to the Grounding Energies of the Earth

(to enter at your feet and hands)

- **Open the "foot chakras"** by massaging and stretching the heel away from the ball and then massaging the gaits and squeezing the sides.
- **Open the "hand chakras"** by thumbing them (massaging the palm of one hand with the thumb of the other) and then pulling the energies off each of your fingers.

## SHIELDING

### There are various techniques to shield.

You can practice shielding either standing or sitting. Just be sure you are doing this when you won't be disturbed. Shielding is easy to learn and can be practiced in a small amount of time. So you don't need to worry about trying this for half an hour.

### One method is the Violet Flame.

1. You can either start the "fire" in your hands by cupping both hands close together as if you are trying to create an energy ball or protect a small flame from being blown out in your hands.



2. Visualize this Violet Fire first as a small flame about the size of a flame coming off of a match, lighter or candle stick. It may help you to close your eyes although it's not necessary.



*With your energy and intention you are the making the flame grow...*

3. Using the same technique to push your energy as you did when you were grounding, visualize your energy around you and push that energy into your hands and "feed" that little flame to make it grow. While this flame grows bigger "see" it surrounding your hands, arms, torso, head, waist, legs and feet becoming part of you.

***This flame will be the barrier that protects your energy from unwanted energy and at the same time keep your energy to yourself and prevent others from tapping into it and taking it.***

1. To help strengthen/solidify this action in your mind you can visualize unwanted/negative energy frying up like a piece of paper does when it touches a flame.
2. Or if you know what a bug zapper does to a mosquito you can visualize that instead. Either way you are still protecting yourself.
3. If you like you can push this flame out and away from you a few feet if you like or keep it tight against your skin.
4. You do not have to keep thinking of this flame to keep it there or to keep it working. To stop shielding, simply see the flame burn out or fade away.

## ENERGIZING AND CLEARING YOURSELF

**Cleansing & Clearing Energy (follow the instructions in the KENYOKU-HO exercise below to enhance this experience)**

1. Invoke the Violet Flame
2. Place your hands over your head, & sweep them down on either side of your body (Right down right, Left down left) saying "I cleanse my Soul" (sweep & flick energy off your fingers);
3. "I cleanse my Aura" (energy field surrounding the body) (sweep);
4. "I cleanse my Body (or Angel)" (sweep).
5. You may feel an immediate shift in energy when you do this.

### **EXERCISE: Kenyoku, Dry Bathing**

This is a Japanese Reiki Technique for purification. In Japan, before one enters a temple or sacred place, usually there is a place near the entrance with running water, which is used for ritual cleansing to purify oneself before entering. Kenyoku means "dry bathing" and is a technique for ritual purification using energy rather than water. It can also be used at various times through the day or anytime one feels the need to release negative energy.

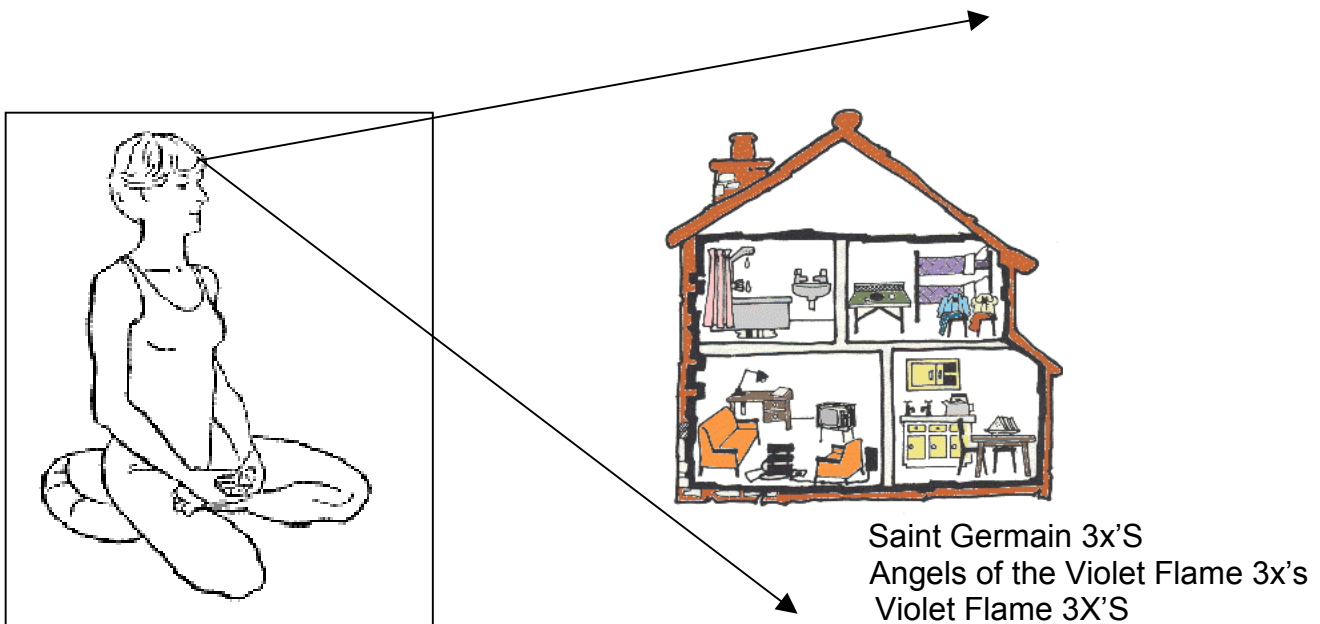
1. Do a short Gassho Meditation.
2. Place your right hand on your left shoulder.
3. Stroke down your chest, across your stomach and end at the right hip.
4. Do the same on the other side.
5. Repeat step #2.
6. Extend your left arm.
7. Place our right hand on your left shoulder.
8. Stroke down your arm all the way to the hand and fingertips.
9. Then fling your right hand out into the air as though you are throwing away any negative energy.
10. Do the same with the right arm. Repeat the stroke down the left arm again.
11. You can also add a short Gassho at the end.
12. Record impressions in your journal.





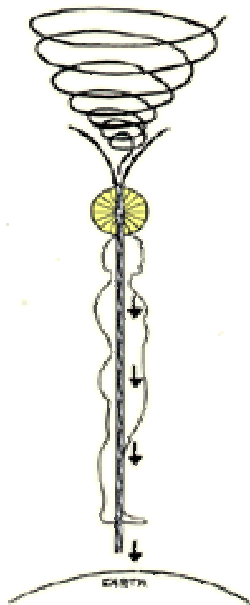
## PROJECT THE VIOLET FLAME ENERGY TO THE ROOM OR AREA.

1. Visualize your house or workplace very small, about a foot in total area, in front of you. Make the visualization as clear as you can.
2. Form an intention to scan the house or area to determine if there is any dirty energy and then scan it.
3. Be aware of any sensations of stickiness or heaviness, just as you do when you scan your own body.
4. Then, imagine the Violet Flame and beam this energy around the room. Invoke the Violet Flame continuously.
5. Flood the house or area with the Violet Flame Energy - flushing out all negativity into the earth.
6. Project for a minimum period of 5 minutes or until you feel the area feels lighter. Repeat as necessary.
7. Just keep invoking the Violet Flame, Angels of the Violet Flame and Saint Germain. Many will feel strong vibration or 'buzzing' sensation on your Crown and Hand Chakras.
8. Then, rescan the house. It should be much cleaner than it was before you started.



## THE SPIRITUAL WHIRLWIND OR ETHERIC VORTEX

The spiritual whirlwind is a tool of the Soul that can be invoked by you, the personality. Its basic use is to sweep loose debris from your aura. It can also be used to transmit energies of higher vibration from the Soul to the lower vehicles. The process of building the Central Channel by using the Soul Star creates debris as it burns through emotional and mental thought forms clogging your channel. This debris needs to be removed from your aura at the close of any session that involves moving the Soul Star through the Central Channel. This is true whether you are building the Central Vertical Channel or widening it after you have completed building the Central Channel.



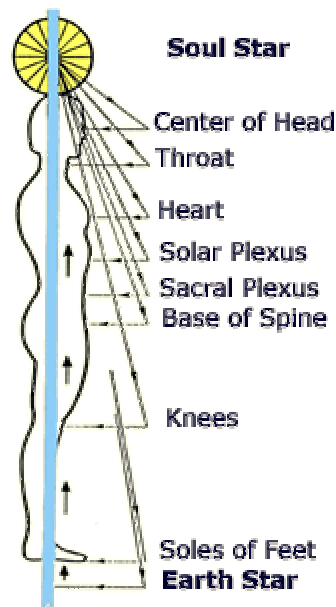
*The Spiritual Whirlwind*

### HOW TO USE THE SPIRITUAL WHIRLWIND

1. You can invoke the vortex by identifying as the Soul ("I am the Soul") and focusing your mind about 30 feet above your head and saying "In the wisdom of the Soul, I invoke the spiritual whirlwind."
2. Visualize a spinning whirlwind of energy similar in shape to the funnel of a tornado. See the whirlwind rotating **clockwise (from left to right if you live in the Northern hemisphere)** as it moves downward through the aura.
3. If you live in the **Southern hemisphere** visualize the spinning whirlwind **rotating counter-clockwise (from right to left)**.
4. The tip or lowest point of the spiritual whirlwind follows the Central Channel.
5. The color of the vortex is usually white.
6. As the vortex sweeps through the aura it picks up loose debris floating in your aura from the clearing work and contacts from the environment and carries them deep into the earth, about 30 feet below the Earth Star, where they can be utilized by lower evolving life forms.
7. When it drops its load into the earth, it simply ceases to move and exist and disappears. A new whirlwind must be invoked by you.
8. This process is continued for about five minutes or until you feel that your aura is clear.
9. The size and speed of the vortex is controlled by the Soul.

***As the whirlwind sweeps debris out of your aura, it also fills it with the light of higher more rarefied energies from the highest sub-plane of the lower mental, emotional and physical etheric planes.***

## WHAT IS THE CENTRAL CHANNEL?



**Figure 4. Triangulation Path Used by the Soul Star to Build the Central Channel and to Create the Substitute Centers**

The Central Channel is a bridge of energy and consciousness between highest spirit and lowest matter. It is a conduit through which the life of the Spirit and the consciousness of the Soul flows. The Central Channel is also known as the Rainbow Bridge or the Antahkarana (inner ear or internal organ of consciousness).

The completed Antahkarana contains 5 strands of energy. Two threads are put down by the Higher Self. The life thread, also known as the silver chord, or sutratma (thread of the atma) extends from the Monad or spark of the One Life within to the "physical permanent atom" of the heart. The consciousness thread extends from the Soul to the pineal gland in the head. It is for this reason that the pineal gland is known as the seat of the Soul. The last three strands of the Antahkarana are collectively known as the creative thread and are projected upward in consciousness by you, the personality. These strands must be consciously built by you. You become a conscious creator when you complete the development of your Antahkarana. As the Central Channel is enlarged to at least one inch in diameter, a rainbow colored flow of energy can be clairvoyantly observed in the Central Channel, hence, the name Rainbow Bridge. The lower portion of the Rainbow Bridge from the crown center to the base of the spine is called the sushumna. The chakras or centers of energy are normally located along the sushumna channel and are stimulated into greater awakening by the development of the Rainbow Bridge and the Soul. The white vertical line in figure 3 shows the Central Vertical channel rising high above the Soul Star and deep into Earth beneath the Earth Star.

The Central Channel actually is already present in the body. However, it is clogged with various low grade energies that relate to emotional and mental complexes carried over from past life times. As a result of the large load of emotional and mental blockages in the aura, the chakras have been pushed outside of the body and are not located along the Central Channel.

The energy centers referred to in figure 4 are not the chakras but substitute sensitive points for them. Later, when the emotional and mental complexes are removed from the body the chakras will move into their normal positions along the Central Channel. The authors of the Rainbow Bridge book refer to these distortions as external and internal patterns.

External patterns are the distortions visible in the aura and on the surface of the body. Internal patterns are blockages and distortions that are located inside the body and interfere with the function of the organs of the body.

The substance of the body that you ensoul as an individual is part of the body of the planet. The planet is a living entity with a consciousness. The intelligence aspect of the planet is called the Planetary Logos. Your Central Channel forms part of the Central Channel of the Planetary Logos.

**Warning:** Once you start to build the Central Channel, you cannot change your mind halfway through the process and quit without some adverse consequences. Since the channel is initially clogged with psychic debris, if you were to clear it to the point of the solar plexus, for example, and decide to quit, energy from the Soul would begin to enter your body and congest at that point. The Channel must be completed into the earth to function properly and without any unfavourable effects on the physical body."

If you cannot make the commitment to allocate 15-20 minutes per day for the approximately two months it takes to build the Central Channel, then you should postpone building the Central Channel until you have the time.

## HOW TO BUILD THE CENTRAL CHANNEL

1. Invoke the Soul by speaking each line of the Soul Mantram aloud. Pause after each line to feel the down-pouring of light. From this point on, become the energy of your Soul as you perform the following steps.
2. Optional, but desirable. If working with a Rainbow Bridge group, link Soul Star to Soul Star with your group members whether they are physically present or not. The group link adds power to your personal process. Per your preference, you may also link to any fully enlightened spiritual master or saint with which you are affiliated such as Christ or as he is known in the east Lord Maitreya, Buddha, Krishna, Shiva, Iman Mahdi, etc.
3. Focus your attention in the Soul Star six inches above the head.
4. Feel the radiance of the Soul Star and imagine that it is shining as bright as the Sun. In time you will actually feel the radiance of the Soul Star.
5. Mentally move the Soul Star diagonally forward to a position just in front of the eyes.
6. Then move it straight into the center of the head, and slowly move the Soul Star straight upward to its normal position six inches above the head.
7. Repeat the triangulation three or four more times (See figure 4).
8. In the beginning, only the first triangle (involving the center between the eyes) should be formed for the first two weeks.
9. The Soul Star should be moved slowly and deliberately up the channel because it is literally burning away hindering thought forms and emotional blockages to open a channel for the flow of higher energies.
10. End each session by invoking the Spiritual Whirlwind or Etheric Vortex to clear any loose debris from the aura. Do the vortex for about 5 minutes.

This procedure should be followed for each of the sensitive points shown in figure 4. In the 3rd week, two more points can be added, the throat and the heart. Do three or four sessions on the throat and then move on to the heart for three or four days. The fourth week add the solar plexus, the fifth week add the sacral center; the sixth week and the base of the spine. Each week thereafter, add one or two of the remaining points (at the knees, the soles of the feet, and the Earth Star, six inches below the feet) until all of the triangles have been made and the Central Channel is completely through the body and anchored to the Earth.

## VIOLET FLAME

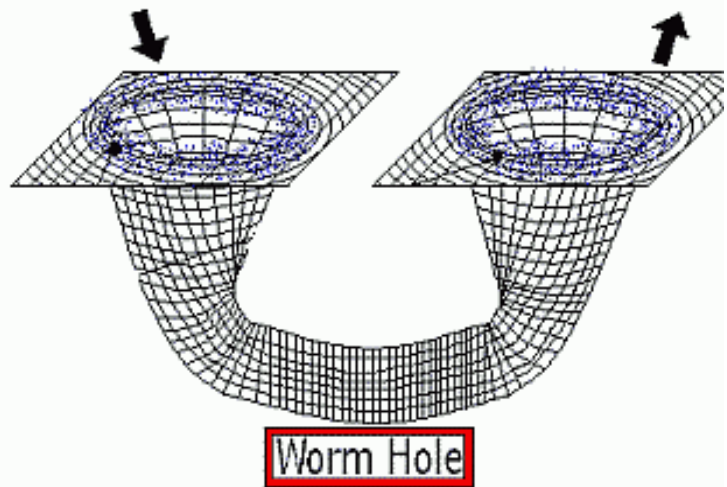
### *Steps in Exploring the Violet Flame*

1. Sit in comfortable position
2. Breath in love and breath out love
3. Close eyes and continue deep relaxing breathing.
4. Focus on heart and continue to breath, feel the heart chakra expanding.
5. Now turn your focus to the third eye
6. Continues breathing in love and breathing out love.
7. See in your minds eye the colors and essence of the violet flame
8. Call upon this energy:

***Saint Germaine 3x's***  
***Angels of the violet flame 3x's***  
***Violet flame 3x's***

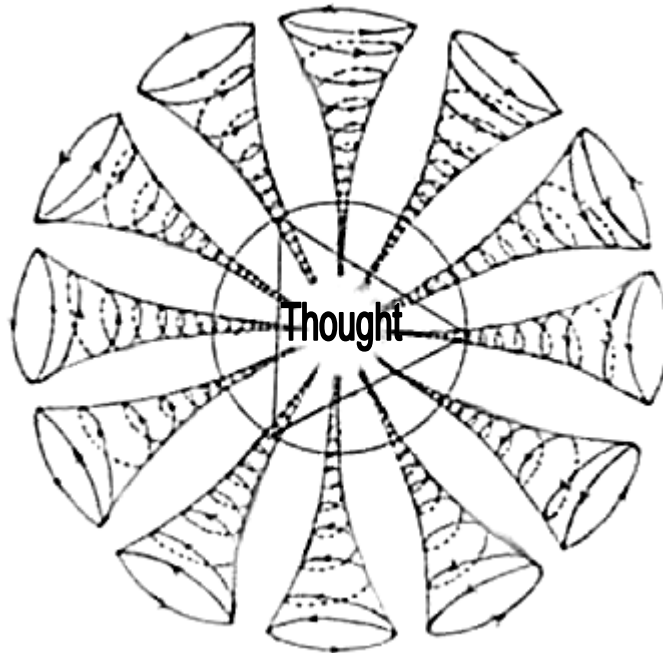
9. When you feel the energy entering your physical body, turn your attention to your third eye and go deep inside your head – reaching the hypothalamus.
10. Now take the top section of your head from the third eye all the way to the back of the head and flatten it – like a Cd disk.
11. Rotate it 3x's – which ever spin works for you, it can be clockwise or counter clockwise.
12. While doing this focus on the central channel of light that travels through your body – from the crown down through the feet. Feel the energy flowing through this channel. The energy flows down from the universe and connects deep into the earth.
13. Follow the flow of this energy stream.
14. Go down, down, down, feeling each type of energy as you travel through the earth planes
15. Experience the various shifts of light as you travel through each layer.
16. Feel what you feel, be what you be... experience all forms of life and absorb the energy grounding into the earth vibrations...
17. Once you have reached the core – turn your energy upwards... taking with you the multi-dimensions of the earth reality. Take every thought... every breath, every energy shift...
18. Travel up the central channel of your body – spinning in a counter-clockwise motion. The faster you spin the greater the shifts will happen in your whole being.
19. Feel yourself moving through each energy center...enter into the black earthstar six feet below your feet - feel the powerful force of the connection between you and earth energy...feel the grounding pull – let it fill your physical body temple... now feel yourself move into the energy centers in the soles of your feet... moving faster travel through the ankle chakras... the energy streams connected to the knees and then go deep into the flow of the central channel of light that connects you to all of the universe... travel up this channel into your base center, the sexual center, navel, solar plexus, heart, thymus, throat, third eye, crown – 2 feet above the head, 50 feet, 200, feet, 1,000 feet ... going higher and higher, spinning faster and faster...
20. Now feel, see, know that you are shifting into the etheric realms... moving deep into the essences of who you are... feel it, see it, touch it, know it.... Moving faster and faster, spinning at a rate than goes beyond light....
21. Feel what you feel, be what you be... and accept yourself where you are.

22. Now let yourself drift in a timeless space... floating into a wave of shifting energy patterns... feel the vibrations of this place as it molds and creates your reality ... in this moment....
23. Look around you, what do you see, feel, know...?
24. Feel yourself move into a small flat space... it is another dimension ... it holds the feelings and imagery of water... notice the colors... are there any beings there? Any life forms?
25. Feel yourself flatten out to match the frequencies that make up this world. You become long and thin but watery – as those that exist there have become ... just be there. Just be there and hold this image, this knowledge of this dimension. This dimension is an entryway into other worlds, realities, dimensions, and universes....
26. Feel the movement of the water substance, feel it shift and flow all around you... what does it feel like?
27. Now feel yourself being pulled towards a dimension wormhole... this wormhole is a doorway into multi realities – worlds... let yourself be pulled...flow with it, relax and allow...



28. Feel yourself go into this wormhole and begin to travel deep, deep into the core... your energy is matching the energy of this new dimension you are moving into... feel yourself being stretched, pulled, split apart and molded back together again... feel yourself drifting, drifting, drifting....
29. The sides of this wormhole are beginning to expand and the sides are being filled with multi-colored light and energy streams... they are swirling around you moving at an incredible speed...feel it...allow this all to happen
30. Then a rush of light and sound exploded all around you and you fall into a timeless space filled with bright electric light... you feel an overwhelming presence of love and joy....
31. This energy fills your being and moves deep within your molecular make-up... you look and see that each cell structure is composed of this light essence... each molecule within your being is designed after this energy dimension

32. The colors around you change with each thought you have... and with each thought you have there is an explosion of light material and this force of thought pulls to it another thought just like it... you look deep into the creative force of thought and see how it is constructed... you look deeply and understand the force behind thought, behind creation... it is all there for you to see. Look deeply... embrace the streams of creation and bring it into your being.

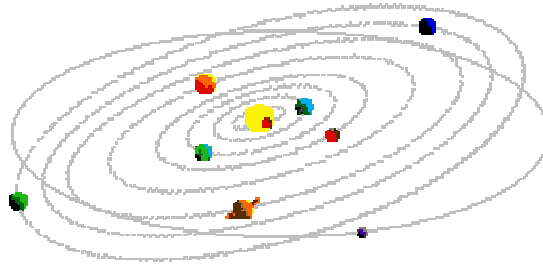


**Reality looks much like the Slinky Effect'**



... in which all experiences are happening simultaneously.

***Follow the energy spirals and travel deep into the force behind thought....***



33. Now that you are floating freely in this dimension... send out a thought and ask a question... Where does the Violet Flame come from... where are its beginnings...?
34. Pull this energy towards you and see where it takes you.
35. As it comes closer to you... begin to increase your spinning... spin into a spiral form and feel yourself expand into – and shift into a formless mass of energy. Look at yourself and see that you are completely light.
36. The light is beyond color and shape. Feel it...be it, accept who you are.
37. As you are expanding you are pulled into yet another wormhole and this one is filled with pulsing energy vortexes and they move in and out of your energy stretching and expanding you... drawing you deeper and deeper into yet another world...
38. Feel yourself formed into another energy shift – pulled into the thoughtforms of all existence... it is there in the midst of every thought that has ever been thought that you flow into the timeless mass of light called the Violet Flame.
39. When you emerge with the beginnings of this thought – you tap into the essence of all that is.
40. This energy called the violet flame is only the creative form of one thought – exploding into another and another until it is formed into a huge ball of swirling energy... until it touches the belief centers of the mass consciousness of the multi-realities... what is this thought? What is this energy?
41. Look at it, feel it, be it, expand in it, touch it... breathe it.
42. As you become the essence of the violet energy... release your attention and focus in the multi-dimensions and allow yourself to float downwards into the brilliant central channel of light that connects you to your physical reality. Each energy shift you are experiencing will align you back into this dimension. They anchor you back into the earth walk you have chosen to participate in at this time.
43. Now... Locate your physical body and rejoin it in this reality and time space... as you reconnect with the physical form... notice the how this physical body is indeed a complete world and reality all of its own. You are participating in the creation and evolution of this particular world. Celebrate and appreciate what this world has to offer you.



## CHANTING VIOLET FIRE

### *Chanting Process for Transmuting Darkness into Light*

1. Put your hand on your **Root Chakra** --- Blaze, Ground & Center, Violet Fire, Blaze - Blaze, Ground & Center (3X)
2. Put your hand on your **Spleen Chakra** --- Blaze, Violet Fire, Blaze, Draw in the Vibrations of Pure Light, Love is the Essence (3X)
3. Put your hand on your **Navel Chakra** --- Whirl – increase the scared spiral, Violet Fire, Whirl – increase the scared spiral (3X)
4. Put your hand on your **Heart Chakra** --- Amplify the influx of Love, Violet Fire, Amplify the Influx of Love (3X)
5. Put your hand on your **Throat Chakra** --- Move & Shift My Energy, Violet Fire, Move & Shift My Energies (3X)
6. Put your hand on your **Brow Chakra** --- Increase my Inner Sight, Violet Fire, Increase My Inner Sight (3X)
7. Put your hand on your **Crown Chakra** --- Stabilize My Connection to all-that-is, Violet Fire, Stabilize My Connection (3X)
8. Put your hand on your **Center of Crown** --- Blaze 100 fold, Violet Fire, Blaze 100 fold, Love is the Essence (3X)
9. Point up to your **Body of Light** [I am presence] --- Integrate the Energies Now, Violet Fire, Integrate the Energies Now (3X)

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### VIOLET FLAME

I am the light of spiritual freedom.  
I am the vibration of transmutation.  
I am filled and radiate violet fire.  
I am the power to control desire.  
I am the flame to transcend all things.  
I am the violet atoms that sing.  
I am strength and courage of self-reliance.  
I am success in the world and perseverance.

***Repeat 3 times***

---

### COSMIC VIOLET FIRE

I am and I command the power of the ultra violet fire of transmutation, mercy and compassion, invocation and freedom released by beloved Archangel Zadkiel to have success in the world through ceremonial magic in a super conscious mind, with self reliance and the cleansing, purification, bridging old with new through transformation forever sustained.

Now! Now! Now! Almighty I am, I am, I am.

***Repeat 3 times***

## THE VIOLET FLAME MEDITATION

### *To prepare for Meditation*

Focus for a while on the picture of Saint Germain. Ask for his help and don't forget to thank him each time you invoke the Violet Flame.

***PLEASE REMEMBER: the Violet Flame is a key figure in spiritual growth and it cleanses your Aura. It is a spiritual flame from God and anyone from any religion can use it. You may sense heat or a cool energy from the Violet Flame when it is invoked.***



1. Begin with a prayer. Use your favourite prayer or just say words that are meaningful to you.
2. Ask your Angels, Violet Angels, Guides and all other beings of the highest love, light and integrity to be with you now. Call upon them to help, guide and protect you throughout your meditation and at any other time. They are always there for you.
3. Call on Archangel Michael of the 1st Ray for protection and use your intention – (decide why you are doing this and follow that thought), from anything else that may be interested in the violet light you are invoking. Speak the words softly, with feeling and with love.
4. Do this meditation when you are alone and relaxed. It is best to do this at the same time every day. This way the mind gets moved to the side allowing the meditation to take place.
5. Make sure your clothing is loose, your chair or bed comfortable, the room temperature is right, the phone turned off, the lighting soft, a glass of water nearby.
6. Tell the people around you know that you are meditating. They must not touch you at any time during your meditation. Just ask them to call your name softly and continually if there is an emergency.
7. Do not be in a hurry - slow, deliberate actions are best as you are caring for YOU.
8. If you have difficulty visualizing a violet flame imagine a violet waterfall flowing towards you. Do what works for you.

## VIOLET FLAME MEDITATION:

1. Sit comfortably and breathe deeply in through your nose and out through your nose.
2. Allow yourself to feel at ease and comforted, feel the unconditional love and support that St. Germaine and all of the Universe has for you.
3. Close your eyes and imagine that there is a pinpoint of Violet Light above you. The Light is real, the Light is Love, and the Light is Life itself.
4. Feel the presence of St. Germaine in this light. Relax into it, and allow yourself to simply focus on its radiance and beauty.
5. The light begins to expand and become brighter, brighter and with greater depth than you have ever seen in a light colour before and yet you are able to continue looking at it and focusing upon it with ease.
6. The Violet Flame begins to descend and flow through you and all around you.
7. It enters into every cell of your body, cleansing and supporting the release of toxins and negative energy.
8. It flows into every thought form in your mind, cleansing them and transmuting them into higher and higher levels of thought.
9. It flows into your emotional body, enhancing your ability to feel and accept the emotions of love, joy, happiness and peace.
10. It flows into the depths of your soul, aligning it more and more with your own natural goodness and grace.

Stay with this for as long as it feels good and comfortable for you. You may find that as you do this, there will be times when you can stay in this energy state for shorter or longer periods of time. The length of time is not important, it is the being with and calling out to the Violet Flame that is!



**Fundamental to the understanding of Saint Germain, is this Chart of the "Mighty I AM Presence," an eye-picture of each one's own individualized God Self, which stands twelve to fifty feet above each human being. This Energy is part of the Energy Field of every Individual. There is really no separation.**

## **SAINT GERMAIN – Violet Flame**

### ***Explanation of the diagram on page 26***

The lower figure represents the human or flesh body; the Upper Figure represents the Individualized Presence of God, which is the Electronic Body of the "Mighty I AM Presence." Between the flesh body and the "Presence" is the Higher Mental Body, a form just as tangible in Its Own Octave as your flesh body is here, but not illustrated on the Chart. It is your Discriminating, Selective Intelligence.

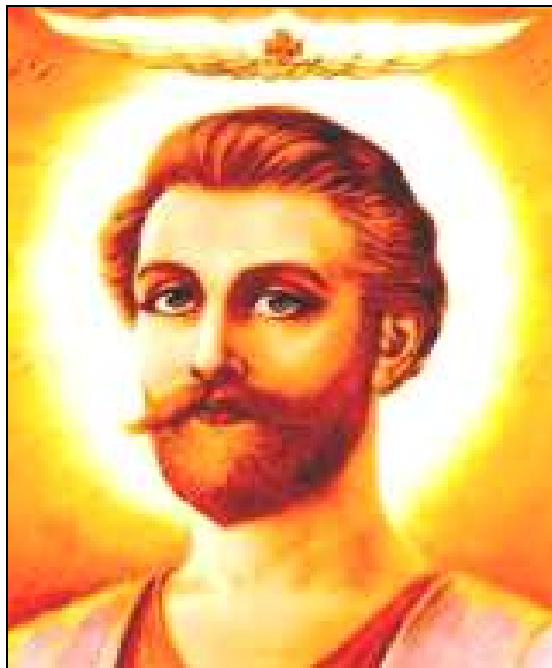
The Ray of Light which goes from the Heart of the "Presence," through the top of the head, anchoring within the Heart of the flesh body, is the Life, the Light, the Substance, the Energy, the Intelligence and the Activity by which the physical body has Life and is enabled to move about.

When your attention goes to the "Mighty I AM Presence," this Ray of Light and Energy begins to intensify and expand, until the Point of Light within every cell of the flesh body responds to It. As this intensifies, the Radiance forms a Tube of Light about the flesh body.

The Violet Flame flowing up, through and around the lower figure represents the Violet Consuming Flame, which is released by your "Mighty I AM Presence" when you call for Its Action to be passed through you and your world to consume all discordant creation, past and present.

The Color Radiance around the Upper Figure represents the accumulated good of all previous embodiments, a reservoir of constructive energy ready for use when the outer self has purified itself through the use of the Violet Consuming Flame and maintained harmony long enough for the Divine Plan to act without interference.

**Saint Germain**



## VISUALIZATING WITH THE VIOLET FLAME

### *Preparation for Receiving, the "Taking"*

1. Sit relaxed with legs and arms uncrossed and feet flat on the floor.
2. Close your eyes and take three deep breaths.
3. Please, be open-minded, honest and willing to receive the blessings of this divine flame.
4. Make your own inner prayer to the Most High to invite and show the power of this flame in your life to heal you or meet your own needs or of the loved ones.
5. Make also your own call to beloved Saint Germain and the angels of the seventh ray for assistance.

***"Elementals of the earth —gnomes—, air —sylphs—, fire —salamanders— and water —undines—, I invoke you to come and use this energy for the healing of the planet!"***

6. Seal your aura with a tube of nine feet in diameter by nine feet high made of white blue light. (pause). Let's invoke the protection of Archangel Michael:

***"Archangel Michael, Help us, help us, help us! [or help me]"***

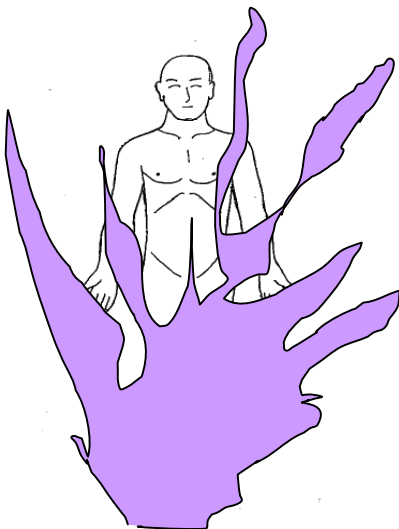
[Repeat it softly three times].

7. Now, make this simple affirmation or decree nine times (in your private visualizations you may say the decree loud and rhythmically more times, say 36, 72 or even 144 repetitions, increasing them in speed and pitch. If you feel the impulse of saying it loud, just follow Spirit).
8. As the mantra is said, center it in your heart with devotion and feeling.
9. Repeat mentally (you may continue repeating mentally the decree throughout the meditation):

***"I AM a being of the violet fire, I AM the purity God desires"***

[Say it slowly and rhythmically. At least 9x's].

10. ***I AM is an affirmation of the true self, your Master Within.*** It refers to the name of the Cosmic, I AM THAT I AM. I AM is a formula to unlock your inner authority to create in love.
11. Concentrate in visualizing the Violet Flame. See yourself inside a bonfire of nine feet high and six feet wide. See this fire of violet color. See pulsating flames undulating in endless shades of violet with gradations of purple and pink. Your body has now become transparent, the flames curling up your body from feet to crown. Feel the vibrancy and vitality of the flame. Visualize while concentrating your spiritual vision on your third eye between your eyebrows.



See pulsating flames undulating in endless shades of violet with gradations of purple and pink.



## PHYSICAL BODY CLEANSING

1. Invoke the Violet Flame. See it, feel it and know that it engulfs your entire energy field.
2. Now, see that this flame has turned into a sphere, just like a tilt-a-whirl at a show and is starting to spin faster and faster.
3. Also notice that its color has been transformed into a deep purple for cleansing and protection. It starts penetrating every cell of your body.
4. See small violet-flame spheres over each of your organs, removing negativity while caressing the atoms.
5. Concentrate now on the part of your body that aches.
6. Focus your inner vision at the atomic level. You are standing on a nucleus.
7. See the immense expanse of a dark starry sky barely illuminated by brilliant distant electrons sweeping by in a rapid elliptical motion.
8. Behold a Violet Light penetrating this space and bringing new vitality and health!
9. See how this dark matter of negative energy is being systematically transmuted into a golden light at the contact with the flame. This is your own energy that you invested in a long time ago, returning.
10. See the electrons spinning faster, more vibrantly, with stronger force ... (pause). Now, move back to a more macrocosmic vision.
11. Envision health and wholeness in your body, ward off any disease and pain and get rid of any chemical and drug pollution ... (pause).
12. See how this organ or section of your body is being restored and perfected.
13. See how other organs are healthier and vibrant ... (pause). Repeat mentally after me: "divine providence, may your will be done."

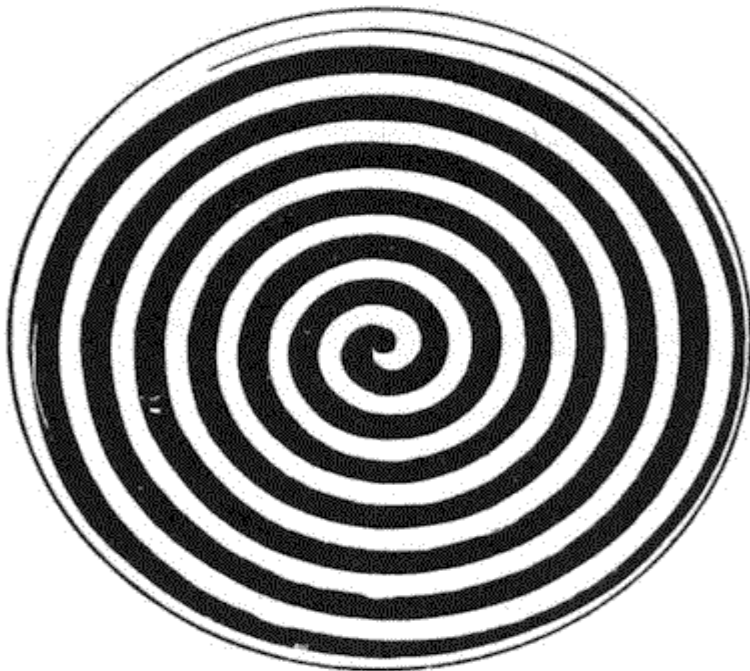
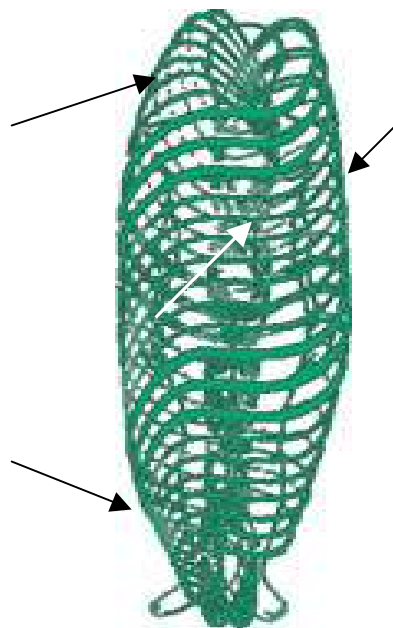


FIG. 65.



## AIR-PREDOMINANT VIOLET FLAME ENERGY

The currents of energy which spiral out from the ultrasonic core at the crown of the head and move from east to west around the surface of the body acting as sensory and feedback mechanisms, returning to the core, are Air-predominant.



Air is a transverse force between the polarity of the two fields of the bilateral symmetry of the body and the ultrasonic core in the spine. Our nervous system resonates with the keynote of Air. A gentle touch, soothing movements, and balancing contacts activate the keynote of sattvic vibration. Sattvic touch contacts the heart of Being. Sattvic touch fosters a receptivity to the healing presence of the Soul.

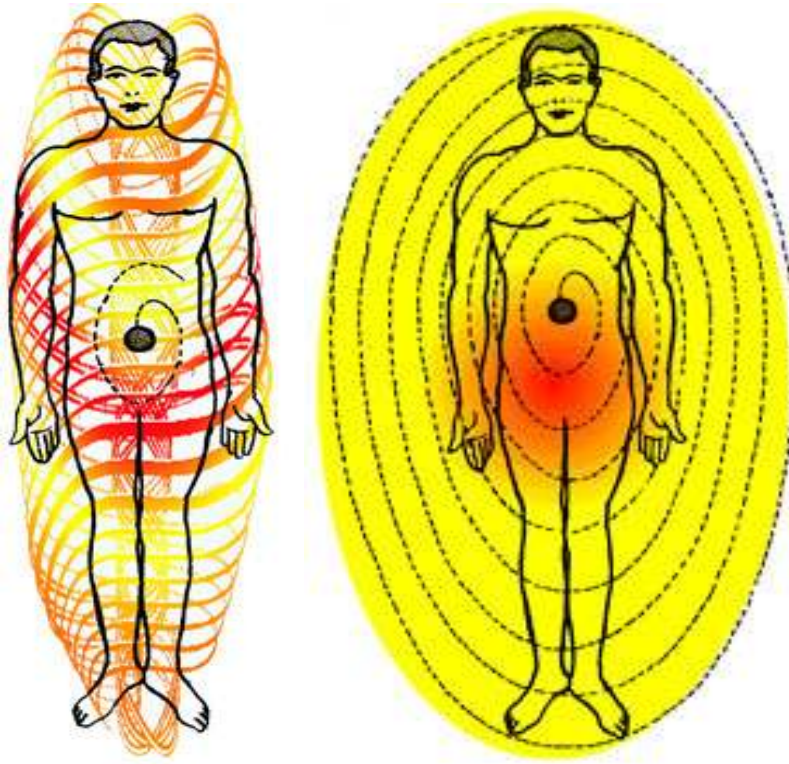
***Transverse currents embody the Air Element/Principle (combining with the Violet Flame energy)& integrate core & surface.***

The Air element (acting with the Violet Flame) resonates with the superconscious force of equilibrium in nature. Air, the first aura of emanation from the stillness of the Etheric core, is an energy field whose force embodies cosmic intelligence. Air is characterized by movement—not ordinary movement, but the intelligent movement, which underlies the self-regulating fields of nature and cosmos. The quality of lawfulness and the profound harmony and integration of all movement in creation is expressed in the Air element, which fills the field of manifestation with the spiraling breath of universal law. Air is the fulcrum between the unitive field and its creation.

The Air element predominates in the thoracic cavity and in the sattvic rhythm of the breath, which is always filling the space of the body with the re-spiration of universal law. Air rules the neutral, fulcrum field of the diaphragm and solar plexus and the balance of movement between the centrifugal resonance of the thoracic cavity above and the centripetal resonance of the pelvic cavity below. Air predominates in the colon and rules the rhythms of peristalsis throughout the body. Air (Libra) governs the kidneys, which purify the sacred waters of life. Air predominates in the ankles, which are the structural foundation of movement and direction. The fulcrum for Air and the center of our “spin” is the heart. The Air element arises “energetically” from the heart center, or Air chakra, and rules our desires in life, our passions, and our aversions as the basis of our movement in life.

The Air element predominates in a light touch and on the surface of the body. Air “inspires” and “respires.” Air predominates as inspiration and high spirits and our enthusiasm for and love of life. Air rules mind with its incessant mercurial movement. Its characteristic type of arc is a bipolar spiral of prana. Air governs transverse motion and locomotion. Its field of force is a lawful balance of centrifugal and centripetal forces in a spiral, a helix of attunement with the one source. Air fills space with the breathing, living balance of universal law.

## SOLAR PLEXUS SPIRAL OF VIOLET FIRE



***Violet Fire radiates spirals from its center at the Umbilicus and Solar Plexus to provide warmth and vitality to the whole body.***

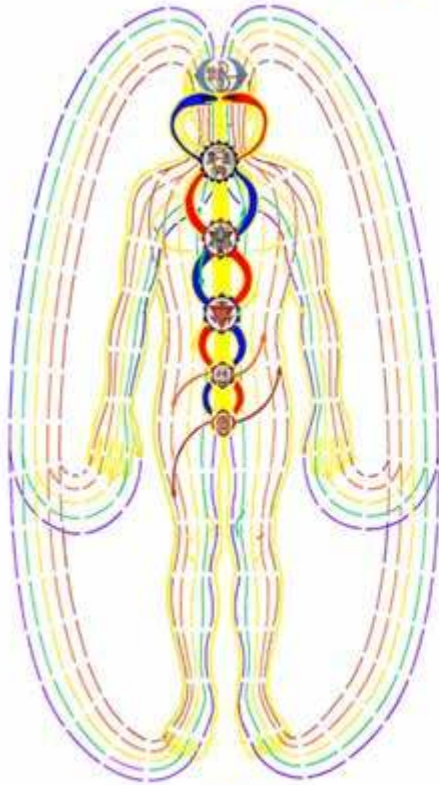
Violet Fire radiates vital force and defines the body from within to without. This type of energy flows mostly over muscle tissue to act and express itself. Luminosity, heat, and caloric energy are sustained by the vibrational frequency of Violet Fire. This electric pattern of energy predominates in the fields of force, which manifest warmth and function, as in the vital organs and muscles. Fire is the yang, directed, working, passionate, vital energy in the body. Its radiant working energy rules the organs and the processes of metabolism, and is the motive force of the musculature. Any stimulating contact resonates with Violet Fire and promotes its attunement. Violet Fire is centered in the solar plexus, two finger widths below the umbilicus.



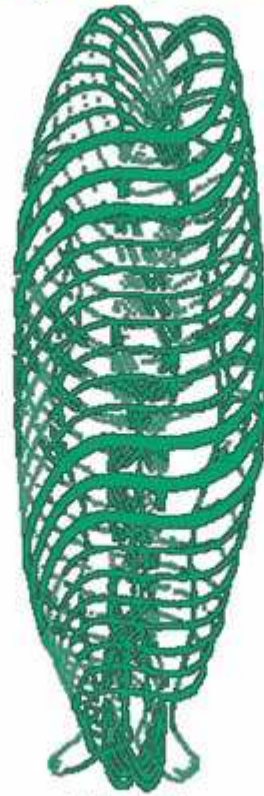


# COMBINING POLARITY ENERGY WITH THE VIOLET FLAME...

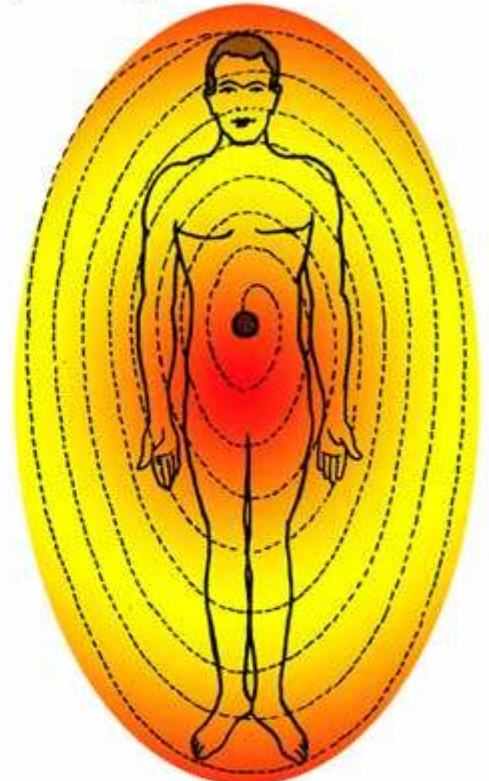
## Three Vibratory Principles in Polarity Therapy



Water Principle  
Long Line Currents

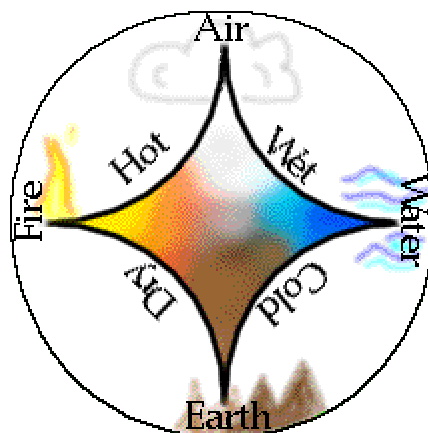


Air Principle  
Transverse Currents  
[www.hearwoodinstitute.com](http://www.hearwoodinstitute.com)



Fire Principle  
Spiral Currents

By virtue of these elements, the physical human body is created. The body is a composite of the interaction of the five elements (which are electromagnetic in nature) in the physical domain. The body, then, is an electromagnetic energy system expressing the dynamic interplay of the five elements from their most subtle to their most dense forms. Each form manifests a unique anatomy, with the subtlest form expressed as a "wireless" circuitry directing the flow of energy in its etheric state. Thus are created not only all aspects of the body, but also the totality of human expression, described by Dr. Stone as the Pentamirus combination of the elements.



## THE MEDITATION

1. Visualize yourself calm, at peace, relaxed.
2. Gently close your eyes and look beneath the eyebrows and up.
3. Think of someone you love now or loved as a child to open your heart chakra.
4. You are becoming more relaxed
5. Starting from your feet slowly move your way up towards your head, relaxing every part of your body. If there is any tension in your body, just breathe into that area ...hold your breath ... then breath OUT completely and let the tension go. Repeat until the tension area eases. Think of each part of your body as you gently relax it.
6. Slow deep and easy breaths in and out
7. You are more peaceful now
8. Relax your mind
9. Your breathing is nice and easy now
10. Focus on your breathing to centre yourself
11. Your eyes remain closed .....
12. Inwardly visualize and see before you a Violet Flame, Look at and into the Violet Flame, Feel the Violet Flame
13. You are moving closer to it and as you do so feel its warmth and look at its brilliance, your breathing is slow and easy now, it draws you closer and as you enter the Violet Flame you are not afraid... All is well
14. You start to feel and embrace its energy... You are as one with the violet flame... Your whole being is one of brilliant violet light ... You feel unconditional love flowing through every fibre of your being ... You are one with the light ...It gently unlocks your heart ... It gently releases your fears ... You are returning to all that you are ... All you were meant to be
15. Inwardly you look for the any energy blocks that you can release into the Violet Flame
16. You might see pictures of what each block or stagnant energy represents and the people that were associated with each.
17. As each block is released into the Violet Flame you start to feel lighter. You may sigh with relief. You may even cry
18. You are aware of the gentle violet light and allow yourself to feel love from the violet flame
19. Your higher self and the Violet Flame are releasing the many blocks and thoughtforms that have held you in a stagnated place.
20. You allow the Violet Flame to flow through your system, through each layer of who you are. . the Violet Flame is gently cleansing every part of your mind, body and spirit
21. You are now able to free your soul for its next journey ... Stay here as long as you like
22. Your heart chakra opens with each release of the old unwanted energy. It vibrates with the energy of unconditional love ... Your soul becomes whole and free ... Past issues are gone
23. As the flame burns off the old ties you are returning to a state of love and wholeness for YOU ...You return to who you truly are.
24. The Violet Flame now surrounds you ... It is part of you ... You are part of it ... All is well
25. You may wake up to return to your physical body by wiggling your toes and stretching
26. As you wake gently, be at peace and one with all of life.
27. You are free to return to the Violet Flame at any time to burn off old stale energy, blocks and ties that still bind you. This is what you are meant to do - to become balanced, whole and enlightened.

\*\*\*\*\*

## HEALING WITH THE VIOLET FLAME

### Violet Fire

Violet Fire has a Consciousness of Its own. It knows where to go and what to do. For example, if the Divine Energy is projected to the ajna chakra (third eye chakra), It will go to the affected chakras and the affected parts. Diseased energy will be expelled. Over-activated chakras will be inhibited. Under-activated chakras will be activated. Organs that are weak will be strengthened. Organs that are inflamed will be soothed.

### Affirmation For Receptivity

Divine Healing Energy is very powerful but also very subtle. For rapid healing to occur, the patient has to be very receptive in other words – want to heal. If the patient is not so receptive, then healing will be slow. But if the patient is not receptive at all, then he or she will not be healed. The healer may project a lot of the Violet Fire Light, but this Energy will not be assimilated unless the patient is receptive and wants to get well. If the patient is not so receptive, it is better to use other healing rays (like reiki, prana, healing touch, etc.). They are more effective with patients who are not so receptive since they are grosser than the Violet Fire.

**The receptivity of the patients can be enhanced by silently or verbally reciting the "*Affirmation for Receptivity*":**

Saint Germain (3x's), Angels of the Violet Flame (3x's), Violet Flame (3x's)

- \* Then ask for this energy to be attuned to the vibration of the person you wish to work with.
- \* Wait, and then feel the energy and listen for a response from the "persons" energy field or vibration.
- \* If it is receptive to the Violet Flame then go ahead, if not proceed with another type of healing energy.

### HEALING PROCEDURE:

*Repeat three times.*

#### 1. TOUCHING THE HEART CHAKRA

Crown-hand chakras technique is used for projecting Divine Energy. As a healer becomes more powerful, it is necessary for him to lightly touch his heart chakra with one hand to soften the projected Divine Energy. Otherwise, the patient may weaken or may even faint.

#### 2. FOREHEAD-HAND CHAKRAS TECHNIQUE

For healers who are quite powerful and whose Antahkarana or spiritual root ("crystal cord" or "silver cord") is bigger than the head, it is better to use the forehead chakra as the source chakra for the Violet Fire than the crown chakra. This technique is called forehead-hand chakras technique. For very powerful healers, the use of the forehead chakra as the source chakra is milder, safer, and more effective. The use of the crown chakra as the source chakra by very powerful healers is overwhelming to the patient's body and will produce a slower rate of healing. When using the forehead -hand chakras technique, it is still necessary to touch the heart chakra with one hand.

3. **During the Healing work** – always invoke saint Germain, Angels of the Violet Flame and the Violet Flame... also you may invoke Archangel “ “ for grounding the energies. You may also call in: Archangel Zadkiel - 7th Ray – Violet - Seat of the Soul, for deeper connection to the higher frequencies.

#### **POINT OF ENTRY:**

4. **Violet Fire can be used for cleansing and energizing** directly the affected chakras and parts. The upper chakras are more responsive to the Violet Fire than the lower chakras. In general, especially with patients that hold a slower vibration, the lower chakras are usually not responsive at all to the Violet Fire if energized directly.
5. **The heart chakra, through the back heart chakra,** can be used as an entry point for the Violet Fire to go to the different parts of the body. The healer energizes the back heart chakra with the Violet Fire and visualizes the Divine Energy spreading to all parts of the body, with emphasis on the affected chakra(s) and the affected part(s). A powerful healer may rapidly project a tremendous amount of the Violet Fire by softly hitting the patient's back heart chakra with the healer's palm.
6. **The crown chakra, forehead chakra, or ajna chakra** can also be used as an entry for the Violet Fire. The projection of Divine Energy can be done slowly or rapidly. If projected rapidly, the patient may become dizzy or may faint. This is why in charismatic healing or in faith healing, some healers may project a tremendous amount of Divine Energy by lightly touching or hitting with the palm the ajna chakra or forehead chakra of the patients - causing them to faint.

#### **DESCENT OF THE DIVINE LIGHT**

The Divine Healing Energy is transferred from the soul of the healer to the soul of the patient, then to the patient's etheric and physical bodies. This is seen as a flood of the Violet Flame coming down, thereby rapidly cleansing and energizing the whole body.

1. Invoke the Violet Flame
2. Silently say a short prayer requesting Divine Healing Energy and Divine Protection.
3. Instruct the patient to silently recite the Violet Flame invocation.
4. Visualize the Violet Flame descending from above - down to the patient's crown chakra and spreading to all parts of the body.
5. Mentally instruct the Divine Healing Energy to remain with the patient until it has been fully utilized by his body.
6. Repeat treatment several times a week for as long as necessary.



## MASS HEALING

**A powerful healer can heal patients en masse with Divine Healing Energy.**

1. Invoke the Violet Flame
2. Silently ask for Divine Blessing, Divine Healing, and Divine Protection.
3. Instruct the patients to silently or verbally to invoke the Violet Flame.
4. Concentrate simultaneously on your crown chakra and the heart chakra. Divine Healing Energy is drawn from above - down to the crown chakra, projected out through the front heart chakra, then through the hands.
5. Simultaneously visualize all the patients bathing in a sea of brilliant Violet Flames. This is done for several minutes.

### HEALING DECREE:

I call upon Saint Germain – say 48x's, Angels of the Violet Flame 48x's, Violet Flame 48x's

Let those Currents blaze through these hands to heal and bless this body! (Name of person seeking healing)

In the Name of Saint Germain, Archangel Zadkiel, Angels of the Violet Flame (Name of person seeking healing) I command the complete removal and consuming of the causes and cores of the limitations and diseases in this body by the Violet Flame of Divine Love from God's Heart!

In the Name I AM THAT I AM, I call upon the Holy Spirit to guide and guard this dear one (Name of person seeking healing) to prevent these causes and cores from being recreated!"

### Repeat :

Saint Germain (48x's)

Angels of the Violet Flame (48x's)

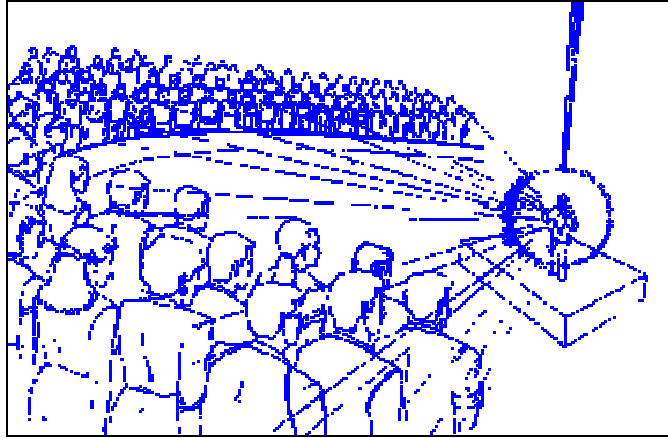
Violet Flame (48'xs)

Facilitated by Archangel Zadkiel/Amethyst, Archangel Michael stands by for protection and St. Germain guides the process with your Higher Self as you CLEAR unwanted thoughtforms, psychic attacks, entities, blockages and negative situations that are blocking your Spiritual path and being fully who you really are in this world. Zadkiel is also known as the Angel of Mercy.

When the Violet Flame Angels are near you, it is not uncommon for you to smell the scent of lavender or lilacs, often in conjunction with roses.

***The Violet Flame transmutes all negativity, everything that is NOT of your soul's essence, light and Divine Love. If you are experiencing difficult situations, relationships or going through a spiritual/life crisis, this session WILL assist you in finding your peace of mind and clarity again. It will also transform the situations you work with and help you to restore healthy states of being on all levels. .***

## Divine Healing Diagram



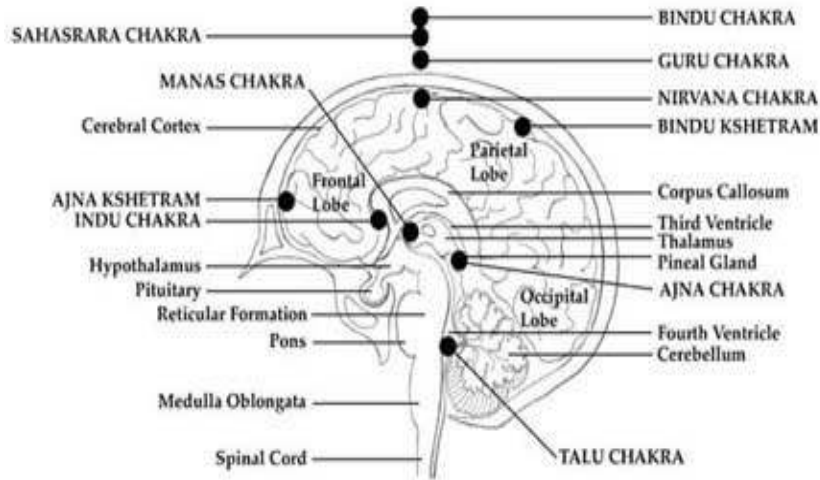
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### INVOKING THE VIOLET FLAME...

Let it flow into your crown..... palms of your hands..... down the central channel... throughout your whole body .. Radiating out into your energy field.



Chakra points in the brain that are activated by increase energy inflow.

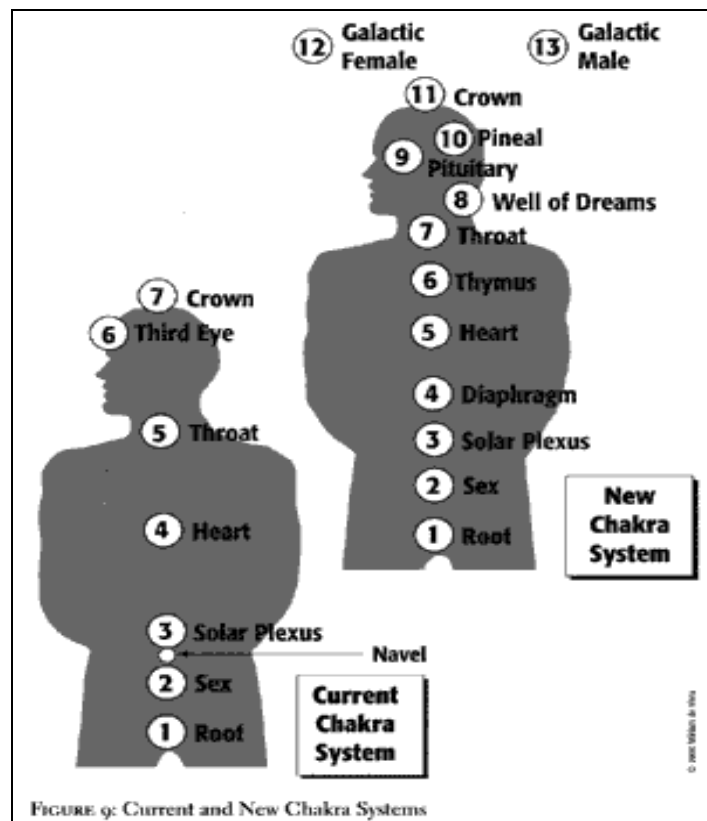


Chakra Points and Kshetram in Brain

Figure 8b

### NEW CHAKRAS...

As we continue to raise our vibrations we will be merging the chakras/bodies with each other, thus creating new "higher dimensional" energy forms which can be altered to take on any kind of form within their dimensional limits. In other words if the new chakra/body is a fifth dimensional one, we can alter our energy to take on any kinds of shapes from the Third through the fifth Dimension. However, our Fifth Dimensional forms will be more like colors, sounds, vibrations, etc. But . . . we can lower them slightly between Fifth and Fourth Dimensional vibrations so as to take on a "slight" physical look.



## **NEW CHAKRAS... by Sheldan Nidle**

The first extra center is at the diaphragm where your body's emotional memory system is currently located.

The second new center is situated at the thymus where your body's immune system is presently regulated. (Fully conscious humans possess a complete and very healthy immune system.)

**The two other new centers are in the head.** One (called the 'Well of Dreams') is found in the back of the head just above your medulla oblongata. It regulates the connection your consciousness has with information from higher dimensions. The other new chakra is located near the pituitary and is named after the master endocrine gland in the body.

Instead of the previous seven physical body centers, your transformed body now has eleven. This eleven-center network has two additional inter-dimensional (etheric) centers located above the head. They are called the 'Universal Female' and the 'Universal Male'. In total, you will have thirteen primary or main chakras -two purely etheric and eleven that are part of your physical selves (see FIGURE 9).

***Let us begin the following portion of our mini-tour by describing these new and currently transforming chakras.***

**The first chakra** (root center) is located at the base of the abdominal cavity. Its main purpose, however, is changing. This energy center allows Mother Earth to attune your life force vibrations to hers. In effect, Mother Earth depends upon the resonance of her physical Angels to maintain maximum efficiency of her magnetic and gravitational fields.

**The second chakra** (sex center) is located near the sexual organs and is tied to the first chakra. Its primary purpose is to help vivify the body through the use of special sexual practices or disciplines such as highly ritualized, fully conscious tantra. This process permits the vibrating energy (internal sexual tuning crystal) to tune the entire body and, especially, the first chakra.

**The third chakra** (solar plexus center) is located just above your belly button and is the seat of the second connection point for your Full Self. Life energy enters through the crown center at the top of the head (the golden cord) and through the solar plexus (the silver cord) or seat of your Will. The heart center regulates this energy.

The newly formed fourth chakra (diaphragm center), found at the base of the thoracic cavity, is now the center for storing negative emotions. In the near future, it will be able to alleviate stress and empower Will energies stored in the solar plexus center. This chakra is the center of a rejuvenated 'prana' (breath energy). And, as students of yoga know, prana acts to revitalize and purify the body.

**The fifth chakra** (heart center) is found at the heart. It is a vital link to the Angelic energies of pure thought and to the holy energy of complete Love, devoid of all possession, sentimentality, etc. This complete or pure love enables your body to operate at peak efficiency.

**The sixth chakra** (thymus center), also newly formed, is where the thymus gland is situated. In your coming reality, the body is pure thought-form. Its immune system is tremendously strong and viable. In the transformed human, the thymus retains its initial size, which is about one-third the size of an adult heart.

This means that the thymus center remains sound throughout your lifetime. The human body easily attains the ability to transmute any potential illness or disease. Due to Earth's present high levels of background radiation and to the many long-forgotten wars that have ripped your atmosphere asunder, your thymus center begins its gradual deterioration immediately following birth. By adulthood, it has shrivelled from the size of a human baby's heart to that of a small pea.

**The seventh chakra** is located in the throat and helps to collect prana energy that invigorates and purifies the body. It also acts as the communicator for your consciousness and coordinates the energies of the body, with the regulatory consciousness energies of the head.



**The eighth chakra** (Well of Dreams' center) is currently vestigial and is found in the area of the occipital lobe (at the base and back of the head) directly above the neck. Individuals, particularly those with psychic abilities, commonly get headaches from information 'bottlenecking' that create discomfort in this region. This chakra's inactivity mirrors your present state as a dormant, limited conscious Being.

In the present reality, humans with expanded psychic abilities can use connections critical to the brain's limbic system provided by the "Well of Dreams' to mentally control others. It is important to realize this and to surround this center with great spiritual protection. In the new fully conscious system, this particular center, regulating psychic energies and preventing you from ever being controlled, becomes very important.

**The ninth** (pituitary chakra) is newly located in the area of the pituitary gland. Near the center of your head, it permits the body to respond to Light and radiation and, by utilizing this response, eventually will rejuvenate your body. In the new body, the sixth, eighth, and ninth centers interact quite extensively with the others, allowing you to use any vital, inter-dimensional information-energy immediately.

**The tenth chakra** (pineal center) is located in the center of the forehead above the nose and near the pineal gland. It brings in higher Light frequencies and is known as the vision center or the 'third eye'. Together, the eighth and tenth chakras permit you to receive and interpret visions and other key messages from higher vibratory states.

The eleventh chakra (crown center) is located at the back half of the top of the head. It is here that the Full Self energies from the universal source and the two new etheric chakras connect into the head.

**The twelfth chakra** (Universal Female) is situated just above the head. It controls the left side of your body and regulates your many creative gifts and talents. It is also where the desire for internal self-love and for external love or compassion originates.

**The thirteenth chakra** (Universal Male) is found above the head and regulates the right side of the body. It also has authority over your perceptions of reality and your ability to carry out a designated plan with practicality. This chakra is the source of your desire for inner and outer harmony.

**Your head chakras connect to your now forming twelfth and thirteenth chakras.** If you visualize the area around your head, you can see an energy triangle forming. Emanating from it are many vibrant, prismatic colors and energy information packets perceived as sudden blips of Light.

**This triangle connects the twelfth (Universal Female), thirteenth (Universal Male) and eleventh (crown) chakras.** Yet another line travels from the eleventh (crown), to the eighth (Well of Dreams), to the ninth (pituitary), to the tenth (pineal) and, finally, returns, back up to the eleventh (crown) chakra.

**Visualize two flat circular shapes that connect through the eleventh (crown) chakra to create a special rotating, scalar wave transducer.** Scalar waves are inter-dimensional waveforms. The rotating, triangular head antenna allows a person to radiate her/his life and information-energy to others. Through this same device, the individual receives the energies of others. Both upper and lower brain centers are thereby able to inter-communicate in ways that are beyond your present capabilities.

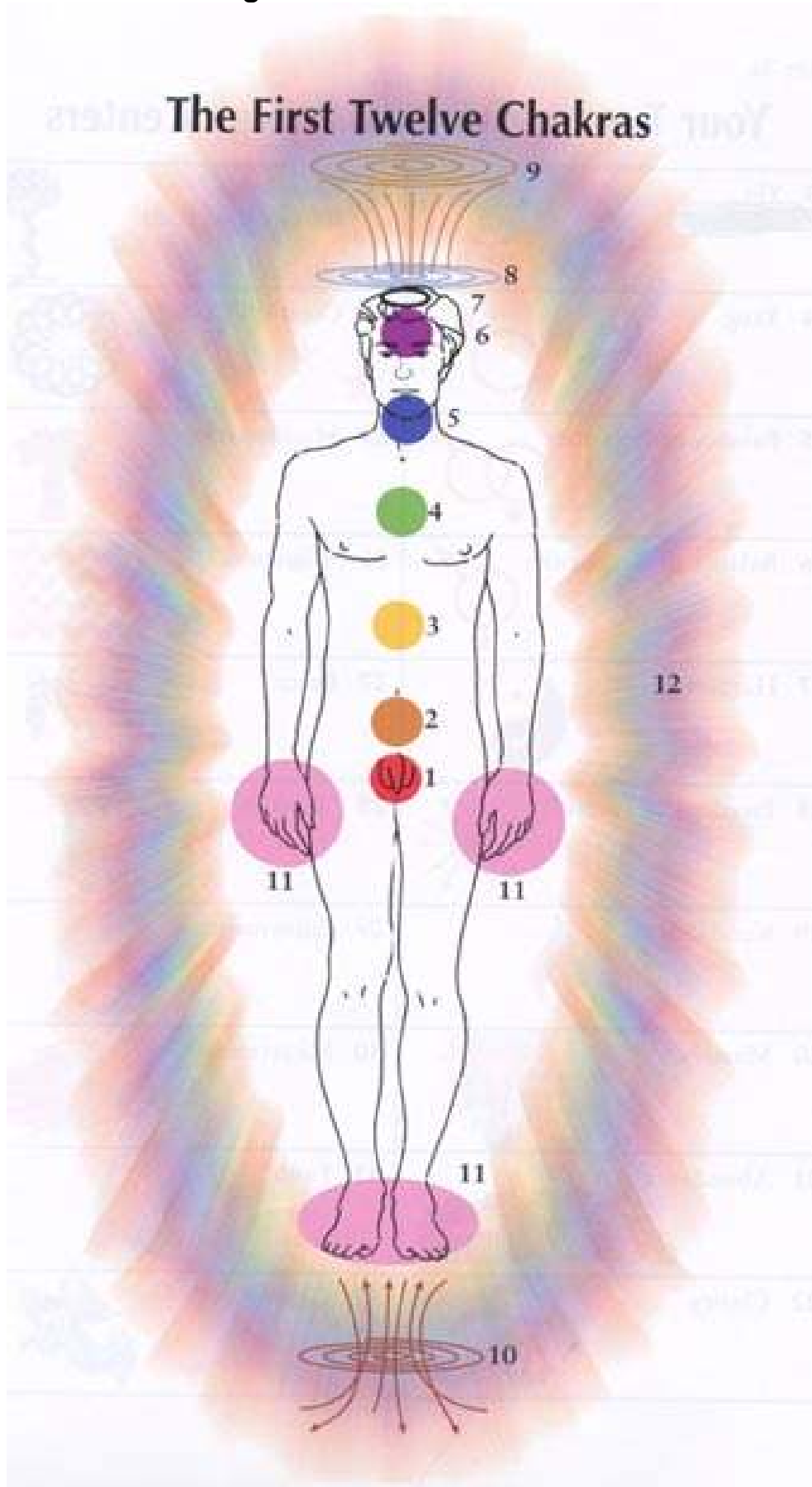
**The eleventh (crown) chakra** brings in Light (life and information energy) and channels it to the eighth (Well of Dreams) and sixth (thymus) chakras. As we have just seen, the eighth and sixth centers (both Light sensitive) interact. Remember that Life originates within the divine Light of the Creator. Focused in this way, many of the frequencies of divine Light produce a Love harmonic. The energy this focus produces causes the eighth and the sixth centers to resonate with the fifth (heart) center.

**As the eighth, sixth, and fifth centers** resonate with each other; they radiate energies that allow the seventh (throat) center to receive the incoming prana. (Life energies). These harmonies (songs of Light) move down, to the 'prana' or fourth (diaphragm) center, distributing the prana energy and invigorating and cleansing all the cells of the body.

# TRANSFORMATION OF CHAKRAS

CHAKRA	DIMENSION	BODY	COLOR	CHOHAN	RENDERING
<b>CROWN CHAKRA</b>	11th Dimension and Higher	Mahatma	Violet	Sanat Kumara	
<b>THIRD EYE CHAKRA</b>	9th Dimension	Over Soul	Indigo	Babajji	
<b>THROAT CHAKRA</b>	7th Dimension	Avatar	Blue	Nirih	
<b>HEART CENTER</b>	5th Dimension	Light Body	Pink	Sananda	
<b>HEART CHAKRA</b>	High Level of the 4th Dimension	Etheric Body	Green	Maya Ohm Mahatma	
<b>SOLAR PLEXUS CHAKRA</b>	Medium Level of the 4th Dimension	Mental Body	Yellow	Quan Yin	
<b>SACRAL CHAKRA</b>	Lower Level of the 4th Dimension	Astral Body	Orange	Alana Tau	
<b>ROOT CHAKRA</b>	Third Dimension	Physical Body	Red	Francis	

# Original View Of The Chakras



## CORE ENERGY

### Locating the Assemblage Point

The ability to change how we 'feel' and how we 'behave' by adjusting or correcting our Energy Body alignment is nothing short of miraculous. The medical, political and economic benefits are enormous. Once we are familiar with our own Assemblage Point location and that of others, the idea that there is more to a human being than flesh and bone becomes an absolute certainty.

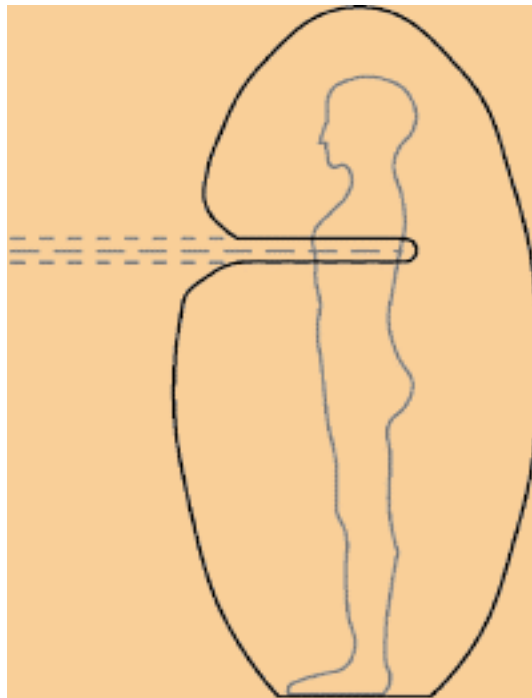
The law of energy conservation states that energy can neither be created nor destroyed. It can only be changed in form. When we are alive, we have 'life' energy in our body. When we are dead that energy is gone. Physics says it doesn't cease to be; it can only change form. Therefore there is a part of us, the energy part that exists beyond the flesh body.

Locating and experiencing our Assemblage Point provides us with personal proof that we all have an Energy Body as well as a physical body.

Working with the Energy Body is not a trivial affair; the Assemblage Point in particular, is a very personal matter, directly connected to the 'Life Force' or spirit of the individual.

### ASSEMBLAGE POINT DESCRIPTION

The Assemblage Point is not part of the physical body. It is an integral component of the Energy Body that surrounds the physical body. It is a large indentation of energy lines, which pierce the physical body. Fig. 7 is exaggerated for clarity. Its entry position is 'fixed' or 'stationary'.

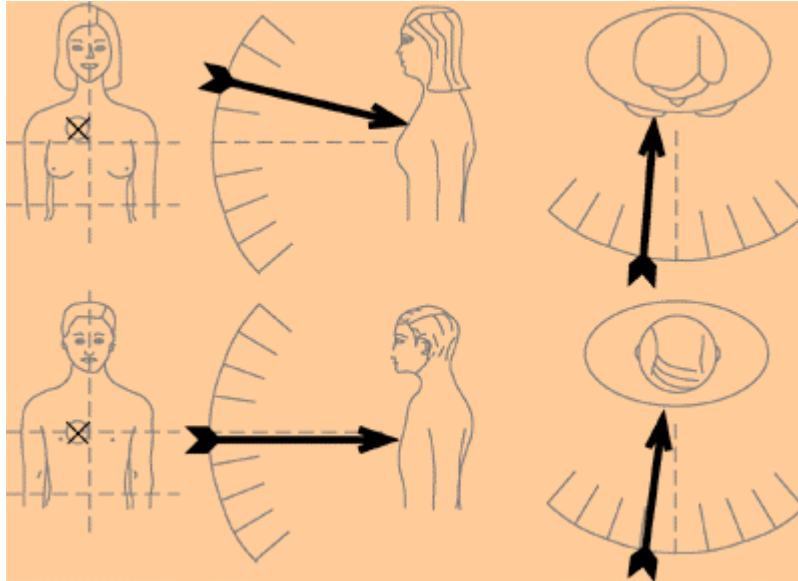


**Figure 7** – Energy lines which pierce the body (exaggerated for clarity)

The average diameter of the bundle of energy lines is 1 centimetre. It causes a sausage-shaped indentation in the Energy Field. There is an energy 'potential' both along the length of the lines and across their diameter. Where the bundle of lines enters the physical body, they induce a tender or very sensitive area of skin of the same diameter. This tenderness can be quite uncomfortable and can often penetrate through to the shoulder blade.

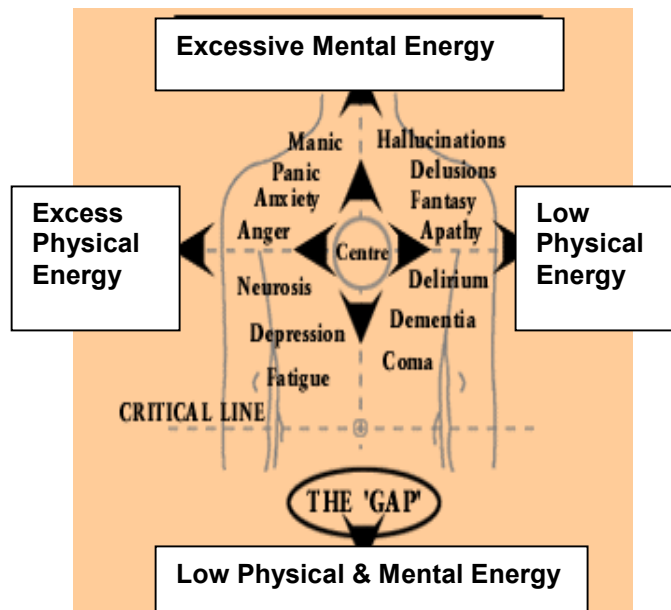
## WHERE TO LOOK

The location of a woman's Assemblage point is generally, but not always, several centimetres higher than a man's. Broadly speaking, a woman's vibrational rate, her behaviour, the way she feels and her view of the world is quite different to that of a man. Therefore, female and male locations tend to be different. These differences also reflect in the efficiency of the chakras in the central core. Women are more efficient on the higher chakras, men doing better on the lower ones. Fig. 8 illustrates commonly found locations for a woman and a man. Finding the precise location and entry angle of the average, healthy, balanced person is a very quick and simple affair.



**Figure 8** – Women's locations is higher than men's

Subjects with a bright and energetic disposition [high vibrational rate] will have a high location and elevated entry angle. Depressed and lethargic patients such as those suffering from ME or postnatal depression will have a low location and descending entry angle. Finding the location and entry angle of patients with mental or physical health problems can be difficult, but gets easier with experience. Often their symptoms, posture, tone of voice will suggest where to look. The 'Off Centre Map', Fig. 9, below, gives a general overview of locations for specific symptoms, there are rare exceptions.



## FEELING THE LOCATION

1. The subject should stand upright, looking ahead at the horizon. The investigator should stand facing the subject right-hand body side.

Fig. 10.



Figure 10

2. Form your left-hand into a cup shape, Fig 11. Use it to 'feel' for the sausage shaped end of the subject's Assemblage Point in the area of the shoulder blades. Fig. 11
3. Form the fingers and thumb of your right-hand into a tight, concentrated point. Fig 11. Use this hand to 'feel' for the bundle of energy lines entering the subject.



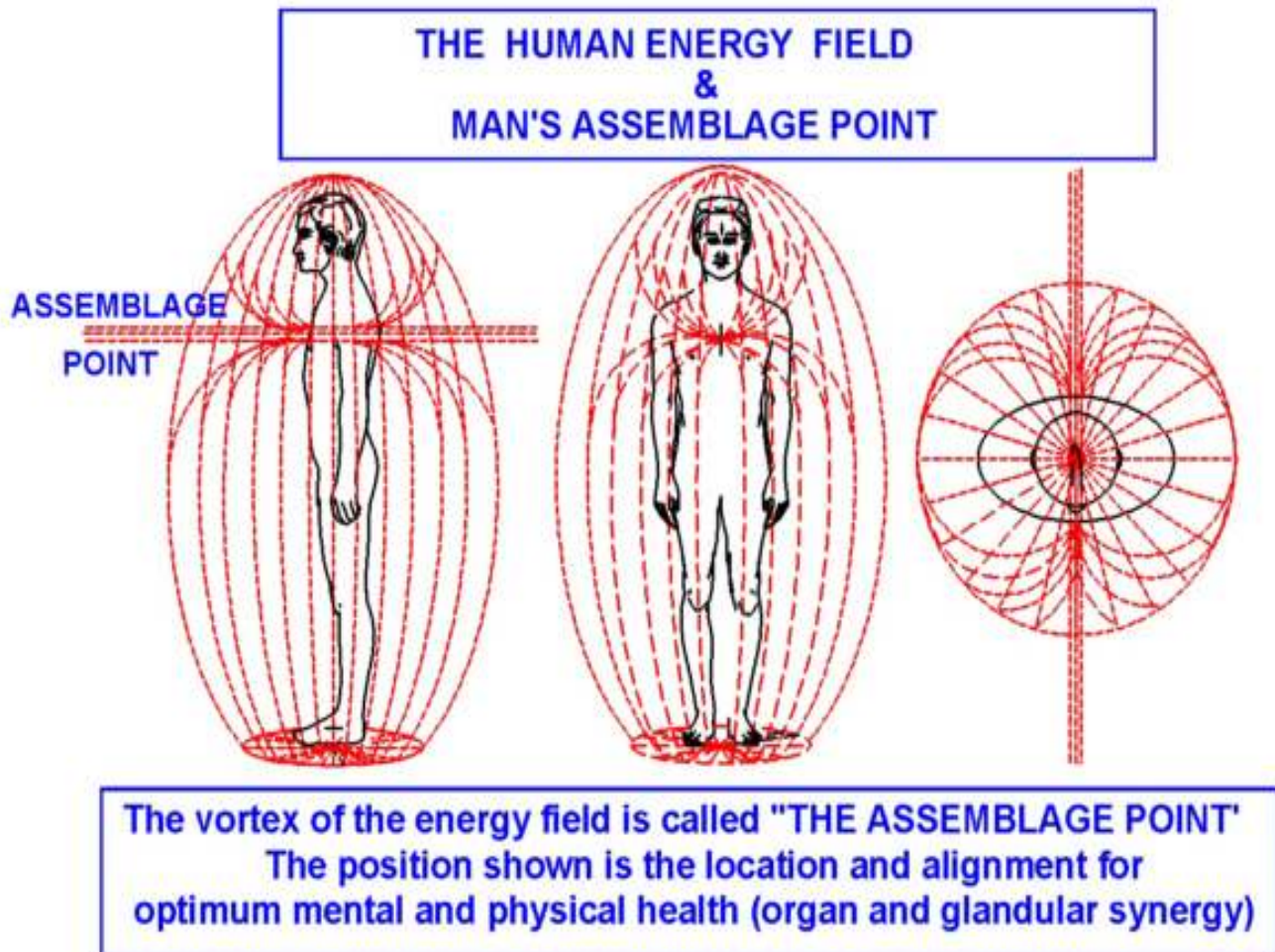
Figure 11

1. Hold both of your arms wide apart. Hold your left-hand behind the subject and your right-hand in front. Standing relaxed be keenly aware of your physical feelings and your weight on the floor. It helps to close your eyes or look away. Slowly bring your hands towards the subject feeling for the maximum energy. Allow the subject's energy to control your arm muscles.
2. The difference in energy potential along the bundle of lines of the Assemblage Point makes it easy to distinguish. When your cupped hand and pointed fingers are lined up with the subject's bundle of energy lines, you will experience an energy surge. This will pass through your arms and chest. Sensitive subjects will also feel this surge.
3. Bring your hands together feeling for the maximum power and connection with your subject. Allow your hands to touch the subjects back and chest at the points of maximum energy connection.
4. Move your right-hand fingers back and forth across the Assemblage Point. Most subjects will feel a 'pulling' sensation deep inside the chest. Use small, adhesive labels to mark these positions back and front.

## SEEING THE LOCATION

*This method is the most difficult to describe and comprehend, yet ironically, the simplest and least obtrusive way to locate assemblage points.*

1. Realize the truth that what we see 'outside' is not the actual object but a hologram or mental construct of it 'inside' our mind.
2. Whilst intensely observing your subject, suspend all thinking and judgements. Perceive the space surrounding your subject as charged with energy.
3. Try to see the energy as effervescent particles. Look for a concentration of these particles in front of and on the surface of your subject. Where the particles are most concentrated you will find the assemblage point location. These particles may be bright or dull.
4. Look for lines of flux, flowing to a small concentrated bright spot or even a shadow on the subject. Note the location and angle.



## VIOLET FLAME SYMBOLS

As we use the Violet Flame to heal all old wounds created through our many soul journeys, both together and separately we feel the healing and the re-uniting of the two in complete and total balance with each other.



### **Twin Violet Flame Symbol**

Balancing of male and female energies, growth, expansion, change

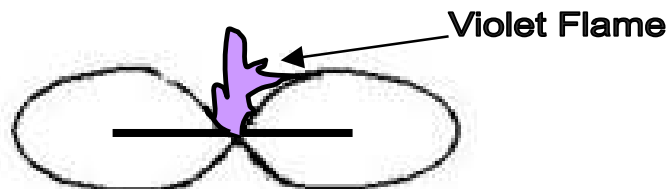
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### Infinity Sign — the figure 8:

Creates a wonderful energy flow. If you were to place two people within the figure 8, and run the Violet Flame energy through the symbol, it becomes very magnetic and very healing.



### **Violet Flame Healing Symbol**

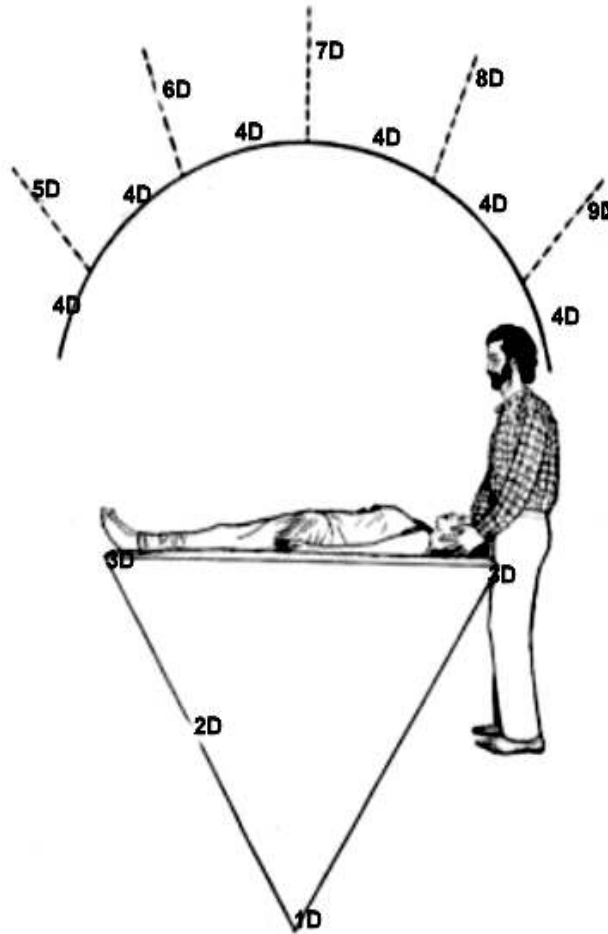


The Violet Flame Healing Symbol was given to us to help us activate memories hidden within our DNA. The added violet flame energy helps us to transform old programming, let go of or transform old issues and prepares us to recognize the divine other half within Self.

When we discover old parts of our programming that are offering great resistance creating pain within us, we have been provided with the Violet Flame to assist us to transform those old parts of self.



## HEALING WITH THE VIOLET FLAME



***A healer is slowing down the energy fields of the person on the table to encourage healing.***

Invoke the Violet Flame to assist in this type of healing...

1. The first dimension (1D) is the iron core crystal of Earth.
2. The second dimension (2D) is the telluric realm below Earth's crust.
3. The third dimension (3D) is the material world where the healer and client are working together.
4. The fourth dimension (4D) is the realm of the human collective mind that organizes itself into archetypes.
5. The fifth dimension (5D) is the realm of unconditional love, expressed as the open heart.
6. The sixth dimension (6D) is the realm of morphic fields that replicate all living things in 3D.
7. The seventh dimension (7D) is sound that generates geometrical forms, also known as the Word of God.
8. The eighth dimension (8D) is the Divine Mind, or the mind of God.
9. The ninth dimension (9D) is time that generates the actions of living things, which is organized by the Mayan Calendar until 2012.

## How thought in any reality Creates in worlds....



This illustration shows how crop circles are made by tubes of light that are generated on fields of grain, most commonly in England.

1. The eighth dimension (8D) is a form in the mind of God or any non-physical energy.
2. The seventh dimension (7D) is sacred sound that can manifest form.
3. The sixth dimension (6D) is the geometrical field that creates forms.
4. The fifth dimension (5D) is unconditional love, an energy that comes when creation happens.
5. The fourth dimension (4D) is where energy polarizes so that things can manifest.
6. The third dimension (3D) is the field where the crop circle takes place.