

## **The Violet Flame and Violet Flame Meditation by Hazel Raven**

### **Who is Saint Germaine?**

Saint Germaine is an Ascended Master. The Ascended Masters are those who have gone before, they have walked upon the Earth, as we now do. The Ascended Masters through their own enlightened efforts have changed their experience of reality; they have learned how to transcend the limitations of time, space and form, liberating them from the need to reincarnate in order to grow spiritually. The Ascended Masters wish to reach out to us at this pivotal time in human history, they wish to shower us with their light, feed us with their love, nurture us with their wisdom and perhaps most of all support us through these momentous times. They also wish us to discover more about ourselves and grow daily in the resonance known as cosmic-consciousness. The Ascended Masters dwell in the sixth dimension.

### **Evolution of Consciousness**

On our small, beautiful but fragile planet we are being inundated daily with increasingly potent, powerful and variable new energies from our solar system, galaxy and beyond. These energies, best described as high-frequency light, stimulate our evolutionary potential.

When we look closely, using our higher conscious awareness we begin to realise that the colours of our third-dimensional chakra system was appropriate for the last two millennium but it is imperative that we build upon this basic information in order to move forward into the future.

We can do this by connecting with these new energies, the new high-frequency light - this increases our 'light quota' developing our 'Light body'. It has become crystal clear that we are being given a new kind of personal spiritual empowerment that is not connected to any one religion or belief system. As we activate our 'Light body' we develop 'Cosmic Consciousness' which includes our awareness of the higher-dimensions and potential of the 'Light Rays'.

As part of seeking self-realisation through increasing our 'Light quota' (raising our vibrational rate) we can work with the Lords of the Seven Rays (Ascended Masters) and the Angels of the Rays (seven main Archangels).

**The Violet Flame essence of Saint Germaine** (Lord of the Seventh Ray) and the Violet Flame Meditation is my direct response to the new energies we are integrating at this time.

Please note that the Violet Flame works on the sacral chakra as the flame of freedom and can be used on all areas of your life that need this vital influx of transformational energy.

## **The Transmuting Rays of the Fourth Dimension**

Our third dimensional chakra system is bathed daily in vital life-force energy; this nourishes and maintains our physical body. Within the main Indian yogic teachings, seven major chakras are assigned specific qualities, colours, mantras, symbols, etc. By only focusing on the third-dimension, we exist as physical beings perhaps having the occasional spiritual experience. For the majority of us our spiritual self is the part of us that sleeps!

Currently within mankind there is a desire to understand what the source of life truly is. If we wish to develop spiritually, moving towards cosmic-consciousness and Light-body activation as part of our evolutionary potential, we need to develop our chakra system through the higher-dimensions. By working with the 'Lords of the Seven Rays' to direct the vital life-force energy of God to our chakra centres in the fourth dimension we evolve and grow spiritually. The chakra colours of the fourth dimension are different because they are the transmuting Rays of the chakras used only for spiritual development.

## **The Transmuting Rays of the Fifth Dimension**

These 'Rays' are used to develop greater spiritual gifts and gain a better understanding of refined subtle-energy. Perhaps allowing us to take the Fifth Initiation (Spiritual Master) becoming more aware of the fifth dimension. Each higher dimension's energy frequency is more subtle and refined. As we become more aware of these higher dimensions, we acquire greater understanding of the universe, develop greater spiritual gifts and perhaps take a step closer to the ascension path, which draws us, closer to God/Goddess. The chakra colours of the fifth dimension are different because they are the transmuting Rays of the chakras used only for spiritual evolution.

## **What Does the Violet Flame Do?**

The Violet Flame of Saint Germain is the miracle flame of spiritual transformation, alchemical soul rescue and emotional freedom. The violet flame dispels the causes of disease by filling your cells with Light.

## **How to Practise the Meditation**

1. Sit in a comfortable meditation posture. Focus on your breathing, allowing your body to relax.
2. Once relaxed spray the Violet Flame essence above your crown chakra. Use the following affirmation: *"Saint Germaine and Archangel Zadkiel direct the energy of the Violet Flame of transformation and emotional freedom into all areas of my life until I am purified of all negativity and stand in my mighty I AM presence"*.
3. Relax and let yourself be enveloped in the potent energy of the Violet Flame. Enjoy the magnificent experience as you feel your body and aura gently bathed and purified, as the

Violet Flame transmutes all that is negative and cleanses all areas of your mind, body and aura. Feel it instantly purifying all your chakra centres, giving relief from all addictions and addictive personality traits that have allowed negative energy and experiences to control your behaviour and so subsequently your life expectations experiences.

4. Feel the Violet Flame breaking down and transforming energy blocks, stagnant or stuck energies. Allow it to calm your mind and activate the Divine spark within you to shine more brightly, thereby aiding your spiritual growth and transmuting negative karma.

5. When you see or feel the Violet Flame diminishing, the meditation is over. Allow yourself sufficient time to come back to everyday waking consciousness.