

Violet Flame

*Meditation for
Spiritual Transformation*



Using the
Science of the Spoken Word
to Change Ourselves...
and the World

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*Prayer, . . . properly understood and applied . . .
is the most potent instrument of action.*

—MAHATMA GANDHI

Welcome! We have created this booklet to share a spiritual practice with you that has brought dramatic change in our lives. We are confident that this practice can add a new dimension of light and joy to whatever spiritual path you may be pursuing. It is our hope that when thousands of brothers and sisters around the world unite in using the powerful prayer techniques described in this booklet, we will be able to transform not only ourselves but also the world.

Many of us have been touched personally by the hardships of this age. We have grieved over a parent with cancer or a child on drugs. We look on helplessly as a family made homeless by fire or flood peers at us with anguished eyes from our TV screen. Or we watch in dismay the footage of the latest episode of ethnic cleansing. Each of us has probably asked ourselves, “Is there anything I can do?”

The answer is a resounding **YES!**

There is a high-frequency spiritual light called the violet flame that has the power to transform. Those of us who have

used the violet flame in our prayers have seen it ease the burden and suffering of family and friends. It has also enhanced our spiritual lives.

The violet flame is not a quick fix. Life is much too complex for quick fixes. But we have found that we can use the transforming energy of the violet flame along with taking practical steps to help ourselves and others—whether we’re trying to resolve disagreements among family members, change something in ourselves we don’t like or send healing energy to someone in need. Often we have seen day-by-day changes in situations around us as we do this work regularly.

*To pray together, in whatever tongue or ritual,
is the most tender brotherhood of hope.*

—MADAME ANNE GERMAINE DE STAËL

The techniques for invoking this light are simple to use. You can conduct personal violet-flame experiments on your own. We don’t ask you to take anything on faith—give it a try and observe the results.

The *Violet Flame Meditation for Spiritual Transformation* found at the end of this booklet is nondenominational and can enhance any prayers, meditation or work you may already be doing to improve the quality of life in your family, community or nation.

This violet flame meditation can be given whenever and as often as you



wish. You can dedicate it to the personal and world issues that are most burdensome to you. And, as you give the violet flame, imagine that you are joining others around the world in building a powerful, unstoppable momentum of light energy.

We are convinced that together, heart to heart, we can establish a powerful network of light that will span the globe and raise the vibration of the whole planet. We look forward to joining forces with you!

Re-create Your Life with Light

We cannot survive without light. In a sense, it is our physical source. It is also our spiritual source. Throughout the world's spiritual traditions, light emerges as a central element at the heart of creation. People who have gone through near-death experiences have basked in the all-consuming love of this light.

This light is transforming. Many mystics have told us that this light of the Creator is within us. Various spiritual traditions have called it the Atman, the Buddha nature and the Inner Light. This light is the source of our creative power.

We've all experienced it to some degree—whether in the love we feel for our families, in the joy of communing with nature or in listening to an uplifting piece of music. Yet sustaining the feeling of light's peace and joy can be a challenge.

You can amplify the light in your life by giving the *Violet Flame Meditation for Spiritual Transformation* beginning on page 13. It is designed to help you expand the light already within you and then direct it into areas in your life and the world that need resolution. Since the power of the Creator is in you and in millions of others on the planet, imagine what we can do together to re-create our lives and the world!

The Rainbow Rays of Spiritual Light

In recent years we've learned more about the qualities of spiritual light from people who have had near-death experiences. In his book *Saved by the Light*, Dannon Brinkley describes seeing the light around the spiritual being who came to greet him: "The Being of Light stood directly in front of me. As I gazed into its essence I could see prisms of color, as though it were composed of thousands of tiny diamonds, each emitting the colors of the rainbow."

These rainbow rays of light are a spiritual counterpart of the visible light spectrum and exist in higher dimensions. While the spiritual spectrum of light is much more radiant and powerful than the colors of the visible spectrum, the visible and spiritual spectrums share some of the same characteristics. Like physical light refracted into the seven colors of the rainbow, spiritual light manifests as seven rays. Each of these spiritual rainbow rays has a specific color and frequency as well as its own unique qualities.

You can use the light-energy of the various rays for specific purposes. The light of the green ray, for example, can be used for healing. Many people intuitively know this, which is why green is commonly considered a healing color.

The spiritual work in the *Violet Flame Meditation for Spiritual Transformation* focuses on the violet light because of its powerful transformative properties.



Using the Violet Light for Physical and Spiritual Transformation

Of all the spiritual rays that emerge from the white light, the violet is closest in vibratory action to the chemical elements and compounds in the physical universe and therefore has the greatest ability to interpenetrate and transform matter. This makes the spiritual violet light a great adjunct to any healing practice.



We know that matter appears dense but is actually composed of whirling particles widely separated by space. We also know from Einstein that matter can be converted into energy, and energy into matter. Further, energy/matter cannot be created or destroyed but can only change form.

The high-frequency energy of the spiritual violet light has the power to change, or transmute, negative energy manifesting at physical, mental, emotional and spiritual levels. This negative energy may take the form of illness, stress, anxiety, fear or unwanted habits. These states can keep us from experiencing the beauty and joy of our higher spiritual nature.

Thousands of people who have used spoken prayer to focus the violet light into problems in their lives have experienced resolution and freedom from past limitations and negative karma.

They have accomplished this in large part by applying the violet fire that emerges out of the violet light.

The Violet Fire Can Take You Higher

Many religious traditions give great importance to spiritual fire. It appears in Christianity as the baptism by fire, in the Merkabah visions of Jewish mysticism and in the temple fires of Zoroastrianism.

Spiritual fire is not just symbolic. It is a reality that you can experience in your own life. One way to do this is by drawing down the violet light through spoken prayer. As you focus the light into a specific problem, it acts like a flame. You can compare this process to sunlight passing through a magnifying glass causing a piece of paper beneath it to burst into flame.

We invite you to experiment with the violet flame for yourself by giving the *Violet Flame Meditation for Spiritual Transformation*. It is designed to help you direct the powerful energy of God's fire to "burn up" all that stands in the way of your spiritual progress and the healing of the earth.

Using the meditation, you can draw the violet flame through your body, mind and soul and begin to feel lighter and lighter. You can visualize negative energy that is lodged in the spaces between the electrons of your body being loosened by the high-vibrating energy of the violet flame and being consumed by it. As the electrons are freed of negative substance, they begin to whirl faster. Their vibration gets higher and higher, and so does yours.

As your vibration accelerates, you may become more attuned to the vibration of divine love and to the voice of God speaking in your heart. You may begin to feel a renewed sense of freedom as the violet flame restores vitality and joy, bringing you into harmony with your Higher Self. And as you free yourself, you will be freer to help your loved ones, your community and the world.

Using the Violet Flame to Clean Up Your Karmic Act

We're not really free until we transmute our negative karma. We can use the violet flame to help us do this.

Karma is simply the result of how we use the divine energy that flows to us moment by moment. We have the choice to use that energy either positively or negatively. Undoubtedly we've all done much good in our lives and accumulated much good karma. Undoubtedly we've also made mistakes. That's part of life on earth.

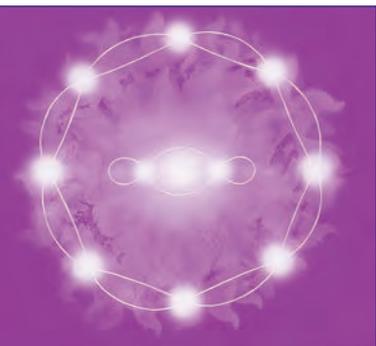
When spiritual energy flows freely through our bodies, we experience optimal health. This is the basic principle behind such practices as acupuncture, yoga and T'ai Chi. Problems with health, psychology and relationships often exist because the flow of spiritual energy is blocked. This densification of energy may be the result of negative thoughts, feelings and actions—or, in other words, negative karma.

Sometimes we've pursued every conventional and alternative cure and diet and we still can't rid ourselves of a stubborn physical condition. It may be because we haven't eradicated the underlying cause at the energetic level. Neurobiologists have demonstrated that we store within our cells the memory of every incident that we've ever experienced, from the earliest childhood trauma to the most recent argument with a spouse.

The beauty of the violet flame is that it has the power to

transmute the negative energy that is responsible for the outer manifestation of disease and other physical, mental or spiritual imbalances. This is the way true healing takes place.

You can imagine negative karma as filling the spaces between the electrons in your body and being hard like concrete



or sticky like molasses. Because the violet flame can easily penetrate matter, it is the perfect remedy to clean up the karma that has accumulated at the cellular level.

There can also be negative karma between groups of people. This often manifests as hatred, prejudice and power struggles. The violet flame can help transmute the karma that could otherwise lead to violence or war. This is why we direct our violet-flame prayers into world conditions.

Using the Violet Flame to Extend Forgiveness

We've all experienced the liberating feeling that comes when we forgive others or they forgive us. Forgiveness is an aspect of the violet flame that can melt hardness of heart and dissolve animosity and blame. Forgiveness opens our hearts to love.

You can use the violet flame to heal painful memories and help resolve difficulties in relationships. People who have directed the violet flame into problems in their relationships often sense a tremendous burden lifted and feel free to move on with their lives.

Praying Aloud for Maximum Effect

Sound, like light, can transform matter. Doctors and health practitioners now use ultrasound for everything from cleaning wounds to diagnosing tumors. Some alternative medical practitioners are experimenting with using specific tones to heal organs. And researchers are studying the effects of prayer and chanting on health and well-being.

The sound that we use to transform our spiritual and material worlds isn't just any sound. It is the Word of God, which we can invoke through spoken prayers, affirmations and mantras. According to the Bible, God created light by speaking. He said, "Let there be light," and there was light. You can also use the power of the spoken Word to bring more light into your life.

The purpose of using the Word is to draw down the light that is above to fully manifest it here below. Along with the spoken prayers given in the *Violet Flame Meditation for Spiritual Transformation*, we chant the OM.

People of many religions have instinctively recognized the effectiveness of spoken prayer. Prayers are spoken, sung and chanted in houses of worship around the world. Christians pray the Our Father aloud and do responsive readings. Jews give the Shema and other prayers aloud. And Buddhists chant “OM MANI PADME HUM.”

Spoken prayer as described in these pages can be used along with any other form of prayer or meditation that you may currently be practicing.

The Hindu Vedas describe the OM (also spelled AUM) as the one Eternal Syllable of which all that exists is but the development. OM is the original sound of creation, which has never ceased to sound in cosmos. When you sound the OM, you tie into the sound that is quivering throughout the universe.

The universal sound of the OM accelerates your atoms and draws you back to the point of your creation in Spirit. When you chant the OM, you open your spiritual centers, or chakras, for the sound of creation to flow through you, and you are immediately raised to the plane of your higher consciousness.



Using the Name of God When You Pray

You will notice the words “I AM” used in the prayers and affirmations in the meditation. When God spoke to Moses out of the burning bush, he revealed his name as I AM THAT I AM. Affirmations often simply use “I AM” rather than the

full name. So when we say “I AM,” what we are really saying is “God in me is...” or “I am here below that which I AM above.”

The sacred name of God, I AM, is an empowerment. By using it, we affirm our oneness with God and we access his infinite love, wisdom and power. Whatever you say following the words “I AM” will become a reality in your world because the light of God flowing through you will make it so.

More about Mantras

A mantra is a word or combination of words held to be sacred. For centuries, Hindus and Buddhists have used mantras in their devotions. According to Hindu tradition, mantras were received as divine inspiration by mystics who were able to hear the fundamental tones of the universe.

The mantra is a vibrational pattern. And when it is spoken, because it has been recited by thousands and perhaps millions of people—certainly millions and billions of times—the action of that mantra creates a deep vibrational pattern in the ethers. And so the mantra becomes endowed with tremendous spiritual power.

Hindu writings tell us that yogis have used mantras along with visualizations to light fires, materialize food and other physical objects and even influence the outcome of battles. But producing physical change was not their main goal. They used mantras primarily to gain protection, wisdom, enhanced concentration, enlightenment and oneness with God.

With a Little Help from Your Friends of Light

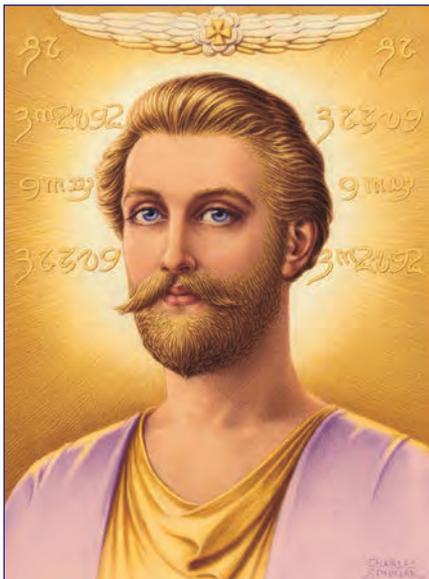
Stories about angels interceding in people’s lives have been plentiful over the past few years. And people who have gone through near-death experiences have witnessed to the comforting, loving presence and guidance of extraordinary beings of light in spiritual dimensions.

These friends of light are not usually visible to us in our normal waking state. But they are close at hand and ready to help whenever we call to them. They are compassionate and eager to guide us in fulfilling our personal mission—whether it’s nurturing a family or discovering a cure for cancer. If we are open, they can inspire us with ideas and knowledge that can help us achieve our goals.

Betty Eadie writes in *Embraced by the Light*, her book about her near-death experience: “Many times the creative thoughts we have in this life are the result of unseen inspiration. . . . I understood that there is a vital, dynamic link between the spirit world and mortality, and that we need the spirits on the other side for our progression. I also saw that they are *very* happy to assist us in any way they can.”

These light beings mediate between us and God, conveying the tremendous light and consciousness of God in a way in which we are able to receive it. They are like God’s specialized work force. For example, some specialize in healing, some in protection, and some in delivering the violet flame to the earth.

One of the masterful beings who works with us in spiritual dimensions is Saint Germain. Part of Saint Germain’s mission is bringing the violet flame to the earth. His name in Latin is Sanctus Germanus, meaning Holy Brother. You will see his name in some of the prayers we use in our spiritual work. When you speak his name, you tie



into his extraordinary momentum of energy in using the violet flame, and this will intensify the power of your prayers.

The affirmations to the violet flame can help us accelerate into the vibration of the Aquarian age. Saint Germain is dedicated to making the age of Aquarius a golden age of peace and enlightenment. He is eager to help us free ourselves from all that blocks our spiritual progress so we can better serve our communities and nations and make this golden age a reality.

The Aquarian Age

There are twelve astrological ages, each about 2,150 years long. No one knows exactly when each age begins or ends, but astrologers recognize that we have now entered the age of Aquarius. In each age earth's people are destined to assimilate an attribute of God and express the positive aspects of the sign. Aquarius can be an age of freedom, peace, enlightenment and love, qualities which correspond to that sign. It can be a time of technological progress combined with spiritual development.



Violet Flame Meditation for Spiritual Transformation

This meditation is designed to draw down the powerful energy of the violet flame into your personal life and from there to radiate it out into the lives of your loved ones and into the world at large.

We recommend that you give this meditation at least once a week. It only takes about 15 minutes, and it is well worth your time. The more you give this meditation, the more you and the world will benefit.

We suggest that you read “Tips for Giving the Meditation” on page 19 of this booklet before doing the meditation for the first time.

STEP 1: CHOOSE A FOCUS FOR YOUR MEDITATION

Choose a personal or planetary issue that concerns you. For instance, you might choose to focus on the world’s homeless children, natural disasters or the threat of war. You will use this focus in step 9.

Optional: Obtain visual aids such as photographs, magazine clippings or a map related to the focus of your meditation. These will help you in step 9 to visualize sending the violet flame into these situations.

STEP 2: ESTABLISH A SENSE OF ONENESS WITH LIFE

Begin your *Violet Flame Meditation for Spiritual Transformation* by sounding the OM to help you feel a sense of oneness with life. Give slowly as a chant:

O M

O M

O M

STEP 3: CENTER IN YOUR HEART

Go within and consciously draw all your attention and energy to the point of your heart. You may want to close your eyes and place your hand over your heart to help you do this.

STEP 4: VISUALIZE YOURSELF SEALED IN A SPHERE OF WHITE FIRE

Visualize a blazing white flame in the center of your heart.

As you breathe deeply, see this flame filling your entire chest and turning into a brilliant sun.

See that sun growing larger and larger until it becomes a sphere of radiant white fire surrounding you, extending above your head, spreading out to arm's length around you and flowing beneath your feet.

STEP 5: GIVE THE FOLLOWING PRAYER FOR PROTECTION ALOUD

Saint Germain and angels of protection, please surround me with a sphere of radiant white fire as I give this meditation. Let the light I invoke be used for the blessing, healing and protection of all life upon earth.

STEP 6: INTENSIFY THE LIGHT WITHIN YOU

Repeat the following affirmation aloud three times as you visualize the sphere of white fire intensifying and pulsating around you.

*O mighty presence of God, I AM, in and behind the sun:
I welcome thy light, which floods all the earth,
 into my life, into my mind, into my spirit, into my soul.
Radiate and blaze forth thy light!
Break the bonds of darkness and superstition!
Charge me with the great clearness
 of thy white-fire radiance!
I AM thy child, and each day
 I shall become more of thy manifestation!*

STEP 7: VISUALIZE THE VIOLET FLAME

You are now going to change the color of the white-fire sun around you to violet.

Visualize a tiny violet flame in the center of your heart. See rays of violet fire slowly spreading outward from this flame until they completely transform the white light into a dazzling sun of violet fire.

Repeat the following affirmation several times, or for as long as you wish. Say it out loud, rhythmically and energetically.

*Violet fire, thou love divine,
Blaze within this heart of mine!
Thou art mercy forever true,
Keep me always in tune with you.*

STEP 8: SEND THE VIOLET FLAME TO OTHERS FOR FORGIVENESS

Now send this violet flame as a gift of forgiveness to your family and friends. Imagine it covering the world with comfort and joy as you give the following affirmations several times each.



*I AM forgiveness acting here,
Casting out all doubt and fear,
Setting men forever free
With wings of cosmic victory.*

*I AM calling in full power
For forgiveness every hour;
To all life in every place
I flood forth forgiving grace.*

*I AM the violet flame in action in me now
I AM the violet flame, to light alone I bow
I AM the violet flame in mighty cosmic power
I AM the light of God shining every hour
I AM the violet flame blazing like a sun
I AM God's sacred power freeing everyone!*

STEP 9: DIRECT THE VIOLET FLAME INTO SPECIFIC CONDITIONS

Give the following prayer aloud as you visualize the situation or place involved, using a photograph or map if you like. Hold your hands up in front of you, palms facing outward or facing the photograph or map. Now see violet flame radiating from your heart through your palms into the situation to transform it.



By the power of the light and love within my heart and the heart of Saint Germain and the violet-flame angels, I ask that the light I am about to invoke be directed into the following condition(s) _____.

Give the following two affirmations aloud several times:

*I AM the light of the heart
Shining in the darkness of being
And changing all into the golden treasury
Of the mind of Christ.*
I am projecting my love
Out into the world
To erase all errors
And to break down all barriers. (continued)*

*Your real Self, or higher consciousness. The universal Christ consciousness was personified in Jesus and other avatars and is present in all of us.

*I AM the power of infinite love,
Amplifying itself
Until it is victorious
World without end!*

*O violet flame! O violet flame! O violet flame!
In the name of God, in the name of God, in the name of God!
O violet flame! O violet flame! O violet flame!
Flood the world! and flood the world! and flood the world!
In the I AM name, in the I AM name, in the I AM name!
Peace and peace and peace be spread throughout the earth!
May the Orient express peace,
May the Occident express peace,
May peace come from the east and go to the west,
Come from the north and go to the south,
And circle the world around!
May the world abide in an aura of God-peace!*

STEP 10: CLOSE YOUR MEDITATION

Give the following prayer aloud and chant the OM to close your Violet Flame Meditation for Spiritual Transformation.

O God, let the light invoked through this meditation be for the blessing and healing of my family, my friends and all those in need throughout the world. I ask that this reservoir of light saturate the earth and transmute all conditions that stand in the way of a new day of peace and love manifesting upon this planet.

OM

OM

OM

Tips for Giving the Meditation

Create a Sacred Space

It's a good idea to have a comfortable place where you can do your spiritual work without interruptions. You can set up a small altar with candles, flowers, crystals and pictures that give you a sense of sacredness. You can also have pictures of people you love who need your prayers. Create your space in whatever way will most help your meditation.

Pray with Deep Love

Go within and offer these prayers from the place in your heart where God dwells. Pour the deepest love of your heart into them. When you conclude your spiritual work, you can pray for your contact with your divine source to continue throughout the day.

Center in Your Heart and Visualize

Two important preliminary steps—heart centering and visualization—can enhance your success in using the violet flame. Centering in your heart and visualizing the violet flame and the changes you wish to produce will help you harness the maximum power for personal and world transformation.

Give the Prayers and Affirmations More than Once

We suggest that the prayers and affirmations be repeated more than once. This increases their effectiveness. In the East, people repeat their mantras over and over, even thousands of times a day. But in the West we are less accustomed to the idea of repeating a prayer.

Every moment God's energy is flowing to you. So while you are giving your prayers and affirmations, you are continuously charging the energy that is moving through you with

God's power. The more you repeat them, the more positive energy you receive and the more you can send out into the world to bless others.

Pray for One and All

When praying, for instance, for a loved one who has cancer, you can send the violet flame to that loved one and to every single person on earth who is burdened by the same disease. It takes no more prayer work to ask for cancer to be eradicated from the planet than it takes to ask for the healing of one person.

Expect Results, but Let God Determine the Outcome

The violet flame begins to work as soon as you invoke it. It takes varying amounts of time to see results. Our prayers are always answered, but it may not be in the way we expect. The answer may come in the form of guidance to do something that will help you achieve what you have prayed for. Or it may come in the form of comfort and understanding to someone burdened by an illness, though that illness may not be cured. It could be that the person you're praying for has an important lesson to learn by bearing the burden of the illness. So always ask for your prayers to be adjusted to God's will and trust that God knows what is best for us at all times.

A WORD OF CAUTION: Please understand that the violet flame is not intended to replace regular medical diagnosis or to be used as a substitute for medical care.

Invitation to Further Study

**Pocket Guides to Practical Spirituality,
published by Summit University Press**

Violet Flame to Heal Body, Mind and Soul

Access the Power of Your Higher Self

*The Creative Power of Sound:
Affirmations to Create, Heal and Transform*

How to Work with Angels

*Creative Abundance:
Keys to Spiritual and Material Prosperity*

Soul Mates and Twin Flames

The Story of Your Soul

Your Seven Energy Centers

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The Science of the Spoken Word

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In a challenging and changing world, many people are feeling the need for deeper understanding and a path of spiritual growth. By reaching out you have shown that you are one of these people, and your search has brought you to the teachings of the ascended masters.

These great immortal saints and sages of East and West have gone before us to show how we may awaken to our innate divine potential and achieve self-mastery!

To learn more about the violet flame and the teachings of the ascended masters, you are cordially invited to visit www.theSummitLighthouse.org/Keepers and check out the Keepers of the Flame Fraternity. Thousands have already found the Keepers of the Flame lessons to be an indispensable asset on their spiritual path. We're confident that you, too, will find these lessons to be practical, profound and life-changing! See for yourself.

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