

# Ascension Research Center

<http://www.ascension-research.org/vi-flame.html>

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For centuries, alchemists have sought to change base metals into gold. But the transmutation of metals like lead into gold is symbolic of a higher and more noble Alchemy - the Alchemy of self-transformation.

SELF-TRANSFORMATION was the goal of the most spiritual of alchemists. They sought a way to change the lead of negative human energy into the Gold of Divine Energy, and some of them achieved this by using the Violet Flame. But first, let's explore what the Violet Flame is, what it does and how it works.

The Violet Flame is a unique spiritual energy that can accelerate spiritual development. It can heal emotional and physical problems, improve your relationships, help you to grow spiritually, or just make life easier.

The flame is the essence of a unique spiritual light. Mystics of all ages have glimpsed a "spiritual spectrum" behind the physical spectrum. Radiant colors, more pure and rare than those found on earth, emanate from a brilliant, "inner" divine light. Just as a ray of sunlight passing through a prism refracts into seven colors, spiritual light splits into seven colors, or "rays" - each of which has specific divine qualities. The Violet Flame comes forth from the violet ray, which has the qualities of mercy, forgiveness, freedom and transmutation.

The color violet has long been associated with spirituality. Having the highest frequency in the visible spectrum, violet is at the point of transition to the next octave of light. To the ancients, this transcendental color was a spiritual rather than a physical phenomenon.

## What the Violet Flame Does

Ever wish there was a way you could wipe out your past mistakes?

While you can't go back in time, the Violet Flame has the power to erase, or *transmute* the cause, the effect, and even the memory of our past mistakes. Transmutation means to change - to alter in form, appearance or nature. The Violet Flame changes negative energy into positive energy, darkness into light, "fate" into opportunity. The flame also erases the resultant "bad karma" of our mistakes.

Our past actions - both good and bad - do come back to us. This is the law of karma. This impersonal cosmic law decrees that whatever we do comes full circle to our doorstep for resolution; simply, what goes around comes around.

In general, most people must pay their debt to life, or "balance" their karma, by selflessly reaching out and helping others, by working through misfortunes that come their way, or by passing through diseases or other forms of personal suffering. But it need not be so with the Violet Flame! The Violet Flame is able to transmute or mitigate our negative karma before it comes back to us.

On the physical level, the Violet Flame can help heal our bodies by removing the karma that makes us vulnerable to illness and disease. It also flushes out the body and aura (the energy field that surrounds your physical body), healing and cleansing anything from physical viruses to toxins and pollution. But the real cause of disease is often rooted in our mental, emotional and spiritual states.

Today, we are discovering more and more about how our thoughts and emotions can affect our health. Research has shown that hatred and other negative thoughts and feelings actually create excess amounts of acid in the body that it cannot assimilate. These negative thoughts and feelings often originate in emotional and psychological problems, which the Violet Flame can help to resolve. The flame can help heal the cause of many psychological problems - emotionally distressing experiences which can go back to early childhood and even past lifetimes. The scars of old hurts and painful memories may be healed and dissolved when the healing balm of the Violet Flame is applied.

#### 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.

#### 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.

### How to Use the Violet Flame

The Violet Flame is practical and easy to use.

Find a place where you won't be disturbed, and sit comfortably in a straight chair, with your spine and head erect, legs and arms uncrossed and feet flat on the floor. Rest your hands on your upper legs, with palms facing upwards. Ask your Higher Self in a fervent prayer to help you invoke the Violet Flame, and to show you the value of the Violet Flame in your life.

The Violet Flame is invoked through "decrees" - unique forms of prayer utilizing prayer and meditation. One of the simplest decrees to the Violet Flame is: "*I AM a being of Violet Fire! I AM the Purity God Desires!*" Take a few, slow deep breaths, and speak the decree aloud, slowly and deliberately. Concentrate on the natural rhythm of the decree, and repeat it three or nine times to begin with. Repeating the decree strengthens its Power and draws down more Light. You can gradually increase it to 36, 72 or even 144 repetitions. In the East, mantras are often repeated thousands of times a day.

Center in your heart and give the decree with love, devotion and feeling. Once you have memorized the decree, you can close your eyes while giving it and concentrate on visualizing the Violet Flame. Visualization is essential to successful invocation of the Violet Flame. When you decree, you are actually creating by using God's Energy within you. You cannot create what you cannot visualize, just as an artist cannot paint a picture he cannot see.

See yourself before a large bonfire, about nine feet high and six feet wide. Color it violet in your imagination, and see the Flames undulating in endless shades of violet with gradations of purple and pink. Then see yourself stepping into the Flame, so the Violet Flame is where you physically are. See your body as transparent, with the Flames curling up from beneath your feet, passing through and around your body, clear up over your head.

To those who have developed their spiritual sight, the Violet Flame appears as a physical Violet Fire. You may also be able to "see" the Violet Flame at work with your inner eye, by concentrating on the spiritual center between your eyebrows.



You can also use the Violet Flame to help family and friends. You can visualize them, someone you need to forgive, or even an entire city, nation or planet within a brilliant Sphere of the Violet Flame. Change the decree to match the visualization, for example: "*Earth is a planet of Violet Fire! Earth is the Purity God desires!*" The Violet Flame can also help others that you might not be aware of. After you have finished decreeing, you can ask: "In the name of the Christ within me, I ask that this Violet Flame be multiplied and used to assist all souls on this planet who are in need. I thank you and accept it done according to the Will of God."

Even a few minutes of Violet Flame will produce results, but persistence is needed to penetrate age-old bad habits. It is best to allow for at least five to fifteen minutes of Violet Flame in the morning, and you can add the Violet Flame to whatever prayers or meditations you currently practice.

## What Do Others Think of the Violet Flame?

Here's what people who have used the Violet Flame say:

"Well, I think a lot clearer. I feel lighter. I'm a lot more sensitive to vibrations. And I feel the movement of light almost physically rather than just at subtle levels."

"My relations with people are lighter and more smooth. I don't have that sense of friction."

"At one time I was heavy on drugs and I knew I'd gone too far. The Violet Flame has cleared up my memory so that now I can think clearly and creatively."

"I can feel an actual lightness in my step and a peace about things that could make me anxious."

"It gives me emotional control and the ability to be more sensitive to the thoughts of God."

You can use the Violet Flame and experience the healing, transformation and spiritual upliftment that alchemists of the Spirit have sought for centuries. But if you want the Violet Flame to help you, you have to work with it. Try it for yourself!

## Other Violet Flame Decrees

I AM the Violet Flame

I AM the Violet Flame

In action in me now

I AM the Violet Flame

To Light alone I bow

I AM the Violet Flame

In mighty Cosmic Power

I AM the Light of God

Shining every hour

I AM the Violet Flame

Blazing like a sun

I AM God's Sacred Power

**Freeing every one**

**Violet Flame Is . . .**

**Breath of God inside each cell**

**I AM the Violet Flame**

**Pulsing out the cosmic time**

**I AM the Violet Flame**

**Energizing mind and heart**

**I AM the Violet Flame**

**Sustaining God's creation now**

**I AM the Violet Flame**

**With all love, With all love, With all love**

**Shimmering in a crystal cave**

**I AM the Violet Flame**

**Searching out all hidden pain**

**I AM the Violet Flame**

**Consuming cause and core of fear**

**I AM the Violet Flame**

**Revealing now the inner name**

**I AM the Violet Flame**

**With all Peace, With all Peace, With all Peace**

**Flashing like a lightning bolt**

**I AM the Violet Flame**

**Stretching through the galaxies**

**I AM the Violet Flame**

Connecting soul and Spirit now

I AM the Violet Flame

Raising you to Cosmic Heights

I AM the Violet Flame

With all Power, With all Power, With all Power

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Material in this article is based on the following books:

- Elizabeth Clare Prophet:
  - *Violet Flame to Heal Body, Mind and Soul*
  - *The Creative Power of Sound*
- Mark L. Prophet & Elizabeth Clare Prophet:
  - *The Science of the Spoken Word*
  - *The Lost Teachings of Jesus, Books 1-4*

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