

# Violet Flame Meditation



## The Goal

The goal of performing a violet flame meditation is to purify ourselves spiritually, mentally, emotionally and physically. This is done by using the violet flame to burn away all negativity in our spiritual, mental, emotional and physical bodies.

## The Nature of Violet Flame

The violet flame is a unique flame that is considered to be the most powerful tool to burn away negativity in all layers of our being. The flame has the property to remove all negativity in all layers, yet at the same time is not hot and does not burn you. It is a healing flame that cleanses you.

## The Meditation

The violet flame meditation is a visualization exercise.

Begin by visualizing a small violet flame in front of you. Then, see this small violet flame gradually grows in size to eventually become a big flame, about ten feet tall, covering the entire room you are in.

Now see yourself walking slowly and confidently into the center of this flame. You will notice that the flame is not hot and it does not burn you. There is a sense of security and warmth within the flame. Stay in the center of this flame.

Next, visualize this flame gradually burn away all the negativity in every layer of your being, beginning with your outermost spiritual layer, and then moving in to the mental layer, emotional layer and finally the physical body. Allow as much time as you need in each of these layers in order for the cleansing to be complete before moving on to the next layer.

Now do the reverse. Visualize the flame burning and cleansing all negativity from the innermost layer, which is your physical body, then move outward to the emotional layer, mental layer and finally the spiritual layer. Again, allow as much time as you need in each of these layers in order for the cleansing to be complete before moving on to the next layer.

See yourself now fully cleansed and healed, free from all negativity in all the layers of your being. Feel the lightness of being, the warmth and vibrancy of life. Feel the peace within that is your true nature.

Slowly, walk out of the violet flame.

See that the violet flame is gradually shrinking, getting smaller and smaller until it disappears completely from the room.

Thank the violet flame for its help.

This ends the meditation.

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