

One practice that I have found extremely helpful is to surround myself with a Violet Flame. The Violet Flame is an energy of consuming and transmutation.

The consuming aspect removes residual energy from experiences in other incarnations. The transmuting aspect purifies the energy and the matter used in those past experiences. It returns them to the naturally pure and perfect condition; as they were when first issued forth from the Divine.

The Violet Flame "grabs" the residual energies as they arise, *before* they have a chance to manifest anew in our inner or outer experience. In a few years, it is possible to free oneself from many lifetimes of this residual energy and the correspondingly qualified matter.

In the Yoga Systems, this residual energy is sometimes called "*samskaras*". The most common source for this concept are the *Yoga Sutras*.

Samskaras

The *Yoga Sutras* were compiled from older sources by Patanjali (around 400 CE). One key concept is that of *samskaras* which are the residue of past actions - inner and outer (aka "karma"). In this context, the inner world of thought and emotions are just as much actions as the words and deeds of the physical body. The *samskaras* are metaphorically called "seeds" which when "perfumed" create new experiences based on past results.

A seed carries a potential plant - a genetic code in a physical container. Given the proper conditions of soil, water and sunlight, the seed sprouts and creates a new plant using the genetic code and the physical container. So, in a similar manner, our past actions create, in part, our current experience.*¹

The results of our past actions (seeds), positive and negative, carry forward from incarnation to incarnation. When the proper energetic frequencies and physical conditions are encountered (energy + matter: the perfuming), corresponding past results are re-activated in the present environment; to be faced anew.

In the *Yoga Sutras*, one of the purposes of deep meditation is to "fry the seeds"; a fried seed cannot sprout. Deeper and deeper meditation states can more fully activate the psychic energy centers (sometimes called chakras). As they gradually activate, their energy flows (fire) intensify. The energy flows clear (fry) the *samskaras*. These experiences are often accompanied by a sense of inner spaciousness and relaxation - the results of *samskaras* being destroyed.

The Violet Consuming Flame

Early in the 20th century, a cleansing practice called the Violet Flame (aka the Violet Consuming Flame), was introduced in the United States thru the *I AM Activity* of Saint Germain (see URLs below). The Violet Flame has many characteristics; in this context it is a flame of Consuming and Transmutation.

The consuming aspect exactly parallels the *Yoga Sutra* metaphor of "frying the seeds". By surrounding and immersing the physical form with the Violet Consuming Flame in 7 directions*² the samskaric activations are consumed (fried) as they arise. They need not manifest in our current, nor future, experiences. Through continued and regular use, negative and destructive personal conditions fade from the individual's experience since the causes of much of these conditions is based on past actions.

The Violet Flame is typically invoked by the use of decrees such as these:

I AM the Mighty Violet Consuming Flame
Surrounding and filling me now. (7 directions)
Consuming and transmuting
Cause, effect, record and memory
Of all inharmonious activity for which
I am responsible.

Keep this flame continually active in and around me
Even when I am not consciously concentrating on it.

I AM the Cosmic Law of Forgiveness,
Forgetfulness and Consuming Flame
of all inharmonious action and human
consciousness.

Human consciousness means a personally narrow,
egotistic consciousness as contrasted to a divinely
inspired, broadly encompassing consciousness

More on the I AM Activity

<https://theiamdiscourses.com/>

<https://www.saintgermainfoundation.org/>

<https://www.saintgermainfoundation.org/the-violet-consuming-flame>

https://en.wikipedia.org/wiki/Saint_Germain_Foundation

*¹ There are some who say that ALL our current actions are determined by *samskaras* (commonly referred to as karma). I find several problems with this notion because it is a closed system.

- If *all* our current actions are based on the past, where did the original *samskaras* come from? How did the current accumulation of *samskaras* occur?
- Being a closed system - all the present is a result of the past - it would be impossible to create new *samskaras* since all activity is simply a repetition.
- Again, being a closed system, it is pointless trying to eliminate *samskaras*. There is no opportunity to inject new patterns into the system; clearing and cleansing would be impossible.

*² 6 surrounding directions: are Up/Down, Left/Right, Front/Back. The 7th immersing direction is internal

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