

Part 4: Karmic Transformations (2nd half)
Pages 180–211

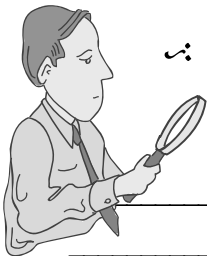
- KEEPING IN TOUCH -----
- *Did anyone try creating a surrender ritual?*
 - *Any new insights to share?*
 - *There’s a worksheet at the beginning of this guide, so if you don’t have time to use it before the discussion you might want to take a break to do some of it.*

1. A Proactive Approach (pp. 180–83)

On the path of spiritual transformation you must be willing to explore, contemplate paradoxes, observe your reactions, ask your Higher Self some penetrating questions, and listen to the answers.

Here are some key questions to help you on your journey of self-transformation. You can use these questions anytime you feel stuck or you’re looking for a higher resolution.

Personal Transformation Worksheet



❧ FOR REFLECTION ON THE MESSENGERS AND THE MESSAGE ❧

Who or what are the messengers of my karma right now? _____

What am I supposed to learn from being in this situation? _____

What is the pain or discomfort trying to teach me? _____

What am I supposed to give? _____

Is there someone I must forgive, including myself? _____



~:~ FOR REFLECTION ON MY REACTIONS ~:~

Are my reactions appropriate to the circumstance or do I overreact?

What caused me to react the way I did? _____

When have I been in a similar circumstance or felt the way I am feeling now? _____

Was this reaction part of a pattern I have? _____

How can I give a more compassionate response—to myself and to others? _____

~: FOR REFLECTION ON MY RESPONSIBILITY ~:

What habit of mine caused this incident to take place? _____

How am I responsible? _____

Is there something I am avoiding facing about myself? _____

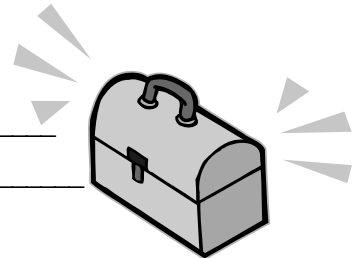
Where have I allowed my energy and my attention to be tied up in negative habit patterns?



~: FOR REFLECTION ON THE NEXT STEPS ~:

What must I do to turn this challenge into an opportunity? _____

What techniques from my spiritual toolbox can I apply to this situation?



What positive behaviors and attitudes do I need to develop so that when this karmic challenge knocks again at my door I can resolve the karma with integrity? _____

Is there anyone who can help coach me through this? _____



What is the next assignment of my karma? _____

What should I be focusing on right now? _____

~:~ FOR REFLECTION ON THE HIGHEST GOOD ~:~

How can I take full advantage of my good karma, in the form of my good qualities and talents, to help resolve my challenges? _____

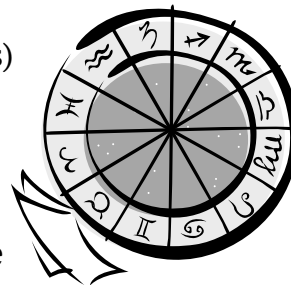
What is the highest resolution that can come out of this situation? _____



2. A Map of Our Karma

How is astrology a map of your karma? (pp. 184–85)

- ▲ Birth chart shows your positive karma (talents) and negative karma (challenges)
- ▲ Proper interpretation can chart cycles of returning karma
- ▲ Shows potential but free will is on center stage



3. The Power of Heart and Hand

What are some of the ways you may be required to balance karma?
(p. 186)

- ▲ Interacting with those you've made karma with
- ▲ Facing same challenges in a different setting
- ▲ Bearing burden in body, mind or emotions

How can you balance karma made with your hands?

What about karma made with your heart? (pp. 187–89)

What can you ask God to do if you're in pain because your love has been rejected? (p. 189)

- ▲ To bless the one you have loved
- ▲ To help that person become more of his true self
- ▲ To heal both of you of the hurts of the past
- ▲ To help you understand why you are hurting



*At the end of the day,
it's the quality of our heart
and how much love we have given
that will make all the difference.*

4. Mental Matrices

How can you balance karma at the level of the mind? (pp. 191–93)

- ▲ Use thoughts and knowledge to help uplift and teach
- ▲ Use mind as the conduit for your Higher Self
- ▲ Hold in mind the highest image of yourself and others
- ▲ Correcting wrong, misleading or incomplete information you have spread

5. Spiritual Alchemy

How do blockages caused by karma affect us? (pp. 193–94)

What is the violet flame and what does it stimulate? (p. 194)

- ▲ Powerful transforming energy
- ▲ A violet light
- ▲ Frequency of spiritual light
- ▲ Stimulates mercy, forgiveness, transmutation



On a spiritual level, what does “transmute” mean? (pp. 194–95)

At spiritual levels, what does the high frequency energy of the violet flame do? (p. 196)

- ▲ Consumes debris within and between the atoms of your being
- ▲ Allows electrons to move more freely, raising our spiritual vibration and energy level
- ▲ Repolarizes and transmutes energy so that it becomes part of our storehouse of positive energy

What happens as the violet flame passes through the emotional, mental and physical layers of our being? (p. 196)

- ▲ Transmutes anything less than perfection
- ▲ Restores energy back to its natural state of harmony with Spirit

How does the violet flame offer the path of minimum suffering?



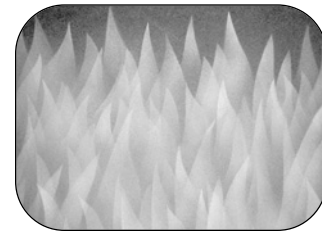
*The phoenix is you, every day,
meeting the trial by fire
of your returning karma with the
fire of your heart and the
sacred fire of the violet flame.*

6. A Sacred Fire

What did the apostle Paul mean when he said, “I die daily”? (p. 198)

How do you get in touch with the gentle power of the violet flame? (p. 198)

- ▲ Prayer
- ▲ Meditation
- ▲ Affirmation



When working with the violet flame, what must you do to see results and feel the difference? (p. 199)

- ▲ Allow enough time for it to do its work based on the intensity of the issue
- ▲ Use it consistently
- ▲ If memories from this or a previous life arise, don't block them; just keep giving the violet flame

7. Prayers and Affirmations

When experimenting with these prayers and affirmations, what are some important things to keep in mind? (p. 203)

- ▲ Remember that when you say “I AM...” you are affirming that “God in me is...”
- ▲ Saying them aloud is more powerful in creating change and even healing
- ▲ Name and visualize what you want to take place.



PROVE IT FOR YOURSELF!

**Try 15 minutes of violet flame affirmations
and prayers daily for one month.**

You can use any or all of these:



The Violet-Flame Mantra

An easy affirmation to start with is “*I AM a being of violet fire, I AM the purity God desires!*” It is meant to be repeated over and over as a mantra that sings in your heart. The more you give it, the stronger the action of transmutation you are building. You can recite any of the affirmations on the following pages once, three times or as many times as you want until you feel your heart responding to the healing power of love that comes through the violet flame.

*I AM a being of violet fire
I AM the purity God desires**

*My heart is alive with violet fire,
My heart is the purity God desires!*

*My family is enfolded in violet fire,
My family is the purity God desires!*

*You can create your own variations of the mantra wherever you perceive the need for a higher resolution in any situation, as shown in the two examples below this mantra.

Energizing Heart, Head and Hand

You can use the following affirmations to transmute the karma you have made with your heart, head and hands. This series ends with a prayer for the protective white light, which you can visualize around yourself, as shown on page 135 of the book.

HEART

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



HEAD

*I AM light, thou Christ in me,
Set my mind forever free;
Violet fire, forever shine
Deep within this mind of mine.*

*God who gives my daily bread,
With violet fire fill my head
Till thy radiance heavenlike
Makes my mind a mind of light.*

HAND

*I AM the hand of God in action,
Gaining victory every day;
My pure soul's great satisfaction
Is to walk the Middle Way.*

TUBE OF LIGHT

*Beloved I AM Presence bright,
Round me seal your tube of light
From ascended master flame
Called forth now in God's own name.
Let it keep my temple free
From all discord sent to me.*

*I AM calling forth violet fire
To blaze and transmute all desire,
Keeping on in freedom's name
Till I AM one with the violet flame.*



Affirmation for Forgiveness

Before giving the following affirmations, you can offer this prayer or your own personal prayer aloud:

In the name of the I AM THAT I AM and my Higher Self, my inner Christ and my inner Buddha, I call on the law of forgiveness for all that I have ever done in any of my lifetimes that has hurt any part of life—anything that was not kind, loving, respectful or honorable, especially _____.

I call forth the violet transmuting flame on behalf of all those whom I have ever wronged and all those who have ever wronged me. I ask for a flow of light and love from my Higher Self and my heart to bless all life with whom I have karma. O God, liberate them, liberate me, and let us stand free, one in heart and soul.

Let the violet flame heal my inner pain and transmute the cause, effect, record and memory of all burdens I have ever imposed upon life or that have ever been imposed upon me, back to my first incarnation. I surrender them into the light.

Let this sacred fire purify and rejuvenate my heart, mind, body and soul. Let it restore them to the harmony and perfection of my divine blueprint so that I may joyfully fulfill my soul's true potential. I accept this done in full power, according to God's will.

FORGIVENESS

*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

*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*

Prayer for World Peace

Through our heartfelt prayers and meditations, we can also direct the violet flame into conditions in our community or on the world scene—such as pollution, political turmoil or war—to transmute their karmic causes and bring resolution and peace. You can dedicate any of the affirmations above as well as the following prayer to bring about the highest resolution in any situation you name.

*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 swaddling garments of the earth
 Be in place to magnify the Lord
 In this day and hour and this night.
 May the world abide in an aura of God peace!*

