



*Cosmic
Diamond
Violet Flame
Workbook*

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Introduction



The Cosmic Diamond Violet Flame is a spiritual tool, a consciousness, a gift from creator that can assist us with our journey of transmutation, alchemy, enlightenment and ascension. Which is really just all the same thing - our desire to travel forwards, to become better versions of ourselves, to release what no longer serves and live in more joy, ease, love, service and abundance in all forms.

So many of us magickal souls are holding ourselves back, or rather, we have “stuff” around and within us that is holding us back - limiting beliefs, old stories, stuck, stagnant or negative energy we’ve picked up from others or even created within ourselves. We are sensitive souls and with that comes an ability (for better or worse) to take on what isn’t ours.

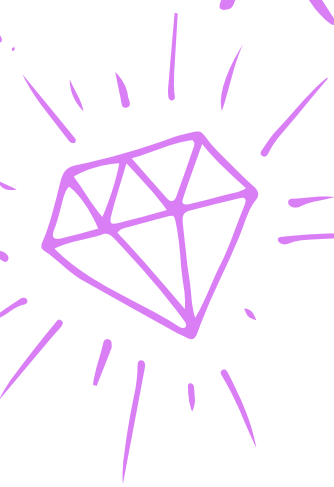
Whether your “stuff” to be transmuted has come from your own life experience, past lives, passed down from ancestors or created during childhood, stuff you’ve picked up from media and social media, it’s okay, we have this amazing too to clear and transmute what no longer serves and to help us vibrate higher and more radiant so that we pick up less of that “stuff” as we move forward on our journey from here...



Enter the temple of
the Cosmic
Diamond Violet
Flame.



Release all that no
longer serves.
Vibrate Higher.



The Violet Flame




For those who are new to working with the violet flame, it's essentially a spiritual energy, a consciousness, a flame of light that we can call on to invoke, embody, wield and work with for deep transmutation on all levels and layers of our beings and our lives.

It's fantastic for clearing any negative energy that you've picked up, anything that's been sent to you, anything you've created and sent to others or have created within yourself.

You can visualise it clearing through your physical body, chakra system, energy bodies, auric fields, your room, house, you can send it to clear relationships, use it to dissolve negative energy cords. It can be used to clear negative karma from past lives, to clear and heal trauma (although always please work with a professional also!), old thought patterns and so on.

You can even send it to your social media accounts, to your business, your relations, creative projects, your office or place of work. You can get really creative with it and send it anywhere you want to see cleansed, cleared and healed!



The Violet Flame

The violet flame was first channelled and accessed by Guy Ballard direct from Saint Germain in the 1930s. Guy Ballard who was one of the most influential Ascension teachers of the time and is still very respected by those on the Ascension path today. Those who received the teachings began using it to transmute anything not in alignment so they could ascend more easily and quickly.

It's said that the violet flame was used in Atlantis and Lemuria and possibly Ancient Egypt as well, but it was hidden or forgotten until the 1930s when it was re-activated.

It's used now by many people on a spiritual, new age or ascension path so that we can keep ourselves energetically clear and to work on clearing whatever comes up to be seen and released on the journey.

Divine beings who hold the violet flame frequency:

Archangel Zadkiel
Holy Amethyst
Saint Germain



The Diamond Ray

The Diamond Ray is the divine energy or consciousness of purity.

It is pure source energy.

Divine light.

It is all of the spiritual “rays” combined. It is the ray of transcendence, wisdom, understanding of truth and raising of consciousness.

“Purity” can bring up a lot for people as it’s a word that hasn’t always been used in positive ways, but essentially this is about purity that leads to spiritual enlightenment.

This ray, energy or consciousness can help us to access our highest spiritual truth. Think about your Higher Self as the “purest” version of you, the you that is not bogged down with other people’s stuff, with your own mindset blocks and challenges, all the things we carry around as humans.

These are nothing “bad” or “wrong”! These are things that we have to experience here so that we can learn and grow.



The Diamond Ray

But often we get caught in this cycle of having to learn the same lessons over and over, or we stunt our own soul growth through not working on our own energy or raising our consciousness in the ways that we could if we made different choices. The Diamond Ray can help us to access the most divine parts of ourselves, our higher selves, our divine selves, our ascended master selves, our angelic selves.

It is said that when we work with the diamond ray we are sitting with the great masters – Jesus, Buddha, Quan Yin, Mary Magdalene, all the masters who vibrate at the highest levels of love, light, peace, wisdom and power.

The Diamond Ray is the highest ray, sometimes referred to as the 18th ray (the violet flame can be found on the 7th ray) and is the highest expression of the divine that we can call on, invoke and carry within us.

Divine beings who hold the diamond ray:

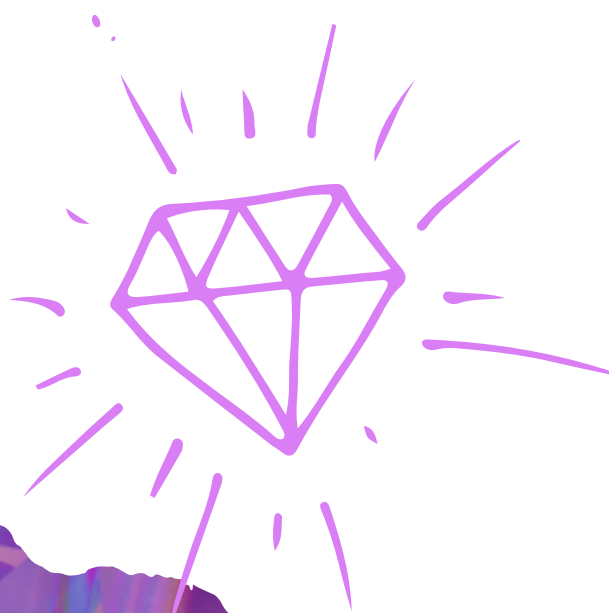
Archangel Gabriel
Archangel Metatron
Archeia Sophia
Archangel Raziel
Lady Victory



The Cosmic Diamond Violet Flame

The Cosmic Diamond Violet Flame is the blending of these two energies or rays of light to create a real force to be reckoned with!

When we merge the transmuting energy of the violet flame with the highest light of the divine, we not only clear and cleanse our energy, but we're also connecting to the highest parts of ourselves, our own divinity for healing, guidance and wisdom.



Journaling



Take some time to journal on the following. You can also just meditate on the questions or even pull cards for each one for deeper insights.

What would you most like to clear within yourself or your life right now?

Where did this thing that you want to clear come from?

How long did you carry or hold it for?

How has it felt carrying this?

What benefit is there to you in keeping hold of this? How does it still serve and support you? (e.g. it means you don't have to try to live your dreams so you won't fail, etc.)

How would it feel to release it and let it go?

How would it feel to no longer have to carry this? What would it open space for?



Inhale the Cosmic
Diamond Violet

Flame.

Exhale all that
no longer serves

you



Breath Practice

On each inhale and exhale, consciously intend, visualise or just know that you are drawing in the Cosmic Diamond Violet Flame to transmute any negative energy and to hold you in the highest frequencies.

Inhale the Cosmic Diamond Violet Flame
Exhale all that no longer serves you



PRACTICE:

Breathe only through the left nostril for 2 minutes

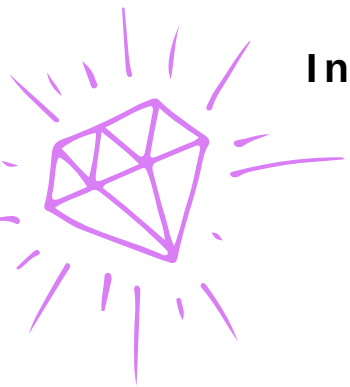
Breath only through the right nostril for 2 minutes

Alternate nostril breathing: inhale left, exhale right for 2 minutes

Inhale right, exhale left for 2 minutes

Breath of fire for 3 minutes

Mentally watch for 3 minutes





Journaling

What does the Cosmic Diamond Violet Flame look and/or feel like to you?

How did it feel to enter the light temple of the Cosmic Diamond Violet Flame?

What did you leave behind in the temple of the Cosmic Diamond Violet Flame?

Did you feel that it was fully released?


What do you need to do now to make sure you don't pick it back up again?

How did it feel to receive the diamond necklace from Archangel Gabriel?

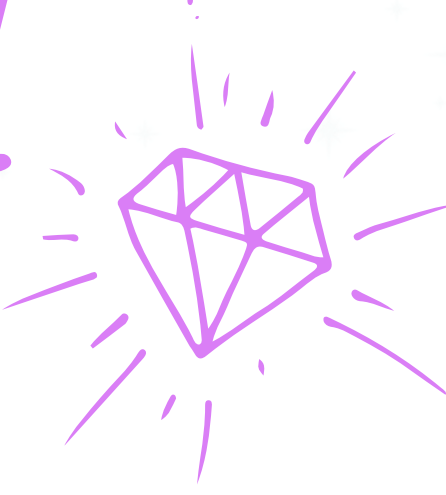
How do you feel now, knowing that you will always wear this diamond pendant in your energy field and aura forever?

What do you need to do to make sure this diamond at your higher heart can keep shining bright?





Your hands are
cosmic, your hands
are divine, and
everything they
touch will be
blessed.





Mantra

Mantras are powerful prayers and spells that we cast on ourselves, for ourselves and for all those we come into contact with.

The “Me Within Me” mantra is fantastic for:

- **Clearing negative energy (that you’ve picked up or created)**
- **Clarity**
- **Remembering the truth of who you really are**
- **Connecting with your higher self and divine self**
- **Confidence**
- **Power**
- **Self love**
- **Self esteem**
- **Space clearing**
- **Leadership**
- **Prosperity!**



Chant or even just listen to this mantra for 11 minutes anytime you need to clear your aura and space, take back your power and/or reconnect to your confidence.

Me within me is the

purity

Me within me is the

reality

Me within me is

grace

I am the master of the

space



Tool Kit

To connect more deeply with the energy of the Cosmic Diamond Violet Flame you may like to work with the following:

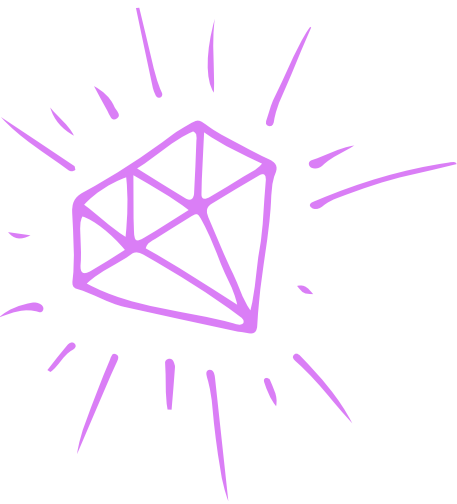
PLANTS/OILS/INCENSE:

Frankincense
Lavender
Lilac
Lily
Mint



CRYSTALS:

Diamond
Herkimer Diamond
Clear Quartz
Selenite
Amethyst



OTHER TOOLS:

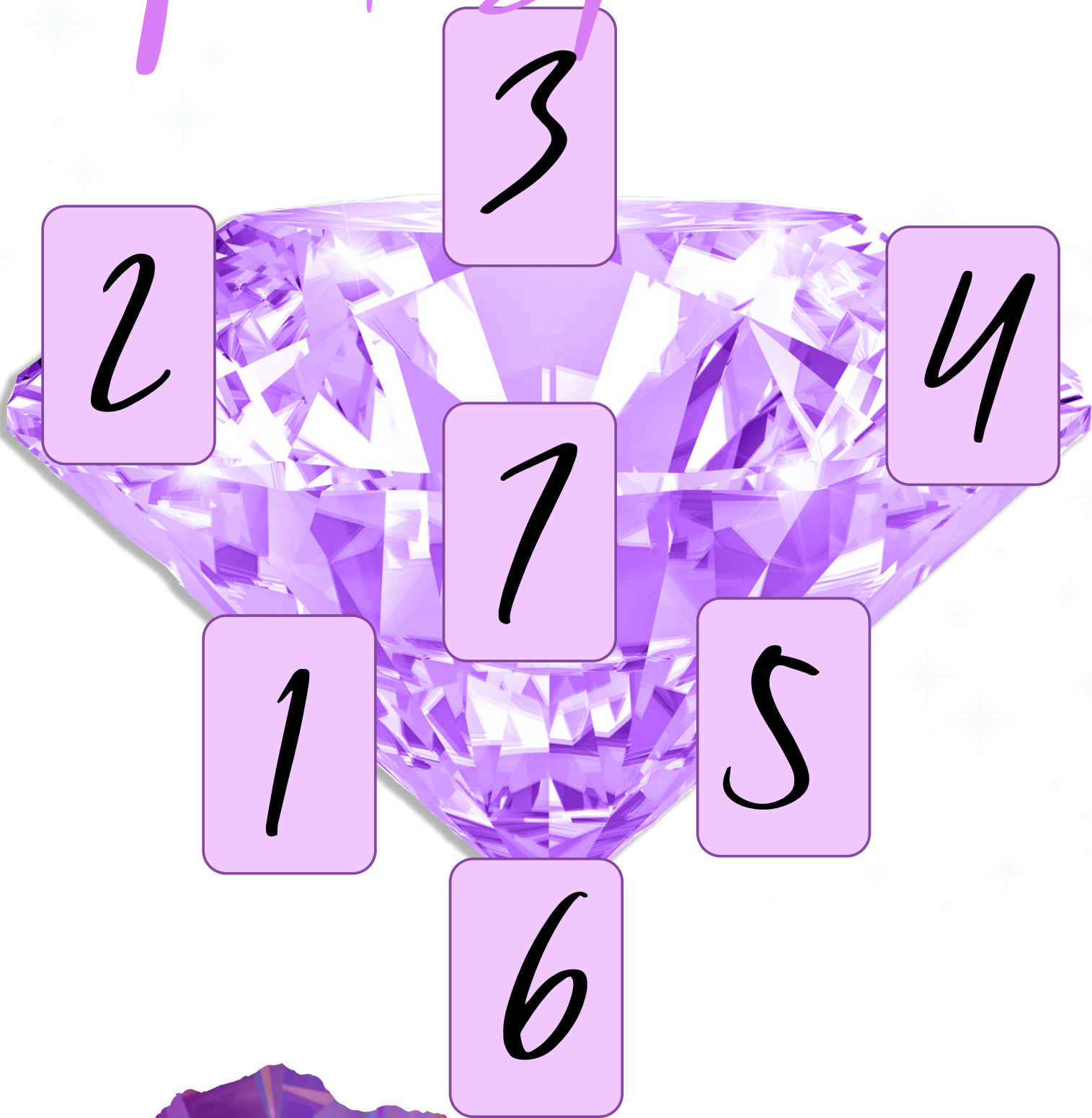
Candles

Hanging crystals to reflect rainbows

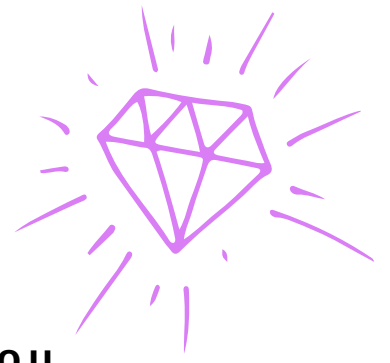
A diamond, quartz or amethyst necklace to wear as a physical representation of the etheric one given to you by Archangel Gabriel

High vibrational playlists

Tarot Spread



Tarot Spread



CARD POSITIONS:

1. What no longer serves you
2. How to release, clear and let this go
3. How to remember your divinity and connect more powerfully with your higher divine self
4. How to be the master of your space
5. How to vibrate higher now that you have anchored the Diamond Ray into your higher heart
6. How to use the Cosmic Diamond Violet Flame as a tool to help you live your best and highest life
7. A message from the divine heart of the Cosmic Diamond Violet Flame



Journaling



What brings your energy down?

What lights you up?

What makes you feel like you are vibrating high?

When you are feeling “low”, how can you best support yourself in those times?

What support can you find or put in place so that you can vibrate higher even more often?

What mindset shifts do you need to make?

What changes to your habits, routines and rituals could you make?

What other action do you need to take so that you can live your best and highest life here and now?

How will you keep working with the Cosmic Diamond Violet Flame moving on from here?



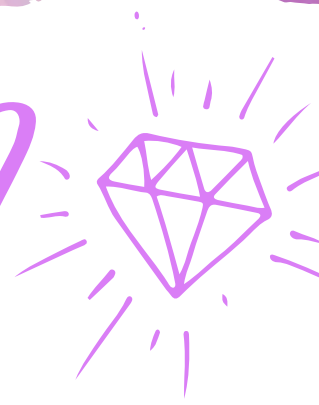


From now on, you
will always be
lighter, brighter
and closer to the
divine.

And so it is!



What's Next?

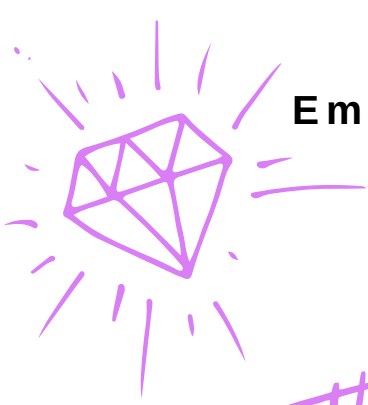


If you would like to explore more spiritual workshops, Kundalini yoga courses, book a Soul Reading or work together one on one via Author or Spiritual Business mentoring, head to:

www.newagehipster.co

If you would like to share any insights on social media please tag me @newagehipster333 on Instagram or Facebook. (I just ask that you do not share any of the content, spread positions etc., outside of the class)

Email me with any questions anytime:
vix@newagehipster.co



*Thank you for
journeying with me!*

