

# THE VIOLET FLAME

WORKBOOK



[WWW.NEWAGEHIPSTER.CO](http://WWW.NEWAGEHIPSTER.CO)

# THE VIOLET FLAME

The Kit includes:

This PDF workbook  
The Video Lesson  
The MP3 Meditative Journey

Start where you like

Print out the workbook or use it as a guide for your own  
journaling

Just use the parts of this kit that light you up

Come back to the other parts later if/when they call to you

Explore the energy of the Violet Flame in any way that feels  
good to you!

Use this kit as a guide, always go with your gut and what  
feels true to you



Victoria "Vix" Maxwell from New Age Hipster asserts her right to be identified as the author of this work in accordance with the Copyright, Designs and Patents Act 1988. All rights reserved. No part of this e-kit may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior permission of the author.

[WWW.NEWAGEHIPSTER.CO](http://WWW.NEWAGEHIPSTER.CO)

# HEART STORM

What is your current understanding of the Violet Flame?  
What comes to mind when you think of the Violet Flame?



# CLEARING

The violet flame is a powerful energy clearer.

Write a list of ten things you would like cleared in your energy field - these can be anything from a chakra that feels stuck to an old pattern or belief.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Now go back and write over each one (yep, write over your writing!) "This now cleared by the Violet Flame" or any other phrase that feels good to you and helps you to set the intention that the Violet Flame can now clear these for you.

# RELATIONSHIPS

The Violet Flame can be used to clear any negativity that exists in your relationships.

Which of your relationships hold negativity, conflict and challenges?

---

---

---

---

---

---

---

---

What do you feel is at the root of these conflicts?

---

---

---

---

---

---

---

---

What do you need to shift in your own mindset in order to move past these challenges?

---

---

---

---

---

---

---

---

# RELATIONSHIPS

What action do you need to take in order to clear and heal these relationships? (It's OK if the action is to walk away!)

---

---

---

---

---

---

---

---

How can you set loving boundaries in relationships?

---

---

---

---

---

---

---

---

Take a moment to close your eyes and see the Violet Flame move through the energetic cords you have to these people. When you feel the work is done, open your eyes write down how you feel now.

---

---

---

---

---

---

---

---

# SPACE CLEARING

What spaces in your home, work or other places you go do you feel need clearing?

---

---

---

What does the energy feel like when you know it needs clearing?

---

---

---

---

What are some ways you are being guided to physically clear this space? (E.g decluttering, bringing in plants, crystals etc.)

---

---

---

---

---

Take a moment now to close your eyes and visualise one of these spaces filled with the Violet Flame. When you feel you are done, open your eyes and write down any thoughts or feelings about the process.

---

---

---

---

---

---

# TRANSMUTATION

The Violet Flame is a powerful transmutor of energy. This means that it will take one thing and change it to another.

Write down some negatives and what you would like the Violet Flame to transmute them into. E.g: Fear into Love, Anger into Calm etc.

*THIS*

*INTO*

*THAT*

A vertical purple line runs down the center of the page, separating the 'THIS' column on the left from the 'THAT' column on the right. The page is filled with horizontal dashed lines, providing a grid for writing down examples of transmutation.

# SHADOW WORK

The Violet Flame can help us to protect our own energy both from negative influences, but it can also protect us from sending negativity out into the world.

Who/what have you been sending negative to recently?

---

---

---

---

---

What is the root cause of this negativity?

---

---

---

---

Are there any other places/ways you know you need to take more responsibility for what you put out?

---

---

---

---

---

---

What could you do or intend to change this?

---

---

---

Remember that whenever you're in a bad mood or feel like you are sending something that isn't love you can protect others by visualising yourself in the Violet Flame!

# 28 DAYS OF THE VIOLET FLAME

Working with the Violet Flame on a consistent basis can bring spiritual, emotional and mental cleansing, deep healing, big releases and space for new energy to enter your life.

Set the intention to work with the Violet Flame for 28 days and write down some a few notes and insights from each day.

Day 1:

---

---

---

Day 2:

---

---

---

Day 3:

---

---

---

Day 4:

---

---

---

Day 5:

---

---

---

Day 6:

---

---

---

Day 7:

---

---

---

Day 8:

---

---

---

Day 9:

---

---

---

Day 10:

---

---

---

Day 11:

---

---

---

Day 12:

---

---

---

Day 13:

---

---

---

Day 14:

---

---

---

Day 15:

---

---

---

Day 16:

---

---

---

Day 17:

---

---

---

Day 18:

---

---

---

Day 19:

---

---

---

Day 20:

---

---

---

Day 21:

---

---

---

Day 23:

---

---

---

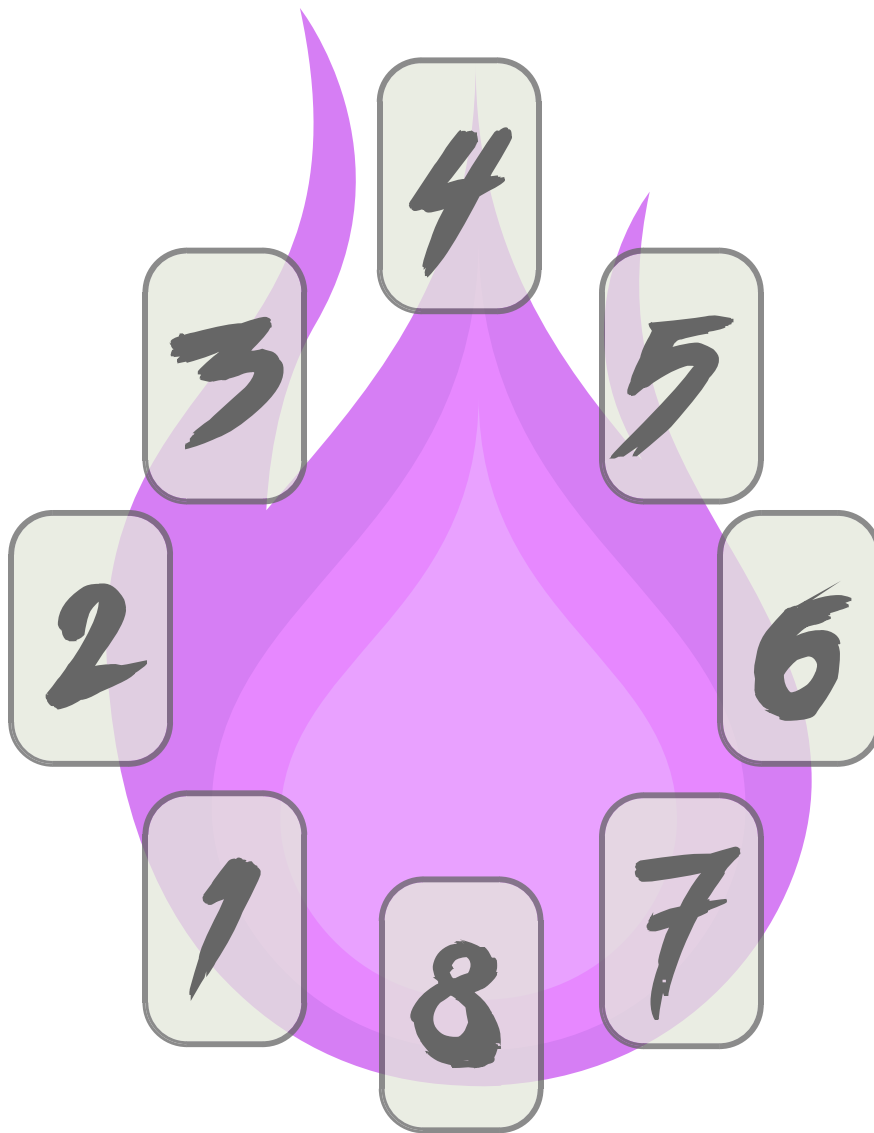


# WORLD CLEARING

Use this page to anchor and work with the Violet Flame for the planet. You may like to write affirmations, write place names, draw pictures, colour the violet flame around the image of the earth, whatever feels right to you. When you are done close your eyes and visualise the Violet Flame surrounding, clearing, healing and transmuting our planet.



# THE VIOLET FLAME SPREAD



- 1: Why the Violet Flame is coming into your life now
- 2: The past to be cleared
- 3: The present to be healed
- 4: A message from Saint Germain + your spirit guides
- 5: A message from your shadow
- 6: How to clear + heal your relationships
- 7: How to make space for all good things to come to you
- 8: How to anchor the energy of the Violet Flame into your life and the planet for continued clearing and healing





# WHAT NEXT?

- ✓ If you enjoyed this kit and found it useful, please tell your friends about it and The Circle. As a small business word of mouth helps so, so much!
- ✓ If you are in The Circle please come and join us in the Facebook group to chat about your experiences and support others in theirs.
- ✓ If you're not in The Circle join us now!  
[www.newagehipster.co/the-circle](http://www.newagehipster.co/the-circle)
- ✓ 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 group)
- ✓ Email me with any questions - [vix@newagehipster.co](mailto:vix@newagehipster.co)
- ✓ If you would like to work with me one on one to dive deeper into this month's topic you can grab a soul reading or spiritual or business mentoring session.

## ABOUT VIX



Vix believes that being connected to our own hearts, souls and spiritual team is our natural state and she's excited to be able to be of service to those who are searching for a way back. Vix is devoted to helping others reconnect to their own light, inner guidance and power so they can live out their best and highest lives. She supports her growing worldwide community through one on one Soul Readings, workshops, the New Age Hipster podcast, blog, YouTube channel, online groups and social media ministry.

Vix is an ex-high school and special ed teacher, she is a YA indie author and enjoys drinking tea, exploring stone circles, eating vegan pizza and watching 80's movies.