

## Violet Flame Relationship Clearing

It is important to "clear up" your relationships with people.

This energetic exercise can be very efficient in clearing out negativity that you have sensed but perhaps could not concretely define.

Once you shift the energies back to where they belong, allowing people to have their energy in their own, individual space, they will be able to relate to each other from a much healthier place.

It is when we are whole and complete within ourselves that we can remain balanced and fully give to another person.

You may notice after you do this work that your relationships will change. People can feel that you have shifted your energy around, and it may make them uncomfortable. They may be used to "leaning on" you energetically, or they may be used to fighting with you.

When you reclaim your energy, their habitual access to you is denied, and they are forced to look at their own participation in their relationship with you. This may not always be pleasant, and at first they may be frustrated or upset for reasons they cannot logically explain.

Also, when you reclaim your energy, you set healthy boundaries that let others know that they can no longer covertly access your energy. Instead they will need to request energy from you through direct communication.

This will also create shifts in relationships, especially if people are used to obtaining energy from you in other ways.

Be prepared so that if people become upset around you for no obvious reason it may have to do with their fears around the changing nature of your relationship with them.

Ground and centre yourself so that you can interact with them compassionately, and continue to take a stand for yourself that both people in the relationship will have access to their own energy, and from that place, can relate to each other.

I have found that I can repeat this exercise several times with the same people and this does not worry me. I tend to repeat it until I am no longer having "pop ups" of them in my thoughts or visions.

I just keep doing it until the energies which have been stirred up are released, cleared and cleansed. I have also noticed some interesting effects with this practice and I do believe it works.

It is useful to create the Violet Flame all around you, intending that it is burning through you and all about you. In your mind's eye see the other person then create the Violet Flame all around and through them.

You can put yourself and the other person in your individual violet flame energies, all together in a big violet flame.

You will move misplaced energies from one to the other through the centre of the large violet flame which holds you both. Take the energies through this, taking the time needed for the energies to be cleansed, blessed and purified. Use your intuition over this.

This practice is to be said ALOUD. First, state the I AM a Sovereign Being Affirmation:

I AM, I AM, I AM A SOVEREIGN BEING.

I CHOOSE THE ENERGIES THAT ARE IN MY FIELD.

I CHOOSE THE ENERGIES OF PEACE, LIGHT, HARMONY AND UNCONDITIONAL LOVE. (or whatever energies you want).

To release your energy from someone else, visualize them and say:

(Say their name 3 times), I AM a Sovereign Being, I choose the energy that is in my field. I choose to release my energy from your field, bringing it back to me through the Violet Flame, where it is cleansed, blessed and purified, and so it is.

Breathe deeply, noticing any shifts you feel. This may take a few moments.

Then you will clear their energy from your energy field.

(Say their name 3 times), I AM a Sovereign Being, I choose the energy that is in my field. I choose to release your energy from my field, sending it back to you through the Violet Flame, where it is cleansed, blessed and purified, to do with as you will. And so it is.



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Energy Healer

Breath deeply, noticing any shifts you feel.

If you like, you can release their energy from your field first, and then clear your energy from theirs. Use your intuition in this regard. You can also state that this energy is released through all dimensions, all parallel realities, and all universes.

Remember that you can move forward and backward through time to clear out energies, as well as doing this exercise with different people in your life.

You will be amazed at how wonderful this feels and how much of a difference it can make for you.

