



INTRODUCTION

From the perspective of yoga, God is beyond the infinite, unfathomably great, and powerful beyond comprehension. In simplistic terms, God is pure love and divine intelligence. It is then, technically speaking, impossible to realise God, but it is best to aim to immerse oneself in His greatness. Self-realisation comes with receiving this wisdom. It is not possible to achieve self-realisation without understanding the concept of God or the Higher Self. Union with the Higher Self means a feeling of oneness with the entire Universe and everything above and beyond. God – the creator, sustainer and destroyer of the universe – is really the highest of the high and the humblest of the humble.

When God takes human form, He is doing this for some specific purpose that is usually difficult for the human mind to comprehend. If the whole universe is under His control then where do we, as individuals, fit in? My specific tool is the Violet Flame method which assists in leading me to inner truth or the voice of wisdom within – others are likely to have other tools.

In surrendering to God, or becoming an instrument for God, challenges are likely to come forth – the question is do we really want to be challenged or would we prefer a quiet, more peaceful existence where we grow at our own pace? The answers are different for each individual and one question that needs to be asked is where do we go from here i.e. after this life? Do we want liberation or do we want to come back and continue the journey? God will honour the ‘soul purpose’ even if He is not seeming to honour individual desires. This is perhaps where conflicts are likely and sometimes surrendering to God needs to be considered in itself.

The path of yoga and self-realisation will force one to question oneself and the world around. On the one hand, sometimes the quiet, peaceful existence is best – if the plain worldly life will suffice, then perhaps ignorance really is ‘bliss’. On the other hand, perhaps the desire for liberation is a driving force surpassing all other desires. Either way, God will honour the soul purpose and lead you accordingly – if He wishes to draw you closer, He will; if He wishes to drive you further away from Him, then that will be honoured. He is divine intelligence and knows you better than you know yourself.

Kundalini awakening should never be attempted without an unshakeable commitment to God, the Supreme. In truth no other being can ever come in-between this relationship. In fact no being should ever attempt to come in-between this relationship.

One of the temptations of having an advanced psychic experience is that one may be inclined to communicate

via this means as opposed to the safe, old-fashioned and undeniably fulfilling encounter of person-to-person contact. This goes back to the notion of whether people should be undergoing Kundalini awakening at all. My understanding is that psychic communication is acceptable only in the case of communication with ascended masters or beings from other realms who really need to pass a message; there should be no need for psychic contact in any other situation.

Furthermore, for people who have attempted to communicate with each other psychically, remember that a great deal of negativity may still be present along with interference from others (with less than noble motives). It is impossible then to interpret messages correctly or even send/receive messages at all through 'mind' or 'thought' control. One's system may also be subjected to a form of psychic attack that in turn may cause deep stress, depression or an unstable mental state.

Remember that for those moving into a deeper spiritual path, open communication is absolutely necessary. As human beings, we are naturally imperfect and the best way to transcend challenging situations is to discuss openly and honestly, even (if possible) with those who have not-so-good intentions.

One's spiritual mentor should be encouraging openness and harmonious interaction within groups as well as with those who follow other faiths or even those who subscribe to no faith at all. We are all here for a purpose and we are all entitled to grow at our own pace. As human beings, we need human interaction hence Kundalini awakening should not place us in a position where we may appear to be above or below others. We should definitely not be using the psychic realm for purposes of entertainment, self-indulgence or quick fixes.

People who use any acquired psychic power for the means of tapping into or controlling the subconscious

mind or 'thought' process of another being are inviting the same to be done to them as in the grand scheme the Universe equals the field in surprising ways.

An immense level of personal responsibility and maturity comes with psychic development. Wisdom, love and the laws governing right conduct become paramount. In many ways we are evolving into 'masters' ourselves so we do need to become more self-reliant and self-aware. Those who guide us will eventually start to take a back-seat as we say hello to our own higher purpose. My personal experience of the psychic realm is that one's necessary 'truth' and life-purpose is revealed as God's love quietly permeates the individual experience.

Two very important considerations to be noted are – purification of the heart and that divine love is wisdom. Purification of the heart is an absolutely essential part to Kundalini awakening. Serious problems are almost always likely to occur if inner purification (removal of the ego) is not taken seriously. Through the process

of self-enquiry, many questions are likely to come up regarding the ego. This is best dealt with by examining one's tendencies.

With regard to the concept of 'divine love is wisdom', there often seems to be some confusion when considering the notion of unconditional or divine love. Divine love is unconditional but also wise hence a responsibility is associated with this concept which usually manifests as some form of justice until the individual has understood and learned the required lesson.

For people entering the mystical world, many things may seem a little 'airy fairy' but for those who have had a profound spiritual experience, one's perception and reality start to shift (hopefully for the better). Without dwelling on this, a point needs to be made that there have been negative forces (or beings) attempting to prey on those who are innocently seeking a path to God. Many of these beings are unfortunately posing as spiritual people and this is where one is most

likely to become trapped. For those who have natural psychic ability and have been drawn to spirituality since youth, they often find themselves the victims of some psychic attack at some point (sometimes even in childhood).

Personally, this has been something I can also relate to since I have been subjected to it on and off for about 15 years, perhaps during my childhood, too. There is no cause for panic, however, or the need to be over-protective of children since they tend to be extremely resilient. It is also not necessary to push them into spirituality too early or assume they are spiritual beings who need some special guidance. A normal, happy lifestyle is always the best. When they are ready, they will find their path. For those who have been undergoing this kind of psychic experience, the Violet Flame is an invaluable healing tool. It has been my primary tool for self-healing in Kundalini awakening – even more so than Reiki.

For those on a firm spiritual path, initiation into the Violet Flame is advisable. This requires a first and second level Reiki attunement as well as first level Seichem for full initiation. However, it is still possible to use the Violet Flame through request and prayer, as this book will highlight.

The Violet Flame or Fire is a transmutation force that turns unhealthy energy to healthy, life-affirming and loving states of being. It is derived from the Violet Ray, from the rays of light in the spectrum. It also has the ability to transmute karma; lessons of love will be learned more quickly. Saint Germain, one of the Violet Flame masters, introduced it to healers in the 20th century. If one has been attuned to the Violet Flame through Reiki, the tool can be called upon immediately in any situation. It cannot be corrupted in any way as its very nature is transmuting negative into positive.

For those practising meditation or working on cleansing their chakras, the Violet Flame will clear energies in

a harmonious manner providing further balance and stability. Calling the Violet Flame through faith in one's spiritual guide/guru is an extremely powerful force that can transform one's energy immediately.