

**Chapter 9**  
Awakening the Violet Flame Chakra  
Clear, Transform, and Fulfill Your Highest Potential  
By Diana Savil

“I’ve worked with the Violet Flame before.”

“Me too, but I think this is something bigger.”

It was.

**MY STORY**

The hall smelled like all other school halls, musty, institutional, impersonal. The butterflies that danced in my stomach were the same as years ago, at school speech days. Yes, this was all horribly familiar.

*Relax. You're not at school now. This is not the same. You're an adult, and this is a workshop. You might be learning, but this is different, and something special. Trust it.*

An excited murmur ran through the room as our presenter stepped onto the stage. Edwin Courtenay, healer, channel, musician, artist, and more. I'd heard about him for some time; today, at last, I got to experience his teaching. The event was channeled to Edwin by the Ascended Master Saint-Germain; I'd been working with him for a while.

*No wonder I have butterflies, this is going to be a very special occasion.*

I settled in for the ride.

As Edwin began his introduction to the Violet Flame Chakra and what it offered, I felt the buzzing in my hands which indicated a shift in frequency. My third eye chakra began to pulse as my head became light and spacey. I felt myself open to energies beyond the everyday.

By the time he invited us to experience the first stage in the Violet Flame Chakra Awakening process, I was well away:

Unaware of the physical space, sensing only the energy around and within me. Lost in it, held, somewhere beyond the physical. His voice seemed to come from far away; I was in my own universe surrounded by and filled with the most amazing energy.

Somewhere within it my consciousness registered:

*Violet. All Violet. Everything is Violet . . .*

“ . . . making your way back.” Edwin's voice summoned us. I returned, blinking at the mundane surroundings. Slowly connecting more strongly with the physical once again.

More was to come. The Violet Flame Chakra Awakening process itself—moving even deeper into the energy, and experiencing a profound shift: in energy, in frequency, in *everything*. Transported to another realm, another space. And returning knowing that something deep and powerful had occurred, which would irrevocably change my life.

And it did.

The next few days were somewhat dreamlike as I gradually adjusted to the change in my energy. Everything felt different, as if I was viewing it through a prism of radiant light. I still plodded through the mundane—the washing up, laundry, cooking—but I felt my body moving through subtle changes, not tangible enough to put into words, but there, for sure.

My breathing rhythm altered. I felt vital, alive. My physical body zinging and tingling, and an awareness, all the time, of something new, different, beyond myself, in the ether around me.

As we met for our weekly walk, I had to share my news with Alison.

“It's amazing! There's this star you learn to create using the energy of the Violet Flame, and you can do so much with it!”

“Like what?”

“Well, you know the Violet Flame transmutes negative energy into positive energy—doesn't just clear it like other processes do, but actually changes the negative into positive?”

“So you lose the negative energy and get positive instead?”

“Yes!”

“Cool!”

“Well, the star is made of that energy. So if you put yourself in the star, anything negative that comes near the star gets changed into positive energy before it can reach you.”

“Wow!”

“And because all the energy inside the star can only be positive, it means you are totally surrounded by purely positive energy!”

“So can you use the star for other things, as well as putting yourself inside it?”

“Yes! That's what's so amazing! As well as putting myself in it every morning, I've put it in each room in the house, round the car, round the village—even round the whole Earth!”

She laughed. “We certainly need it!”

“Yes. You can use it for situations too, and people, and objects—anything you can think of.”

“I want it! Can anybody have it, or just healers?”

“No, anyone can have it. And once you've had your own Violet Flame Chakra Awakening, you can awaken other people's Chakra so they can use the star too. There are other tools as well, but I haven't used them yet. The whole thing is wonderful.”

I promised my Saint-Germain group I'd share the Violet Flame Chakra Awakening with them at the first opportunity. As we got nearer to our next meeting, I felt my nerves. The process of channeling his energy and his words was familiar, and suddenly seemed really easy compared to what I now faced.

As my breath quickened, I gave myself a talking-to:

*You can do this! Come on, it's the same people, in the same space as every week. They'll all be supportive—you'll be fine! Okay, this time you have to present someone else's work and carry out a process you haven't done before, but you can do it. You know you can.*

And as my heart rate began to settle, I remembered:

*I can put the whole thing inside the star!*

And I did.

I felt the energy shift, my shoulders relaxed, and I breathed easily.

*Of course I can do this. It will, indeed, be not only fine but wonderful. How amazing to be able to do this for others. I am blessed to have such a gift.*

And it was fine! It was amazing to pass this process on to my loyal friends, and their response at the end of the evening was more than I could have hoped.

“Thank you, Diana, that was amazing.”

“Thank you for such a wonderful experience.”

“I am blown away by what I just felt.”

I was on a high as we drove home and resolved next to use the Violet Flame Rescue Healing tools that were another gift of the Violet Flame Chakra Awakening process. As often happens, when we make a decision to move forward, Spirit responds fairly rapidly!

It was just a few days later, during a Reiki treatment, that I felt guided to use one of the rescue flames—tools of the Violet Flame Rescue Healing—that were now accessible to me.

My client was deeply relaxed already, eyes closed, hands uncurled; lost, I thought, within the Reiki energy.

Without moving my hands or stopping the flow of Reiki, I began the process of calling in a rescue flame.

I had an idea of what to expect, but I did *not* expect my client to suddenly say “Wow!” at the exact moment that the rescue flame energy flowed in. I smiled to myself as the treatment continued.

Afterwards, she was eager to speak.

“That was incredible! What did you do? There was suddenly this amazing energy everywhere, and I feel so different. Clearer, cleansed. What happened?”

I laughed.

“That was Violet Flame Rescue Healing. I used one of the rescue flames. They work on different levels—the usual: physical, mental, emotional, and spiritual—and reach more deeply than most other healing energies. They can clear away residue from old conditions that have been treated with other techniques, but have left a residue. The rescue flames can clear that away.”

“That fits! I felt completely immersed in the energy, as if it was filling every part of me. And I do feel completely different: all bright and shining, like I've been polished!”

We laughed.

At her next treatment, she had hardly sat down before she was enthusing about her change:

“I tell you, I feel like a new person! I can see everything clearly—it was in a kind of cloud before—but I can see now what's important and what isn't. They've even commented at work.

“It's a transformation. I can't thank you enough. It's that amazing Violet Flame Rescue Healing, it's magic!”

My Saint-Germain group was also exploring the gifts of their Violet Flame Chakra Awakening, and all had similar positive tales to tell.

“My client had her first full night's sleep for years. Her mind was clear and calm.”

“We'd been working on a condition for months with no change. Within two weeks it's suddenly improved!”

“I notice the difference when I put myself in the star to meditate. Everything is much deeper, and I get such clear guidance.”

I, too, found magical changes as I brought the Violet Flame Chakra gifts into my life. As I brought the star into being around me each morning, I felt ready to face the day. I called in the Violet Flame Rescue Healing flames to support my healing treatments, and profound changes took place within my clients. I used the rescue flames on myself too, surrendering to the full power of their cleansing energy, and noticing the benefits.

Word spread about the experiences of my Saint-Germain group and my clients, and people asked if they could receive their own Violet Flame Chakra Awakening. Saint-Germain himself was also prompting me to share the process, and so I held what was the first of many Violet Flame Chakra Awakening workshops. I followed Edwin's original format, and the energy of the Violet Flame Chakra was spread further.

The responses continued to be the same:

“Amazing.”

“Transformation, on a deep level, thank you.”

“My life changed for the better since the awakening.”

And there were some other results too:

I had a vague memory that during my own Violet Flame Chakra Awakening, mention was made that the process might “ignite your potential,” but I gave it no further thought.

As students shared with me what unfolded for them in the days or weeks after their Awakening workshop, I began to realize that this, too, was one of the gifts of the Violet Flame Chakra.

A rise in personal vibration, certainly, as any other initiation process. And an increased sensitivity to subtle energy; again, to be expected. But what was also being reported were things that weren’t obviously connected to the spiritual—recognizing, of course, that everything is connected, and the spiritual permeates all.

Other results included unexpected and spontaneous weight loss within a short time, inspiration about a new career path, and individual teeth communicating with a dental surgeon as to what treatment they did and did not want.

*Will I experience the same?* I wondered.

The morning after one Awakening workshop I picked up a book someone left behind. I can't remember the content, but what I will always remember are the thoughts that came as I read.

*This is written in really large print, spaced out. There are only 100 or so pages—not many words at all. And yet it looks like a proper book. You could write something like this. It would be quite easy. You could do it.*

As I read, I became more aware of the excitement growing within me. Waves of energy rippled from head to toe. My hands tingled. My head buzzed with new thoughts.

*A book. I could actually write a book.* This dream had always been far off on the horizon, in the distance, but within view. Now, suddenly, it was becoming possible.

The book in my hand was abandoned as I allowed the thoughts and energy to flow.

*I could actually do this! I could have my own book! See a book with my name on sitting on a shelf! Have people buy a book that I have written. This is amazing!*

The subject matter was without question: It would be about the Violet Flame Chakra, the means through which I was brought to this magical moment in my journey, when a long-held dream, that once seemed so far away, was about to become a reality.

I was going to write a book about the Violet Flame Chakra!

And I did.

It was a challenge, of course, as all growth-enhancing experiences are, and a much more complex process than it seemed on that inspired sunny morning, but it was accomplished. *Awakening the Flame* was published in April 2015, and continues to sell. I shall never forget the sense of pride and achievement as I held the first copy in my hands, shaking a little with the enormity of the moment.

And my writing career is unfolding further, with my contribution to this book.

Another writing project—again spontaneously manifested by Spirit—is also underway, and I sense there will be more to come.

My teaching and healing work continues too, but the writing aspect is clearly part of the potential ignited through my Violet Flame Chakra Awakening. One of the many gifts that that amazing process has given me. I will always be grateful.

To find out how you can experience your own Violet Flame Chakra Awakening visit <https://www.violetflamechakra.com/violet-flame-chakra-events/>

And to purchase your copy of *Awakening the Flame*:  
<https://www.amazon.co.uk/Awakening-Flame-Igniting-Potential-through/dp/1504327888>

## THE TOOL

The Violet Flame can be invoked to transmute negative energy into positive energy.

Anyone can call on it, with no need for training or initiation. It has been used in this way for centuries.

In itself, the Violet Flame is a powerful tool for transmutation. With the gifts you receive at your Violet Flame Chakra Awakening, you are able to connect more deeply to its energy and to direct it in more ways.

## CLEANSING WITH THE VIOLET FLAME

The Violet Flame itself can be used to cleanse:

- Yourself
- Someone else
- An object, e.g. crystal
- A space
- A location

- A situation
- Food before you eat
- The energy after an argument
- Any negative thoughts you have
- Whatever you can think of

The process is simple:

- Have in mind the destination/focus where you want to use it.
- Say: “I now invoke the Violet Flame of transmutation.”
- Visualize violet-colored fire moving through whatever it is that you want to cleanse: yourself, the space, a crystal, etc.
- Give thanks for the gift of the Violet Flame.

This process can be called on quickly and easily, in any situation, and is a useful tool to have in your toolkit.

## CALLING THE VIOLET FLAME INTO YOURSELF TO TRANSMUTE NEGATIVITY

This process can be experienced as a meditation, allowing yourself time to be immersed in the energy of the Violet Flame.

Settle yourself comfortably, either sitting or lying down.

Close your eyes and take a few slow, gentle breaths.

Allow your body to relax: drop your shoulders, unclench your jaw, breathe deep into your abdomen.

Ask that the energy of the Violet Flame may flow into you, cleansing all negative energy.

Feel the violet-colored fire begin to move through you.

Allow it to cleanse your whole being, every layer of your energy field, every cell of your body.

Feel the energy of the Violet Flame, seeking out all negative frequencies and transmuting them into positive ones.

Become aware of any old, negative emotions that no longer serve you, and ask the



Violet Flame to transmute them, clearing and cleansing them from your system.

Surrender any physical aches and pains to the power of the Violet Flame, and allow it to burn them away.

Allow the energy of the Violet Flame to clear from your whole being all that does not serve. Release it, let it go.

Know that only positive energy can remain in the powerful vibration of the Violet Flame.

Stay in the energy for as long as you wish.

When you feel ready, slowly bring your awareness back to your physical body and the physical space in which you are.

Ground yourself by consciously connecting your energy to the Earth beneath you.

Take your time to return fully; rub your hands, wiggle your toes. Drink some water to bring you back into the physical.

## THE VIOLET FLAME AS A TOOL OF ILLUMINATION AND INSPIRATION

Saint-Germain told us back in 2019 that the Violet Flame was originally used as a tool of illumination and inspiration. Through necessity, it became used as a tool for transmutation, but the intention was always to return it to its original purpose, when the time was right. He told us that the intended process of return was now beginning.

During a Violet Flame Chakra Awakening workshop in February 2024 he told us we should focus consciously on the Violet Flame as a tool of illumination and inspiration, as well as a tool of transmutation. This would help to strengthen the illumination and inspiration aspect of the Flame, as it continued to grow.

## PLACING YOURSELF IN THE VIOLET FLAME TO ILLUMINATE AND INSPIRE

Settle yourself comfortably, either sitting or lying down.

Close your eyes and take a few slow, gentle breaths.

Allow your body to relax: drop your shoulders, unclench your jaw, breathe deep into your abdomen.

When you are relaxed, visualize yourself walking into a temple.

In the center of the space is a large, sacred fire, burning with a Violet Flame.

The fire is cleansing; it will not burn you. It is a Violet Fire of illumination and inspiration.

Slowly, you move towards it.

When you are ready, step into the fire. Stand in the center of the vibrant flames.

Feel yourself immersed in the energy.

Feel it flow through every cell of your being, illuminating, inspiring.

Feel yourself filling with light, radiating light.

Open your awareness to new ideas, new inspiration.

Allow yourself to receive, to become illuminated and inspired.

When you are ready, step out of the Violet Fire.

Turn and give thanks to the fire, to the energy of the Violet Flame.

See yourself leaving the temple and slowly returning to the here and now.

Ground yourself by consciously connecting your energy to the Earth beneath you.

Take your time to return fully; rub your hands, wiggle your toes. Drink some water to bring you back into the physical.

## **BIO**

Diana Savil has been working with energy in various forms for over 30 years.

She is a Usui Reiki Master and former teacher of Setsukido, a deep tissue/Ki massage technique. She has studied crystals, aromatherapy, and hand reflexology.

For many years she worked with the Ascended Masters, particularly Saint-Germain, channeling their words and energy for clients and in groups.

Tarot was her first venture into spiritual work and through the years she has continued to read for clients, and to teach Tarot courses.

She has presented workshops on a wide range of subjects: crystals, channeling, the Divine Feminine, Higher Frequency Chakras, Atlantean Light Symbols, Ancient

Avalon, and more.

She has been working with the energy of the Violet Flame Chakra since its inception in 2013 and set up the associated website, as well as writing *Awakening the Flame*, charting the early days of this work. She regularly carries out Violet Flame Chakra Awakenings, for individuals and groups, and has also presented The Lady of Silver workshop, a further stage in the Violet Flame Chakra energy.

Over the years, she has led many meditation and spiritual development groups and taught a variety of courses. She regularly gives Usui Reiki Attunements, at all levels.

She has recently returned to working with the Galactic Beings after a 20-year gap, bringing through their energy in healing treatments and guidance readings.

She is a channel for the light and introduces light transmissions and higher light codes into her healing and teaching work.

Having tried to retire in 2021, she now lists working as one of her hobbies—allowing her to continue to do what she loves. She also enjoys reading and walking in the countryside.

Connect with Diana: [https://linktr.ee/diana\\_savil](https://linktr.ee/diana_savil)