

SOUL MATES AND TWIN FLAMES

*The Spiritual
Dimension
of Love and
Relationships*



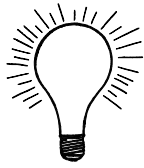
ELIZABETH CLARE PROPHET

Soul Mates and Twin Flames

BOOK STUDY GROUP

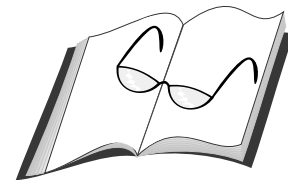


FACILITATOR'S GUIDE



Tips

- ✦ Be sure to read the “**Being a Good Facilitator**” section of the Book Study Guidelines for lots of helpful tips that aren’t repeated here.
- ✦ After doing **introductions** in the first meeting, pass out the first discussion guide.
- ✦ One way to start is to **take turns reading** the discussion guide questions and then reading the pages in the book covered by each question.
- ✦ Try to **keep conversation centered** on the material, but realize that all the points in a discussion guide might not be covered during the meeting.
- ✦ Jeanette and Nelson’s story sets the tone for serious spiritual thought and discussion about relationships. No pain, no gain! **Relationship matters can be sensitive** and some people may not want to share their thoughts. If no one comes forward to speak, you can simply move on to another point.
- ✦ One **possibility for the second meeting** is to ask if the group would like to see a Nelson Eddie and Jeanette MacDonald movie. This may depend on where you hold the meetings. Some movies to choose from: *Naughty Marietta*, *Rose Marie*, *Maytime*, *Sweethearts*.
- ✦ If the group prefers, the **exercise in Discussion Guide 5** may be done at home. On the other hand, doing it privately during the meeting can add a dimension to the experience because of the group bonding.



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- ✦ Before ending each meeting, **hand out the next discussion guide** and tell participants what pages will be covered. (All the book study materials can be copied and freely distributed.)
- ✦ Simple **refreshments** can bring warmth and comfort to the group.
- ✦ You may want to schedule a **celebration** after your last meeting to commemorate your time together!

SOUL MATES AND TWIN FLAMES

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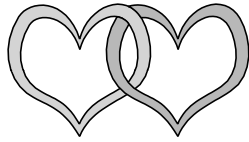
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Heart-to-Heart

First Meeting: Introductions

- ✦ Tell everyone your name and share some personal background information.
- ✦ Ask how everyone heard about the book study or why they are interested in the topic. This helps people get acquainted and feel comfortable.



All Other Meetings

Keeping in Touch – At the beginning of each meeting ask questions like:

KEEPING IN TOUCH

- *Is there something from the reading you would especially like to discuss?*
(You'll find out if people didn't have time to read it!)

Similar questions appear at the beginning of each discussion guide. It's a friendly way to help people get back in touch with each other.

Closing

You can use the last point in the discussion guide, a moment of meditation or any other idea that works for you and the group. Thank everyone for coming.

The Last Meeting

At the end of the last discussion guide are some suggestions and ideas for you and the group to consider. These book study guides are courtesy of The Summit Lighthouse 1-800-245-5445.



***Follow your heart,
go with the flow
and have lots of fun!***

THE PERFECT MATCH TRAPPED IN THE NET OF KARMA:

THE STORY OF

Jeanette MacDonald AND *Nelson Eddy*

PAGES 1-38



Courtesy of the Sheron Rich collection

Their life story includes an implicit warning to us in our quest for our perfect love: if we do not overcome the negatives of our karma, we can never enjoy complete happiness, whether or not we find our twin flame. (p. 6)

1. What were the telltale signs of twin flames in Nelson and Jeanette's relationship? (pp. 6-9)
2. Rather than always being lovers, how can twin flames gain from having incarnations as brother and sister? (pp. 10-11)

3. Why was Nelson and Jeanette's relationship so rocky even though they were twin flames? (pp. 11–36)



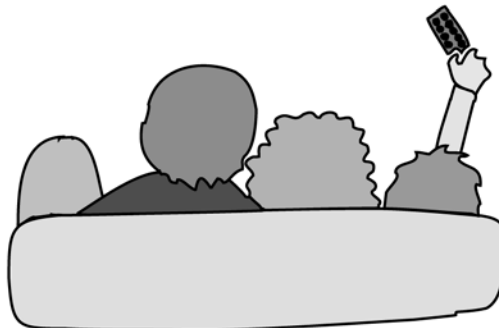
- ✦ Contracts, publicity capers, the life of movie stars
- ✦ Jeanette's pride and ambition
- ✦ Entanglements with Louis B. Mayer, Gene Raymond, Ann Franklin
- ✦ Anger and retaliation
- ✦ More?

4. What might be the positive fruit of the self-induced adversity that they suffered? (pp. 37–38)

- ✦ A new chance on the stage of life
- ✦ Wise to the forces that assail real Love
- ✦ Realize their hope to be one

OPTIONAL IDEA:

You may want to watch one of Nelson Eddie and Jeanette MacDonald's movies as a group or on your own. Some movies to choose from are: *Naughty Marietta*, *Rose Marie*, *Maytime*, *Sweethearts*.



THE QUEST FOR WHOLENESS — PART 1

PAGES 39–58

KEEPING IN TOUCH

- *So have you figured out how a classic love story could possibly relate to you?*
- *After Jeanette and Nelson’s sad story of unfulfilled love, are you ready for your own story to have a happier ending?*

The Quest for Wholeness

*Each of us has a twin soul, or twin flame,
who was created with us in the beginning...
with the same spiritual origin and... pattern of identity.*

1. What was the purpose and original plan for twin flames? (pp. 39–40)
 - ❖ Bringing God’s love to earth
 - ❖ Incarnations as both male and female

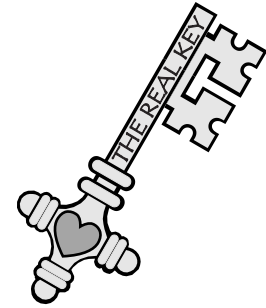
2. Why did twin flames who incarnated on earth lose their state of perfection and what is required to regain it? (pp. 40–41)

- ❖ The Garden of Eden story; fear, mistrust and a sense of separation from Source
- ❖ Incarnations with others and with twin flames to unwind the negative strands



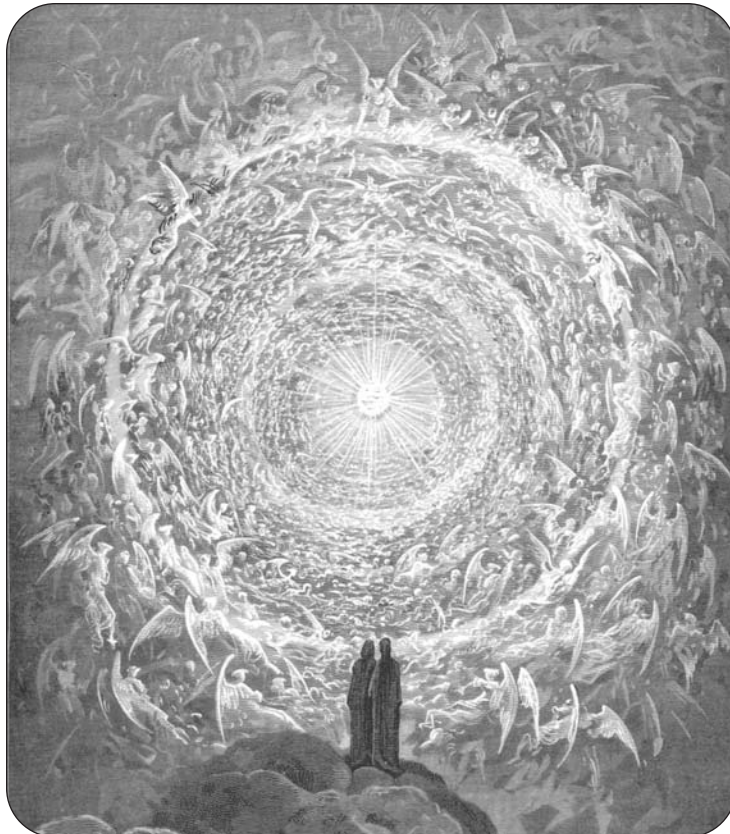
3. What is the mistake that people often make and what is the real key to finding your twin flame?
(pp. 41–42)

- ❖ Searching physically for “the one” rather than seeking wholeness within
- ❖ Relationship to your Higher Self



Alchemical Marriage

1. Why is achieving a certain level of oneness with your Real Self important to you and your twin flame? (p. 43)
2. What are some elements of the alchemical marriage? (pp. 43–44)
 - ❖ Changing negative patterns
 - ❖ Transcending the ego
 - ❖ Constant contact with the Source, the I AM Presence
 - ❖ More?



Creation of Twin Flames (pp. 45–50)



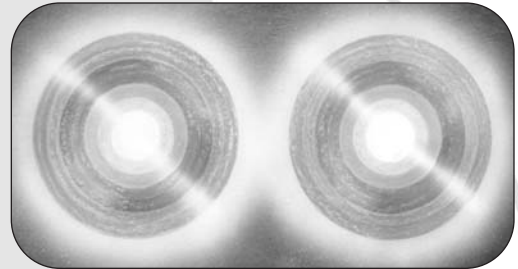
T'AI CHI

Representing the masculine and feminine polarity of God's wholeness, T'ai chi rotates and divides into two identical spheres—twin flames of the One.

TWO SPHERES—

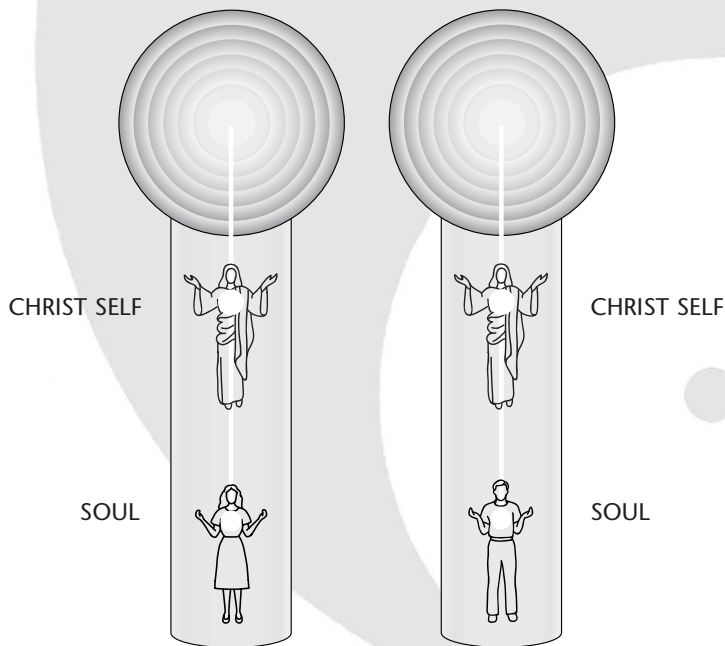
TWIN FLAMES OF THE ONE

Each sphere has its own I AM Presence surrounded by the rings of color, of light, which make up the Causal Body.



ONE SOUL IN A FEMININE BODY

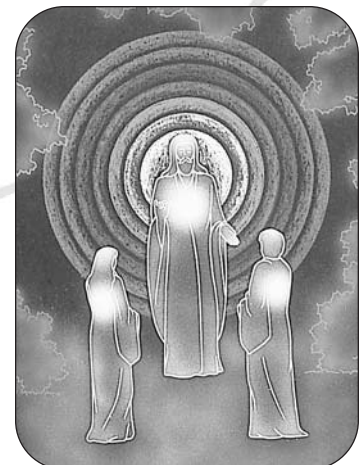
ONE SOUL IN A MASCULINE BODY



Each I AM Presence then sends forth a ray—a soul. Each soul focuses the opposite polarity—one, masculine, the other, feminine. Between the soul evolving on earth and the I AM Presence is the Christ Self—our personal mediator between Spirit and Matter, the I AM Presence and the soul. By exercising free will and gaining mastery, we may unite with our Christ Self in the 'alchemical marriage.'

ADAM AND EVE

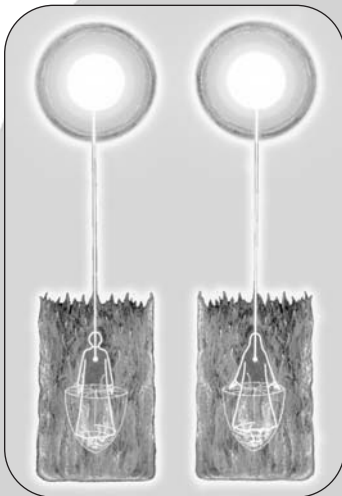
symbolize the testing required by God of all twin flames. Each of us came forth from Spirit to fulfill our mission to take dominion over the earth.





Fallen from the state of perfection (Eden) through our own misuse of free will, we have been separated from our twin flames for many incarnations.

As twin flames misqualified the energy of God, they created negative karma—energy that forms layers of negativity in their auras separating them from their own I AM Presence and their twin flame.



Daily use of the violet transmuting flame can strip this karma—such as resentment, irritation, anxiety, frustration—of its negativity, purify it, and return it to the Causal Body as our “treasures stored in heaven.”

We can unite with our twin flame at inner levels, amplifying the flame of God within our hearts, and using the dynamic polarity of our love to fulfill our mission.



After we have each become immortal God-free beings, one with our Christ Self and I AM Presence, our ultimate union with our twin flame occurs in the plane of Spirit.

Inner Contact of Twin Flames

1. How does what you do affect your twin flame? (pp. 51–52)

MAKING IT A REALITY:

Spiritually Connecting with Your Twin Flame

(pp. 52–53):

You can accelerate your spiritual progress by asking your I AM Presence for inner heart contact with your twin flame. Even if you're not physically with your twin flame, you can unite spiritually at inner levels and direct light into your own world and the world of your twin flame for the balancing of mutual karma.

Try the following prayer or make up your own. Giving it aloud increases its power.



In the name of the Christ I call to the blessed I AM Presence of our twin flames for the sealing of our hearts as one for the victory of our mission to humanity. I invoke the light of the Holy Spirit for the consuming of all negative karma limiting the full expression of our divine identity and the fulfillment of our divine plan.

2. Can you think of examples from opera, art and literature that illustrate the love typical of twin flames? Any others besides those on pp. 53–58?



THE QUEST FOR WHOLENESS — PART 2

PAGES 58–75

KEEPING IN TOUCH

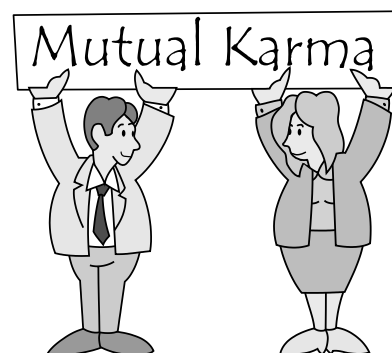
- *Do you have any new insights about what you've learned so far?*
- *How does the story of the creation of twin flames change your understanding about yourself?*

Soul Mates

1. How does a soul mate relationship differ from that of twin flames? (pp. 58–60)
 - ✦ Mastering same type of karma
 - ✦ Working on the same task to fulfill a divine blueprint

Karmic Marriage

1. Why would someone want to marry a person who is not their twin flame or soul mate? (p. 61)
 - ✦ Balancing mutual karma
 - ✦ Achieving mastery
 - ✦ Sponsoring children
 - ✦ Intense love balances intense karma



The Marriage Union



1. What is the divine purpose of marriage? (p. 62–64)
 - ✦ Opportunity to develop wholeness
 - ✦ Commemorate reunion with I AM Presence (see *alchemical marriage*, pp. 43–44)

- ✦ Initiation on the Path
- ✦ The creative love that framed the universe

2. What are some positive results that can come from the exchange of sacred energies in sexual union? (pp. 64–65)

- ✦ Transfers spheres of cosmic consciousness
- ✦ Enhances partner's positive qualities and strengthens divine self-identity
- ✦ Enables both to carry shared burden of karma
- ✦ Yields the Son, whether a child, inspiration or successful enterprise



3. What are the negative results that can happen when the exchange of sacred energies in sexual union is not spiritualized? (p. 65)

- ✦ Take on each other's karmic patterns
- ✦ No benefit of spiritually transmutative love
- ✦ Identity crisis



THE CIRCLE OF ONENESS

(pp. 66–67)

You can try the following active meditation alone or with your partner.

Consecration of Your Sacred Union

*Consecrate your sacred union with your partner
and seal your interchanges in the purity of God's love.*

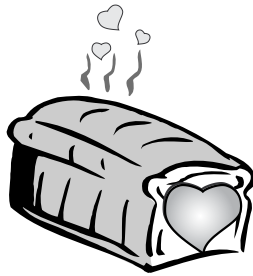
Celebrate your oneness with your twin flame.

- Stand (alone or with your partner) and face the Chart of Your Divine Self.
- Attune to the star of your divinity, your I AM Presence, and meditate on the sacred flame that burns within your heart. Visualize the arc of your love ascending from your heart to the heart of your I AM Presence.
- Using your right hand to first touch your heart, draw a circle around yourself and your partner, twin flame or I AM Presence. Visualize this circle, twelve feet in diameter, as a line of sacred fire that will repel all that opposes your union.
- See yourselves focusing the plus and minus of cosmic energies, the whirling T'ai Chi, and consecrate your love to the reunion of the soul with the I AM Presence, and of you and your twin flame within the hallowed circle of God.
- Ask for cherubim, the angel guardians of love, to protect your oneness.

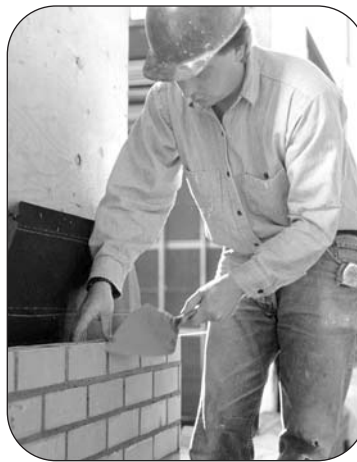


4. A vital mission awaits those whose energies are in harmony with divine love. Too often we underestimate our ability to transform lives simply through who we are and what we do. (pp. 67–71)

- ✦ Power of pure love
- ✦ Story of the miller and his wife



How might your everyday actions secretly and quietly spread vibrant love through your community?



Aquarian Age Alchemy

How can the spiritual energy called the violet flame help you to change past karma and fulfill your mission with your twin flame or partner? (pp. 72–73)

- ✦ Transforms negative energy—anger into love, suspicion into trust
- ✦ Allows you to influence life positively
- ✦ Gives feelings of lightness, joy and hope

MAKING IT A REALITY:

(pp. 73–74):

To Transmute the Karma of Twin Flames

The quickest and most effective way to prepare for reunion with God and with your twin flame is to immerse yourself in the cleansing energy of the Holy Spirit called the violet flame.

Start the transforming action of the violet flame right now by giving one or more of these violet flame affirmations. You also might want to add the prayer below or compose your own.

PRAYER

***In the name of the Christ I call to the blessed
I AM Presence* of our twin flames for the sealing of
our hearts as one for the victory of our mission of love.***

***I invoke the light of the Holy Spirit for the
consuming of all negative karma limiting the full
expression of our divine identity and the fulfillment
of our divine plan.***

You can strengthen the power of these affirmations by imagining the violet flame surrounding you and your twin flame. See it cleansing your auras and instantaneously transmuting any negative energy into the light of God.



I AM A BEING OF VIOLET FIRE

*I AM a being of violet fire!
I AM the purity God desires!*



*Note: "I AM" affirms the God within—the I AM Presence—the same Presence who declared to Moses "I AM THAT I AM. . . This is my name for ever, and this is my memorial unto all generations." (Exod. 3:14–15) Constructive "I AM" affirmations can be used to strengthen the qualities of God within ourselves.



I AM THE VIOLET FLAME

*I AM the violet flame
In action in me now
I AM the violet flame
To Light alone I bow
I AM the violet flame
In mighty cosmic power
I AM the light of God
Shining every hour
I AM the violet flame
Blazing like a sun
I AM God's sacred power
Freeing every one*

RADIANT SPIRAL VIOLET FLAME

*Radiant spiral violet flame,
Descend, now blaze through me!
Radiant spiral violet flame,
Set free, set free, set free!*

*Radiant violet flame, O come,
Expand and blaze thy light through me!
Radiant violet flame, O come,
Reveal God's power for all to see!
Radiant violet flame, O come,
Awake the earth and set it free!*

*Radiance of the violet flame,
Expand and blaze through me!
Radiance of the violet flame,
Expand for all to see!*

*Radiance of the violet flame,
Establish Mercy's outpost here!
Radiance of the violet flame,
Come, transmute now all fear!*

YEARNING FOR WHOLENESS

You may be reading this book right now because the only thing that stands between you and your twin flame is a layer of negative energy just waiting to be consumed by the joyous, bubbling action of the violet flame.



LOVE, MARRIAGE AND BEYOND — PART 1

PAGES 77-106

KEEPING IN TOUCH

- *Have you been trying out the violet flame?*
- *Do you have any observations about your experience?*

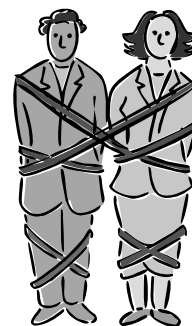
Love, Marriage and Beyond: What I Have Learned

Recognizing Your Twin Flame

1. When the author asked God for confirmation of her twin flame, what were some of the elements of her experience? (*pp. 79-82*)
2. Why is it important to remember that the inner knowing of your twin flame has nothing to do with being in love in the human sense of the word? (*pp. 82-85*)
 - ❖ Human love experience vs. inner reality
 - ❖ Flesh and blood: personality, astrology, karma, mutual attraction
 - ❖ May not be necessary to recognize your twin flame

Karma in Relationships

1. Why might the karmic tie be the tightest of all? (*p. 85*)
2. What are some characteristics of karmic relationships? (*pp. 86-88*)
 - ❖ Love much to forgive much
 - ❖ Situations with people that require resolution
 - ❖ Good karma: assignments of greater responsibility
 - ❖ Personal examples of karmic relationships?



3. Why is it sometimes the right decision to marry even if it doesn't work out later? (pp. 89–91)
4. What is the real reason some people don't want to get married? (p. 92)
 - ✦ Resistance to “bearing one another's burden”
 - ✦ Self-centered independence

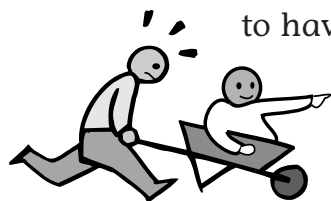
Marriage

1. What are some aspects of the marriage vow? (pp. 94–95)

- ✦ For better, for worse . . .
- ✦ Totality of oneness
- ✦ Divorce is like surgery
- ✦ Most serious and far-reaching contract

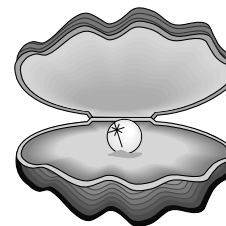


2. How can you view a marriage relationship where the other person seems to have the good end of the bargain? (pp. 95–98)



- ✦ The need for resolution of karma
- ✦ Opportunity to learn personal psychology
- ✦ Part of the Plan: experiences to become psychologically, spiritually and karmically whole

3. What lesson can we learn from the analogy of a pearl being formed from an irritation? (p. 97)



4. What does “making it right” in a karmic marriage or relationship look like? (p. 98)

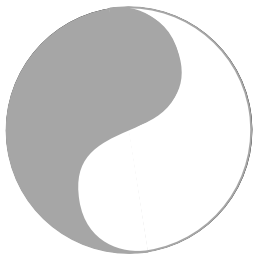
- ✦ Fulfill every jot and tittle of the law of karma
- ✦ Balance ultimately and finally what there is between you or reembody with that person to pick up where you left off
- ✦ Personal experience: you may want to reflect on whether you have ever left a relationship before the karma was resolved

Divorce

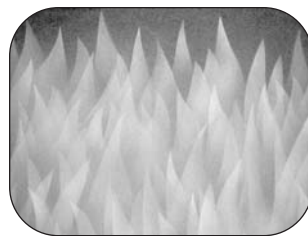
1. What is the real meaning of the scripture “What therefore God hath joined together, let not man put asunder”? (pp. 98–99)
2. What is the danger of treating a karmic marriage halfheartedly? (p. 100)
3. How can a karmic marriage be made a celebration on earth of your inner union with your twin flame? (pp. 100–02)
 - ✦ Whoever you are dealing with *is God*.
 - ✦ Realize the sacredness of marriage, the polarity of Alpha and Omega.



Your Union in Eternity



1. Because you and your twin flame are truly two halves of a whole, he or she needs your support and love. What’s the bad news of how your inner and outer life might affect them? (pp. 102–04)
 - ✦ Hinder their activity and service to life
 - ✦ Delay their ascension
2. How can you get beyond the overlay of your human karma? (pp. 105–06)
 - ✦ Realize the inner blueprint is underneath
 - ✦ Have hope in knowing what is real
 - ✦ Use violet flame



MAKING IT A REALITY

Use these Heart, Head and Hand violet flame decrees to erase the overlay of your human karma.

HEART, HEAD AND HAND DECREES

HEART

*Violet fire, thou Love divine,
Blaze within this heart of mine!
Thou art mercy forever true,
Keep me always in tune with you.*

HEAD

*I AM Light, thou Christ in me,
Set my mind forever free;
Violet fire, forever shine
Deep within this mind of mine.*

*God who gives my daily bread,
With violet fire fill my head
Till thy radiance heavenlike
Makes my mind a mind of light.*

HAND

*I AM the hand of God in action,
Gaining victory every day;
My pure soul's great satisfaction
Is to walk the Middle Way.*

TUBE OF LIGHT

*Beloved I AM Presence bright,
Round me seal your tube of light
From Ascended Master flame
Called forth now in God's own name.*

*Let it keep my temple free
From all discord sent to me.*

*I AM calling forth violet fire
To blaze and transmute all desire,
Keeping on in Freedom's name
Till I AM one with the violet flame.*

FORGIVENESS

*I AM forgiveness acting here,
Casting out all doubt and fear,
Setting men forever free
With wings of cosmic victory.*

*I AM calling in full power
For forgiveness every hour;
To all life in every place
I flood forth forgiving grace.*

SUPPLY

*I AM free from fear and doubt,
Casting want and misery out,
Knowing now all good supply
Ever comes from realms on high.*

*I AM the hand of God's own fortune
Flooding forth the treasures of light,
Now receiving full abundance
To supply each need of life.*

PERFECTION

*I AM life of God-direction
Blaze thy light of truth in me.
Focus here all God's perfection,
From all discord set me free.*

*Make and keep me anchored ever
In the justice of thy plan—
I AM the presence of perfection
Living the life of God in man!*

TRANSFIGURATION

*I AM changing all my garments,
Old ones for the bright new day;
With the sun of understanding
I AM shining all the way.*

*I AM light within, without;
I AM light is all about.
Fill me, free me, glorify me!
Seal me, heal me, purify me!
Until transfigured they describe me:
I AM shining like the Son,
I AM shining like the sun!*

RESURRECTION

*I AM the flame of resurrection
Blazing God's pure light through me.
Now I AM raising every atom,
From every shadow I AM free.*

*I AM the light of God's full presence,
I AM living ever free.
Now the flame of life eternal
Rises up to victory.*

ASCENSION

*I AM ascension light,
Victory flowing free,
All of good won at last
For all eternity.*

*I AM light all weights are gone.
Into the air I raise;
To all I pour with full God-power
My wondrous song of praise.*

*All hail! I AM the living Christ,
The ever-loving One.
Ascended now with full God-power,
I AM a blazing sun!*



LOVE, MARRIAGE AND BEYOND — PART 2

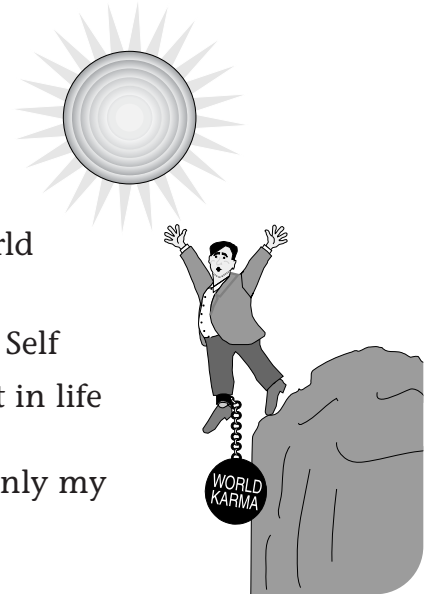
PAGES 106–127

KEEPING IN TOUCH

- *Have you been thinking about how your relationships or other relationships illustrate the concepts you've been reading about?*
- *Which ideas are especially interesting to you?*

The Weight of Karma

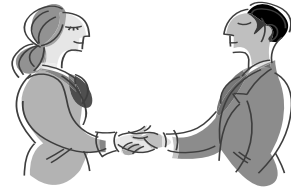
1. How does the story found in most sacred scriptures about the fall of man and woman relate to you and your twin flame? (pp. 106–08)
 - ✦ Descent from purity, weighed down by world karma
 - ✦ Separation from I AM Presence and Christ Self
 - ✦ Karma, depression, sense of nonfulfillment in life
2. What is the truth about the illusion of “Well, if only my twin flame were here . . .”? (pp. 108–09)



Working on Relationships

1. How can you magnetize and sustain a harmonious relationship? (pp. 110–13)
 - ✦ Awareness of your Real Self
 - ✦ Determination to work hard at it
 - ✦ Give a lot of ourselves
 - ✦ Get beyond superficial personality clashes
2. What is behind the tremendous sense of injustice between some twin flames? (pp. 113–14)

3. In what circumstance could it be the right solution for people to go their separate ways? (pp. 114–15)



Getting Ready for Your Twin Flame

1. What are some things you can do to get ready to meet your twin flame? (pp. 116–18)

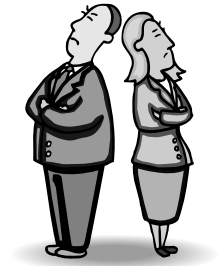
- ✦ Have self-control and the ability to hold your peace
- ✦ Give in
- ✦ Be dedicated to something more than your twin flame
- ✦ Other points?

2. Why is an argument between twin flames so painful to cosmos? (pp. 119–21)



3. What is important to meditate upon and realize if you want to attract your twin flame? (p. 121)

- ✦ Become that which you seek
- ✦ Resolve psychology
- ✦ Violet flame and meditation





PERSONAL WORKSHEET

(pp. 121–27)

*In seeking your twin flame,
the only real desire you ought to have is to bring them
the gift of your love, your self, your own spiritual attainment
as well as your outer accomplishments.*

Use the following questions to reflect upon yourself and what you do and do not have to give.

- 1. What gift, what bouquet of flowers, are you ready to bring to your twin flame today?



- 2. Now write down what you know you're *not* capable of giving. It could be something like not knowing how to cook a meal, keep a schedule, or be patient. Ask yourself questions like: Am I moody? Do I get along with others, or even myself?

- 3. Now look at your list of gifts and shortcomings and get on the receiving end of them. Pretend you're the other person. Consider whether or not you are what they are looking for. Are you wonderful enough for them to stop when they come to you or do they pass you by? It's the principle of "like attracts like." Are you the magnet?



4. Think about the virtues and qualities that you would like in your partner. Make a list and compare it to the list of what you have to offer. (You may already be in a relationship or be considering one. Your lists may show that you can't provide a major aspect of that person's needs, or that they are not going to be able to provide something you need. Be honest and think about that.) _____



5. This exercise is food for thought. Take some time in the coming weeks to ponder what you've put down. If you discovered some missing qualities and virtues, find ways to cultivate them in your life.



FINDING WHOLENESS

PAGES 128–55

KEEPING IN TOUCH

➤ *Were the lists that you made thought-provoking or helpful?
Of course, you can continue to develop the lists as things change—or you change!*

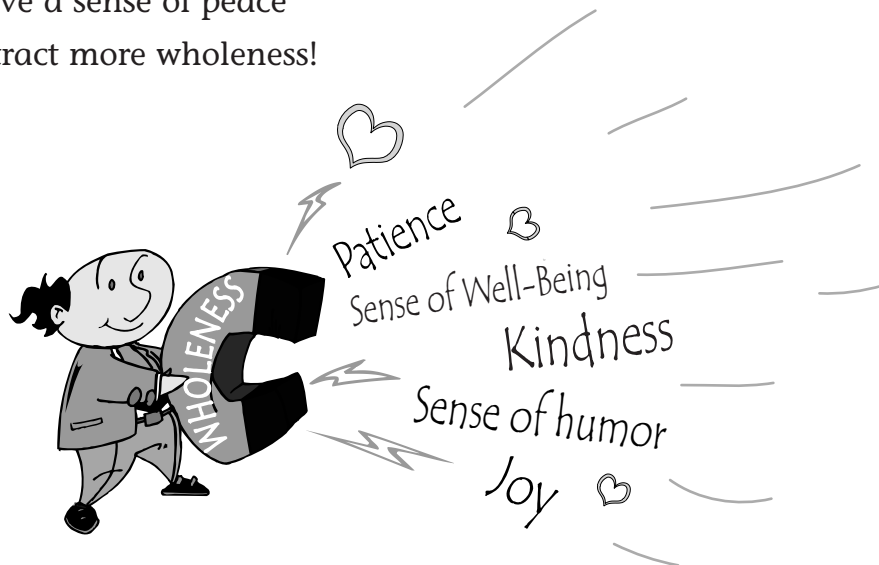
1. What can help you in those moments when you feel an inner emptiness because of the physical absence of your twin flame? (pp. 128–29)

- ✦ Love all life
- ✦ Accept no substitute
- ✦ It's okay to acknowledge the need
- ✦ Focus on the divine magnet of wholeness



2. What must you do to achieve personal wholeness? (pp. 130–32)

- ✦ Affirm it right here!
- ✦ Have a sense of peace
- ✦ Attract more wholeness!



MAKING IT A REALITY

(pp. 131–35)

Affirm your wholeness right now! Because you know you are whole, you pull down from your I AM Presence all of the virtues and factors and talents and supply and abundance and joy and wisdom you need to be who you really are.

I and my Father are One.

I and my Mother are One.

I and my Twin Flame are One.

We are One here and now!

I AM THAT I AM.

Here and now I AM One

We are One

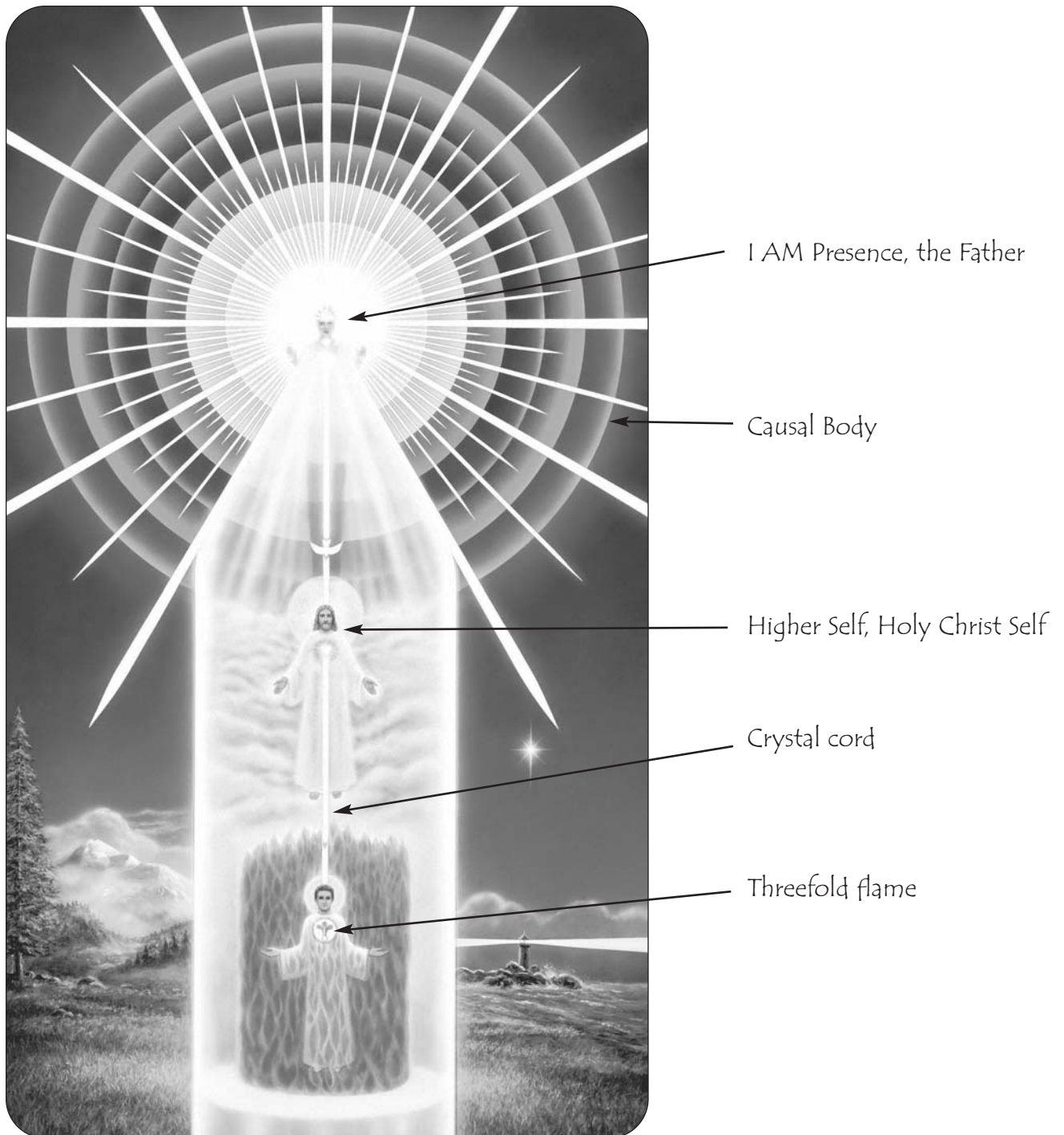
Alpha and Omega are One where I AM.

***No time or space can separate me from my twin flame,
for we are one in the Heart of God.***



THE CHART OF YOUR DIVINE SELF WORKSHEET

Understanding your self/Self as pictured in the Chart of Your Divine Self is key to being whole and becoming the magnet for all that you need. You will never see yourself in the same way ever again!



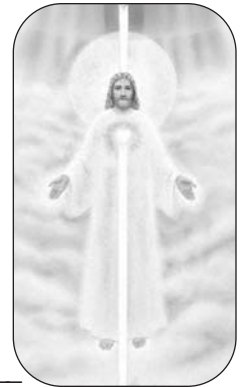
Write down what the following terms mean in the Chart. If doing this in a group, it might be helpful to read and talk about each section before you begin writing. If the group is more than four or five people, consider breaking into smaller groups or pairs.

✦ I AM Presence, the Father (pp. 137–38)



✦ Causal Body (pp. 138–39)

✦ Higher Self, Holy Christ Self (p. 139)



✦ Crystal cord (pp. 139–40)

✦ Threefold flame (p. 140)

✦ Blue, pink and yellow plumes (pp. 140–41)



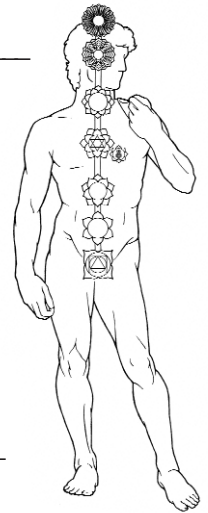
✦ Four lower bodies (pp. 141–42)

✦ Violet flame (p. 142)

✦ Tube of light (pp. 142–43)

✦ Chakras (p. 143)

✦ Ascension (pp. 143–45)



Now that you know more about your divine reality, you can ask for angelic protection for yourself, your twin flame and your divine plan. Remembering that “I AM” is the name of God in you, try giving the following prayer. It’s great to give it in the morning to protect your entire day!





PRAYER AND DECREE TO ARCHANGEL MICHAEL FOR PROTECTION

In the name of my Mighty I AM Presence, I call now for the victory of my twin flame, for the cutting free of my twin flame by the power of the mighty blue flame and sword of Archangel Michael. Legions of Light, come into action now!

Wherever my twin flame is, cut him/her free. Cut me free. Cut us free now to fulfill our divine plan. And if it be the will of God, draw us together. We thank you and accept it done this hour in full power according to God's will. Amen.

(It is good to give this decree aloud and with devotion, repeating the refrain after each verse. Give it as many times as you like.)

LIGHT'S PROTECTION

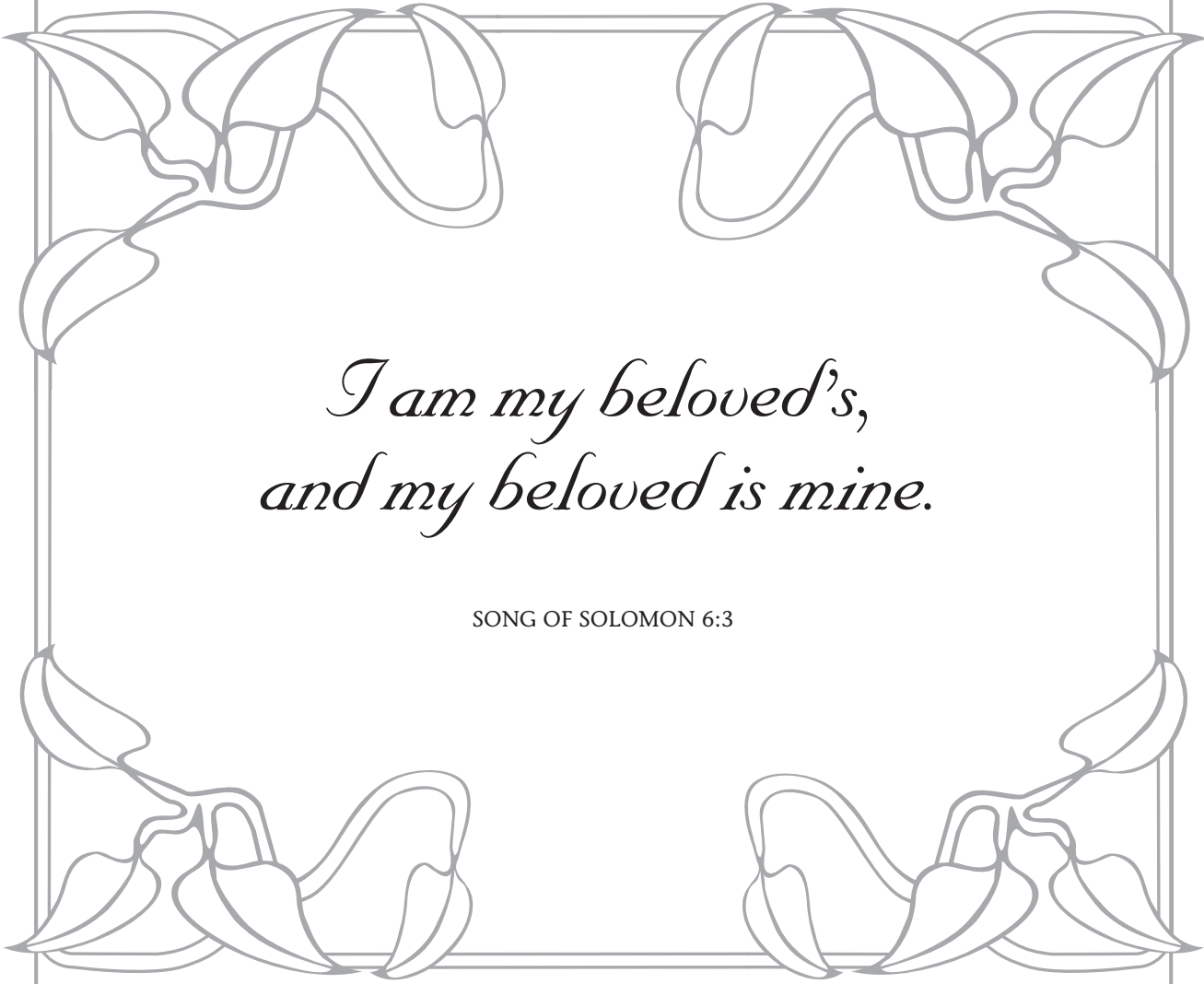
1. *Light's protection manifest—
Holy Brotherhood in white,
Light of God that never fails,
Keep us in thy perfect sight!*

*Refrain: I AM, I AM, I AM
protection's mighty power,
I AM, I AM, I AM
guarded every hour,
I AM, I AM, I AM
perfection's mighty shower
Manifest, manifest, manifest!*

2. *Lord Michael, mighty and true,
Guard us with thy sword of blue.
Keep us centered in the Light's
Blazing armor shining bright!*
3. *Around us blaze thy sword of faith—
Mighty power of holy grace,
I AM invincible protection always
Pouring from thy dazzling rays!*



PRAYERS AND DECREES FOR TWIN FLAMES



*I am my beloved's,
and my beloved is mine.*

SONG OF SOLOMON 6:3

So now be up and doing.

It's only in action that we find God—God in ourselves and in our twin flame.

Using prayers and decrees is a tremendous way to work on your wholeness.

It only takes a few minutes every day.

Prove it for yourself!



TO ARCHANGEL MICHAEL FOR PROTECTION

Prayer

In the name of my Mighty I AM Presence, I call now for the victory of my twin flame, for the cutting free of my twin flame by the power of the mighty blue flame and sword of Archangel Michael. Legions of Light, come into action now!

Wherever my twin flame is, cut him/her free. Cut me free. Cut us free now to fulfill the divine plan and attain union in the level of the Christ, in the level of our chakras. And if it be the will of God, draw us together in a lifetime service. We thank you and accept it done this hour in full power according to God's will. Amen.

[Give this decree aloud three times or more with intense devotion, repeating the refrain after each verse:]

1. *Light's protection manifest—
Holy Brotherhood in white,
Light of God that never fails,
Keep us in thy perfect sight!*

*Refrain: I AM, I AM, I AM
protection's mighty power,
I AM, I AM, I AM
guarded every hour,
I AM, I AM, I AM
perfection's mighty shower
Manifest, manifest, manifest!*

2. *Lord Michael, mighty and true,
Guard us with thy sword of blue.
Keep us centered in the Light's
Blazing armor shining bright!*
3. *Around us blaze thy sword of faith—
Mighty power of holy grace,
I AM invincible protection always
Pouring from thy dazzling rays!*

TO TRANSMUTE THE KARMA OF TWIN FLAMES

Prayer

In the name of the Christ I call to the blessed I AM Presence of our twin flames for the sealing of our hearts as one for the victory of our mission to humanity.

I invoke the light of the Holy Spirit for the consuming of all negative karma limiting the full expression of our divine identity and the fulfillment of our divine plan.

[Recite the following violet-flame mantra and decrees three times each or in multiples of three. Visualize the violet flame surrounding you and your twin flame. See it cleansing your auras and instantaneously transmuting any negative energy into the light of God.]

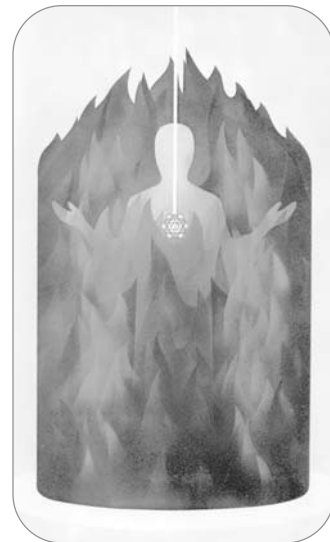
*I AM a being of violet fire!
I AM the purity God desires!*



I AM THE VIOLET FLAME



*I AM the violet flame
In action in me now
I AM the violet flame
To Light alone I bow
I AM the violet flame
In mighty cosmic power
I AM the light of God
Shining every hour
I AM the violet flame
Blazing like a sun
I AM God's sacred power
Freeing every one*



RADIANT SPIRAL VIOLET FLAME

*Radiant spiral violet flame,
Descend, now blaze through me!*
*Radiant spiral violet flame,
Set free, set free, set free!*

*Radiant violet flame, O come,
Expand and blaze thy light through me!*
*Radiant violet flame, O come,
Reveal God's power for all to see!*
*Radiant violet flame, O come,
Awake the earth and set it free!*

*Radiance of the violet flame,
Expand and blaze through me!*
*Radiance of the violet flame,
Expand for all to see!*

*Radiance of the violet flame,
Establish Mercy's outpost here!*
*Radiance of the violet flame,
Come, transmute now all fear!*



HEART, HEAD AND HAND DECREES

Heart

*Violet fire, thou Love divine,
Blaze within this heart of mine!
Thou art mercy forever true,
Keep me always in tune with you.*

Head

*I AM Light, thou Christ in me,
Set my mind forever free;
Violet fire, forever shine
Deep within this mind of mine.*



*God who gives my daily bread,
With violet fire fill my head
Till thy radiance heavenlike
Makes my mind a mind of light.*

Hand

*I AM the hand of God in action,
Gaining victory every day;
My pure soul's great satisfaction
Is to walk the Middle Way.*

Tube of Light

*Beloved I AM Presence bright,
Round me seal your tube of light
From Ascended Master flame
Called forth now in God's
own name.*

*Let it keep my temple free
From all discord sent to me.*

*I AM calling forth violet fire
To blaze and transmute all desire,
Keeping on in Freedom's name
Till I AM one with the violet flame.*



Forgiveness

*I AM forgiveness acting here,
Casting out all doubt and fear,
Setting men forever free
With wings of cosmic victory.*

*I AM calling in full power
For forgiveness every hour;
To all life in every place
I flood forth forgiving grace.*

Supply

*I AM free from fear and doubt,
Casting want and misery out,
Knowing now all good supply
Ever comes from realms on high.*

*I AM the hand of God's own fortune
Flooding forth the treasures of light,
Now receiving full abundance
To supply each need of life.*

Perfection

*I AM life of God-direction
Blaze thy light of truth in me.
Focus here all God's perfection,
From all discord set me free.*

*Make and keep me anchored ever
In the justice of thy plan—
I AM the presence of perfection
Living the life of God in man!*

Transfiguration

*I AM changing all my garments,
Old ones for the bright new day;
With the sun of understanding
I AM shining all the way.*

*I AM light within, without;
I AM light is all about.
Fill me, free me, glorify me!
Seal me, heal me, purify me!
Until transfigured they describe me:
I AM shining like the Son,
I AM shining like the sun!*

Resurrection

*I AM the flame of resurrection
Blazing God's pure light through me.
Now I AM raising every atom,
From every shadow I AM free.*

*I AM the light of God's full presence,
I AM living ever free.
Now the flame of life eternal
Rises up to victory.*

Ascension

*I AM ascension light,
Victory flowing free,
All of good won at last
For all eternity.*

*I AM light all weights are gone.
Into the air I raise;
To all I pour with full God-power
My wondrous song of praise.*

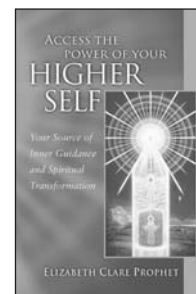
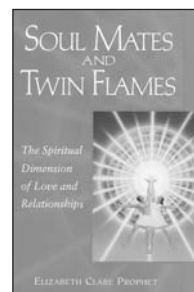
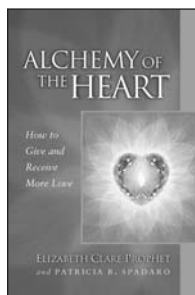
*All hail! I AM the living Christ,
The ever-loving One.
Ascended now with full God-power,
I AM a blazing sun!*



If you want more, check out some of these options!

OTHER POCKET GUIDE BOOKS (*also available as AUDIOBOOKS)

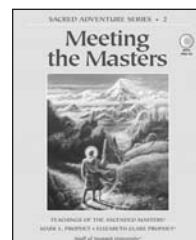
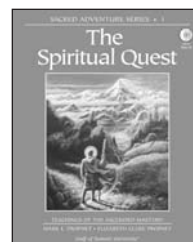
- *Alchemy of the Heart**
- *Karma and Reincarnation*
- *The Art of Practical Spirituality**
- *Creative Abundance**
- *How to Work with Angels*
- *Soul Mates and Twin Flames**
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