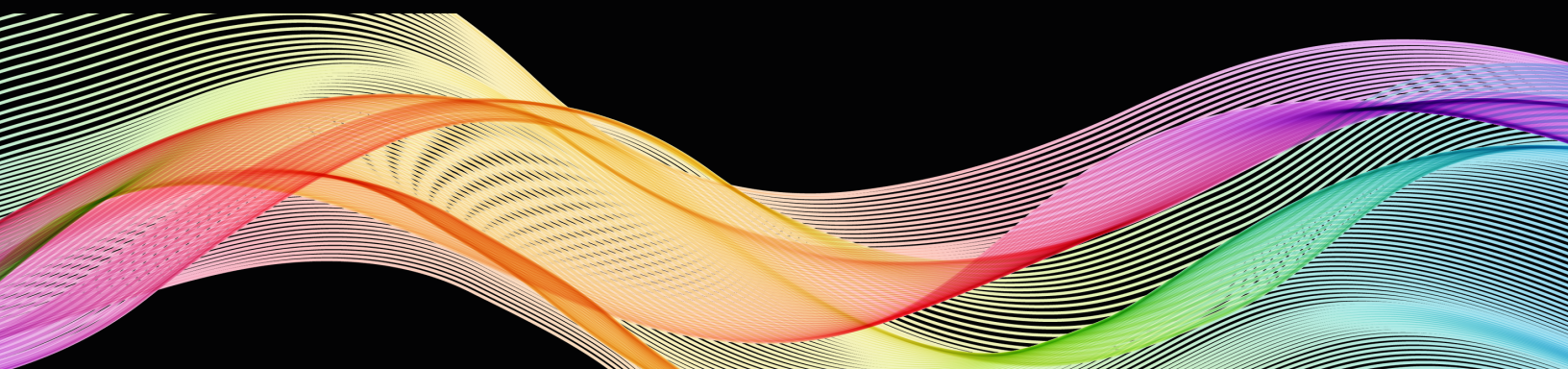


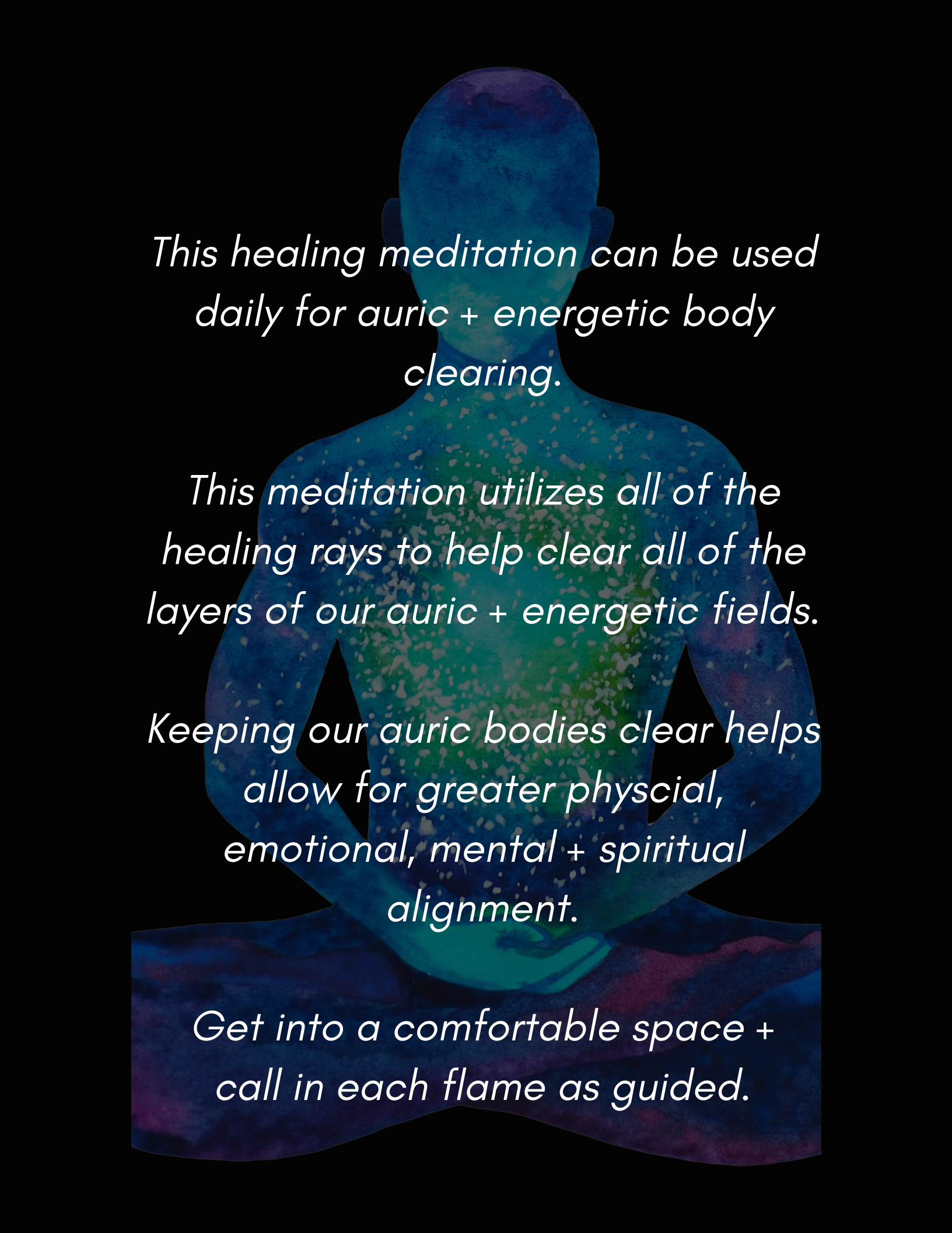
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THE RAINBOW FLAME

Healing Meditation





This healing meditation can be used daily for auric + energetic body clearing.

This meditation utilizes all of the healing rays to help clear all of the layers of our auric + energetic fields.

Keeping our auric bodies clear helps allow for greater physical, emotional, mental + spiritual alignment.

Get into a comfortable space + call in each flame as guided.

*First call in the Red Flame
Visualize this flame purifying +
cleansing the Root Chakra +
physical body*

*"Thank you Red Flame for
dissolving all toxins, parasites,
and density from my physical +
energetic bodies.*

*I am rooted in trust,
groundedness + the present
moment of now."*



*Next call in the Orange Flame
Visualize this flame purifying +
cleansing the Sacral Chakra +
emotional body*

*“Thank you Orange Flame for
dissolving all lower emotions, blocks
to vulnerability and allowing joy to
flow through me.*

*I am safe to express my emotions
and my creativity”*



*Next call in the Golden Flame
Visualize this flame purifying +
cleansing the Solar Plexus +
emotional body*

*"Thank you Golden Flame for
dissolving all EGO frequencies within
me, all disempowerment + fear.*

*I am God with God, and
I am worthy of all love is."*



*Next call in the Emerald Flame
Visualize this flame purifying +
cleansing the Heart Chakra + emotional
body*

*"Thank you Emerald Flame for
dissolving all grief, heartbreak,
resentment and anger. Thank you for
dissolving all blocks to giving and
receiving.*

*I am heart centered + abundant in
love."*



*Next call in the Pink Flame
Visualize this flame purifying +
cleansing the Higher Heart Chakra +
emotional body*



*"Thank you Pink Flame for dissolving
all blocks to feeling, compassion +
empathy."*

*I am sacred + treat
all things as sacred."*



*Next call in the Blue Flame
Visualize this flame purifying +
cleansing the Throat Chakra +
emotional body*

*“Thank you Blue Flame for
dissolving all blocks to sharing
my truth + expressing myself
authentically*

*I am truth + I speak
truth always”*



*Next call in the Violet Flame
Visualize this flame purifying +
cleansing the Third Eye +
mental body*

*"Thank you Violet Flame for
dissolving all illusions,
confusion + projections. Thank
you for clarity + truth*

*I release all that does not serve
me"*



*Next call in the Platinum Flame
Visualize this flame purifying +
cleansing the Crown Chakra +
mental body*

*“Thank you Platinum Flame for
clearing all belief systems +
limited thought from my field.
Thank you for clearing my
channel to my higher self.*

*I am full connected to Source
and my higher self”*



Next call in the Black Rainbow Flame

Visualize this flame purifying +
cleansing your entire auric field
and energy body

“Thank you Black Rainbow
Flame for clearing all
distortions, dysfunction +
density from my fields.

I now release all that does not
support my highest good ”



*Next call in the Pure Rainbow
Flame*

*Visualize this flame purifying +
cleansing your entire auric field
and energy body*

*"Thank you Pure Rainbow
Flame for protecting me*

*I am safe, protected and loved
by my angels and all of
Creation "*





*Finally, call in the Turquoise
Flame*

*Visualize this flame purifying +
cleansing your entire auric field
and energy body*

*“Thank you Turquoise Flame for
helping me anchor in my Higher
Self + bringing me peace and
bliss*

I am bliss ”

