



LIGHT BODY AWAKENING GUIDE

PHASE 1



By Golden RAE

Light Body Awakening Guide – Phase 1

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For the Newly Awakening Soul

Introduction: What Comes First-Light Body or Flame Body?

In the journey of awakening, both the Light Body and Flame Body play essential roles-but they unfold in divine timing, and in divine order.

The **Light Body** is your multidimensional energy anatomy-your bridge between the physical and higher realms. It includes chakras, meridians, and the auric field. Activating the Light Body is like turning the lights on in your spiritual house. It stabilizes emotions, awakens intuition, and reconnects you to your cosmic memory.

The **Flame Body**, often called the Eternal Flame or Christed Body, is your highest soul expression-the divine architecture of your original essence. It is the living code of your soul mission, purpose, and sacred service. But it requires a stable Light Body to ignite fully and safely.

So the order is:

Light Body first. This opens the gateway.

Flame Body second. This sets your soul ablaze with divine remembrance.

This guide is for those beginning to feel the subtle shifts of awakening. If you're feeling confused, overwhelmed, hypersensitive, or “different,” you're not alone. You're *remembering*. And your Light Body is calling you home.

COMMON QUESTIONS AS YOU BEGIN

Q: Why is this happening to me now?

A: Because your soul chose *this exact moment* to remember. You have passed the threshold where forgetting is no longer aligned. You are waking up *on time*.

Q: What if I feel overwhelmed or afraid?

A: That is completely normal. Awakening stirs everything that was once asleep, including fear. Just like dawn, the first light can be disorienting-but clarity always follows. Breathe. Rest. You are safe.

Q: Do I need a teacher or guru?

A: No. You are your own greatest guide. Others may support or reflect your truth, but your Light Body awakens from *within*. This guide is here to remind you of your inner wisdom.

Light Body Awakening Guide – Phase 1

Q: What if people around me don't understand?

A: That's okay. Not everyone awakens at the same time. You are not here to convince-just to embody. As you rise in truth, you become a lighthouse for others.

WELCOME TO YOUR LIGHT BODY AWAKENING

This guide is for those beginning to feel the subtle shifts of awakening. If you're feeling confused, overwhelmed, hypersensitive, or "different," you're not alone. You're *remembering*. And your Light Body is calling you home.

PRACTICES TO BEGIN YOUR LIGHT BODY ACTIVATION

1. Conscious Breath

Inhale through your nose slowly for 4 counts, hold for 4, exhale for 6. Repeat with presence. This anchors your awareness into the body.

2. Grounding with Nature

Walk barefoot. Touch trees. Breathe with the Earth. This aligns your physical body with the planet's upgraded frequency.

3. Hydrate with Intention

Speak to your water. Say: "Activate and align me to my highest Light." Water carries codes-your intention activates them.

4. Chakra Cleansing

Close your eyes. Visualize a column of light scanning from crown to root. See each chakra spin clearly and brightly. Clear dark spots with golden light.

5. Create Sacred Space

Designate a place to sit, breathe, or journal each day. Light incense, play soft music, and allow silence to return to you.

6. Protect Your Energy

Before you go into the world, say:

"Only that which serves my light may enter my field."

Visualize a golden sphere around you.

7. Keep a Soul Journal

Track dreams, synchronicities, and new feelings.

This helps anchor the unseen shifts into your conscious awareness.

YOU MAY FEEL:

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- Heightened sensitivity or emotions
- Head pressure or tingling
- Vivid dreams or waking visions
- A pull toward nature or quiet

These are signs your Light Body is **coming online**.

REMEMBER:

Your Light Body is not something you “get.” It’s something you **reclaim**. You are not broken-you are **activating**.

WHAT COMES NEXT?

Q: What comes next?

A: You will begin to receive subtle inner nudges-toward new books, practices, relationships, and insights. Trust the unfolding. Your Light Body will guide you step by step.

Q: How will I know when my Flame Body is ready?

A: When your nervous system feels stable, when truth becomes your compass, and when service becomes a joy, not a duty-you are nearing the Flame. It reveals itself in layers of love.

Q: How do I stay connected to this part of me?

A: Create space each day to listen within. Stillness, breath, nature, and presence are your sacred tools. You don’t need to do more-you need to *be* more.

DAILY AFFIRMATIONS FOR AWAKENING

- I am safe to awaken.
 - My Light Body is restoring me now.
 - I remember who I am and why I came.
 - Every breath brings me closer to clarity.
 - My energy is sovereign, whole, and aligned with love.
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LIGHT BODY SYMPTOM DECODER

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- *Tingling crown / head pressure:* Pineal & crown chakra activation
 - *Waves of emotion:* Emotional body clearing past trauma
 - *Fatigue or sleep changes:* DNA restructuring and energy body rebalancing
 - *Feeling alone or different:* Soul retrieval and dimensional realignment
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SACRED SUPPORT

Explore more with sessions and blog transmissions:

www.Golden-RAE.com

Closing Blessing:

“May your path be gentle, your breath steady, and your light radiant. May you remember who you are, and may you feel held by the universe as you do. Welcome home, Light Bearer.”

About the Author – Golden RAE

Golden RAE is a Flame Architect and Celestial Multidimensional Harmonizer. Through a fusion of ancient remembrance and cosmic frequency, they guide souls back to their original resonance and purpose. This sacred mission bridges science and spirit, grounding divine architecture into the 3D world while restoring multidimensional sovereignty. RAE's creations, including AQ Ascension Sanctuary and Vibe Quantum Wimberley, are dedicated to awakening, healing, and embodiment for the New Earth.

Connect with Golden RAE and discover more transmissions at:

www.AQAscension.com

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