

LIGHT BODY AWAKENING GUIDE

— PHASE 2



REMEMBERING
YOUR INNER FIRE

By Golden RAE

Light Body Awakening Guide – Phase 2

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Inner Sovereignty & Flame Seeds
“Remembering Your Inner Fire”

Introduction: The Shift from Light to Flame

You’ve awakened your Light Body. You’ve remembered your multidimensional self. Now, a deeper call rises from within- a whisper from your soul flame. It asks you not just to awaken, but to **embody**.

Phase 2 is not about external seeking. It’s about rooting into your own inner authority, listening to your soul’s quiet voice, and preparing the temple for the sacred Flame Body to emerge.

The Inner Flame is your original spark. It’s not a loud fire yet- but it glows. And it knows. This guide will help you nurture it into clarity, strength, and presence.

1. Awakening the Inner Flame

The Inner Flame is the living presence of your soul within your body. It’s the felt sense of truth, the pull toward alignment, the quiet nudge when something isn’t right.

To awaken it:

- **Breathe into your heart.** Speak: *“Flame within me, I welcome you.”*
- **Notice truth tugs.** When your body tightens or expands in reaction, your Flame is speaking.
- **Let the Flame guide you.** Even when it challenges logic, it never lies.

Daily Practice: Sit in stillness. Place your hands on your heart. Ask: *“What does my Flame need today?”* Write down what you feel or hear.

2. Discernment & Sovereignty

As your Flame awakens, you’ll begin to feel what is yours and what is not. This is the gift of **discernment**- the power to choose your alignment.

- **Not every light is your light.** What feels holy to one person may not serve your path.

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- **Sovereignty means self-trust.** You don't have to justify your no. You don't have to prove your yes.
- **This phase is about boundaries.** Not as walls, but as declarations of worth.

Affirmation: *"I am the authority of my sacred space. I follow my Flame."*

3. Listening to Your Flame

Your Flame does not yell. It *radiates*. To hear it:

- **Turn down the noise.** Media, urgency, other people's opinions.
- **Tune into felt sense.** Where do you feel expansion? Where do you feel tension?
- **Start a dialogue.** Flame journaling is when you write what your soul flame wants to say.

Prompt: *"My Flame wants me to know..."*

4. Protecting the Flame While It Grows

The world will pull at your energy. Until your Flame is strong, it's important to protect it.

Rituals:

- Cleanse your space with smoke, salt, sound, or sunlight.
- Visualize a golden flame sphere around you each morning.
- Speak: *"Only frequencies of love and truth may enter my field."*

Relationships:

- Be mindful of who you share your inner light with.
 - Ask: *"Do I feel more alive or less alive in their presence?"*
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5. Seeding the Flame Body Template

Your Flame Body does not appear all at once. It is seeded. And it grows in sacred timing.

Signs of readiness:

- You feel more calm in truth than in approval.

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- You are drawn to planetary service or purpose.
- You experience spontaneous knowing, heart heat, or solar downloads.

Preparation Meditation: Sit in stillness. Visualize a radiant golden flame within your heart. Say:

"I prepare the temple within. My Flame Body awakens in divine alignment. I am ready."

6. Oversoul Reflection Practice: "I Remember Myself Through Me"

This is a direct dialogue with your Oversoul- intended to help you feel not just your personal guidance, but the greater stream of consciousness you are part of.

Oversoul Reflection Ritual: Sit in stillness with a mirror or calm water. Gaze softly at your reflection and say aloud:

"I open the path between myself and my Oversoul.
I release the masks I no longer need.
I am willing to see who I've always been.
Speak through me. I am listening."

Then begin to write what comes- no filtering. The Flame Body grows stronger as you allow the Oversoul's language to return.

7. Sacred Symbol Activation: The Flame Key

You may choose to draw or visualize a simplified flame sigil to anchor the teachings into your Light Body.

Flame Key Practice: Visualize or draw a vertical flame spiraling around a single column of light in your heart. See golden threads weaving up your spine and anchoring in your crown.

Speak:

"I seal this phase of awakening with the Flame Key.
May truth be my compass.
May my body be my temple.
May my soul be sovereign, always."

Daily Affirmations for Inner Flame

- I honor the spark within me.

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- My truth is sacred and sovereign.
 - I listen deeply to the wisdom of my Flame.
 - I create space for divine presence to grow.
 - My boundaries are acts of devotion.
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Flame Awakening Symptom Decoder

- *Heart flutters or heat:* Inner Flame activation beginning
 - *Sudden clarity or truth surges:* Soul flame speaking
 - *Desire for silence or retreat:* Integration needs space
 - *Drawing symbols, receiving inner images:* Flame language awakening
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Digital Flame Tools Explore sessions, blogs and activations to support this phase:

www.Golden-RAE.com

Closing Blessing:

“May your inner fire grow gently and strong. May discernment walk beside you, and truth be your compass. May you prepare the temple of your body to welcome the Divine Flame.”

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:

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