



THE INNER CHILD OF LIGHT



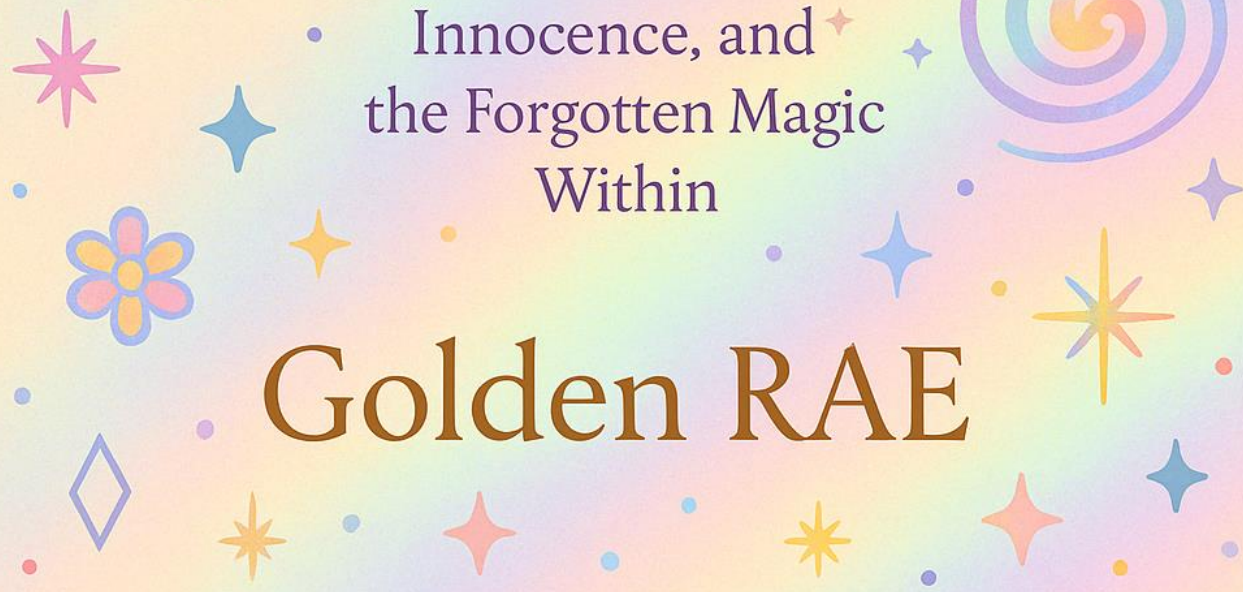
Healing and
Remembrance
Journal



A Sacred Journey
Back to Wonder,
Innocence, and
the Forgotten Magic
Within



Golden RAE



The Inner Child of Light: Healing & Remembrance Journal

A Sacred Journey Back to Wonder, Innocence, and the Forgotten Magic Within

The inner child is not a memory - they are a living aspect woven into your energetic field, awaiting reunion. In waiting to be welcomed home.

This guide is a call to remember. The Inner Child is not a faded photograph in the album of time, but a living, breathing aspect of your soul, awaiting reunion. They hold the key to your original blueprint of joy, wonder, and creative flow. They are the bridge between innocence and mastery, a living flame of possibility that flickers within your heart. This is not an intellectual exercise, but a soulful homecoming- one that rewires your nervous system, heals cellular memories, and opens the gates to your full embodiment as a multidimensional being.

The child within holds the original codes of joy, imagination, and freedom- the blueprint of your Soul before programming and pain. This journal is a homecoming- a luminous invitation to walk hand-in-hand with your Inner Child of Light.

The Lost Child: Where Did You Go?

A diagnostic of the split:

- Trauma imprinting: emotional, physical, spiritual disruptions
- Societal conditioning: shaming, silencing, conformity
- Parentified child: hyper-responsibility, loss of play
- Exiled child: feelings of rejection, isolation, abandonment

This section guides you to locate the fractures within, honor the reasons for the split, and begin the tender process of calling the lost child home.

Invocation: Calling the Inner Child Home

I call forth my Inner Child of Light- the sacred spark within me that remembers joy, wonder, and magic. I open the gates of my heart to receive you fully. I am ready to listen, to heal, to play. Together, we return to wholeness.

Reopening the Play Gates

Play is a divine technology of the soul. It softens trauma, unlocks nervous system flow, and reconnects you to Source energy. In this section, you will receive practices to:


- Rewild your spirit through creative movement
- Allow laughter and silliness to release tension
- Create a personal "Play Altar" with objects that spark joy
- Explore the "sacred mess" of unstructured creativity

Play Activation (Breath + Light Codes):

Breathe in: golden stardust.

Exhale: laughter into the heart.

Place hands on the heart and whisper: "I am safe to play."

 **Permission Slip (Sign, date, and hang somewhere visible):**

I, _____, give myself full permission to PLAY. To be wild, soft, silly, and free. I reclaim my right to joy, wonder, and spontaneous expression.



The Voice Retrieval Ritual

Your child voice is a lost frequency that calls to be reclaimed. This ritual includes:

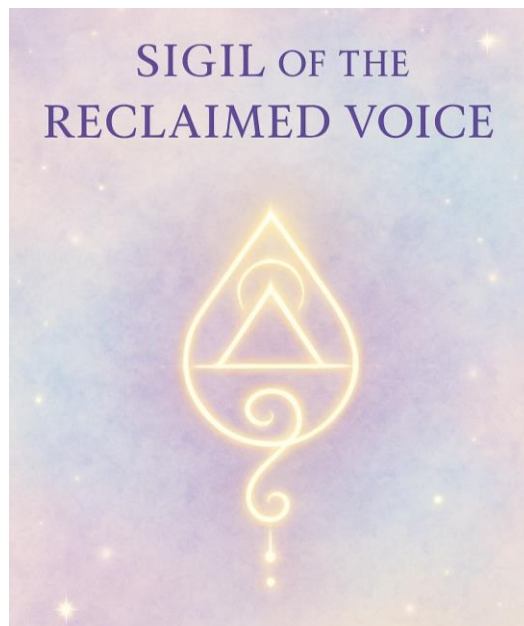
- Drawing from the heart without judgment
- Singing spontaneous sounds
- Speaking aloud from the place of innocence
- Inviting the presence of Divine Mother and Father archetypes for support

This is a living ritual- meant to be repeated as needed- until the voice of the inner child rings clear and true in your field.

Your child's voice is a lost frequency- a golden thread longing to return.

☀️ Tone Sequence:

- Ah (for the heart)
- Ee (for the joy)
- Oh (for the soul)



Imagination as Inner Portal

The worlds you dreamed of as a child were not fantasy; they were bridges to higher realms.

This section reclaims the sacredness of:

- Imaginary friends as spirit guides
- Dreamscapes as multidimensional travel
- Play worlds as practice fields for creation
- Reweaving these threads into your adult consciousness

🌿 Star Memory Activation:

Close your eyes. Imagine a star where your soul once danced. Breathe its light into your body. Sketch or write what you see.

Your childhood dreams were not imaginary- they were portals to your true self.

Safety and Belonging: Rebuilding the Nest

Your inner child thrives in safety. This section teaches how to:


- Build an inner sanctuary (visualization + energetic structure)
- Hold the parentified parts in loving arms
- Call home the exiled parts with gentle rituals
- Anchor safety in your body through breath and light codes

Body Tapping Script:

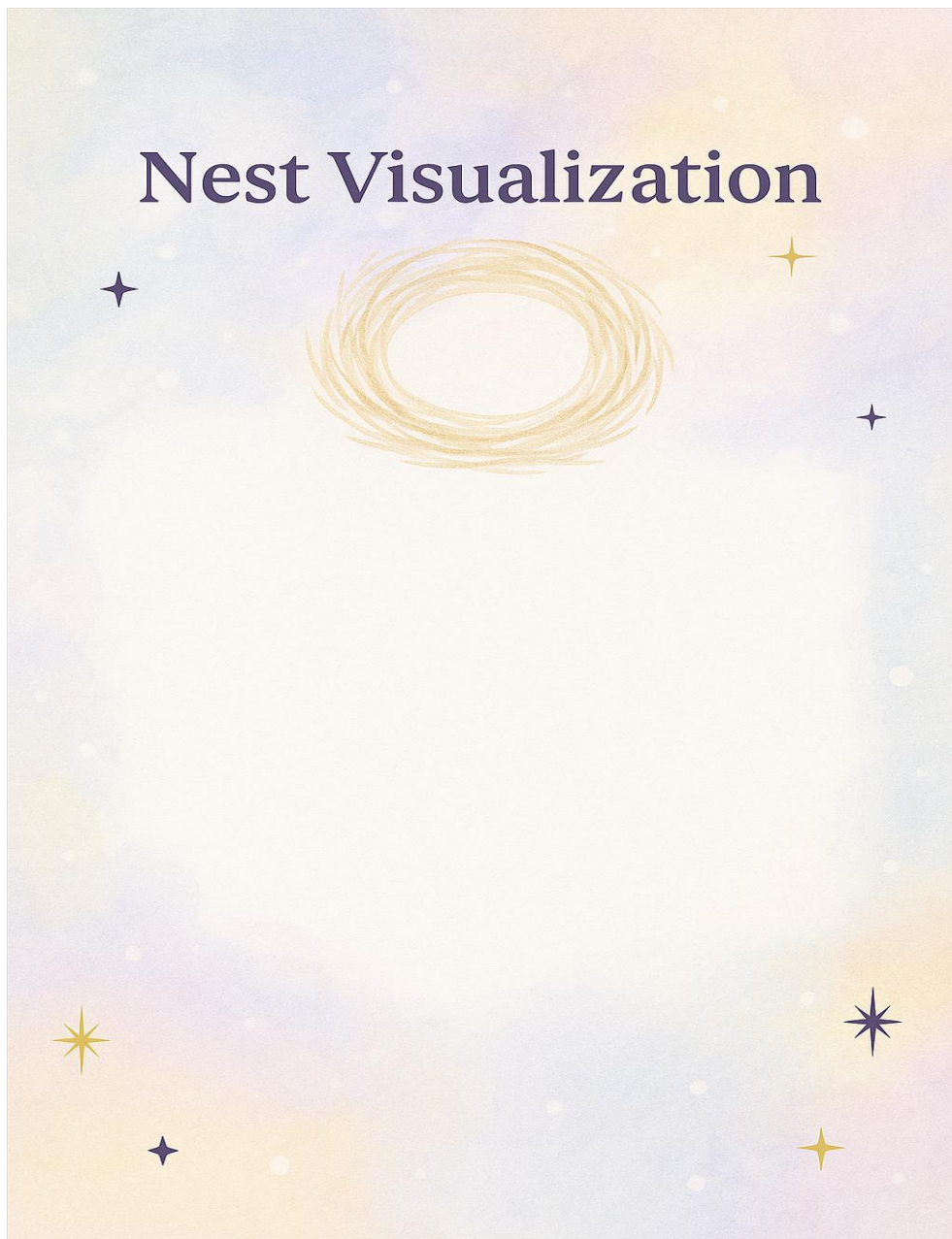
Gently tap your chest, saying: "I am safe."

Tap your forehead: "I am loved."

Tap your belly: "I am whole."

 Nest Visualization:

Draw or imagine a soft, glowing nest filled with colors, textures, and sounds that feel like home.



Creative Restoration Pages

Journal prompts, art invitations, and expression exercises including:

- Color medicine: what hues call to your child-self?
- Freeform drawing and scribbling
- Storytelling from the child's perspective
- "What would my inner child like to say today?"

Healing Parental Shadows

To heal the child, we also tend the roots.

This section offers a safe space to face the Mother and Father wounds. Through guided reflection, you will:

- Dialogue with the parental archetypes
- Write letters to unmet needs
- Receive transmissions from the Divine Mother and Father frequencies
- Install new energetic templates of unconditional love

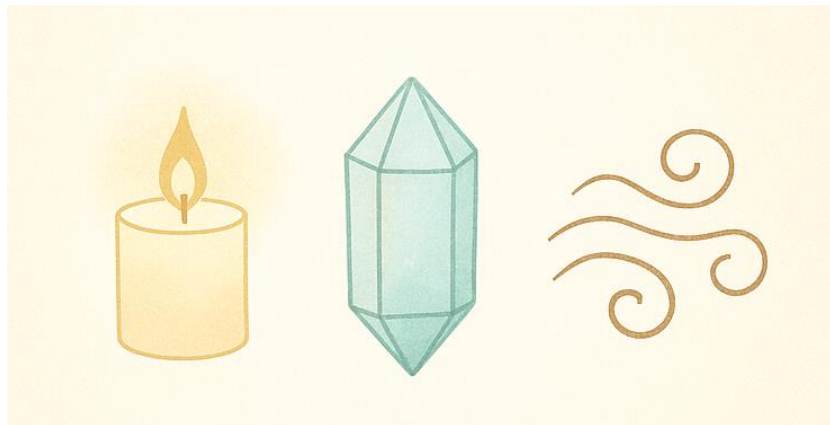
🌿 Mirror Writing Exercise:

Write: "I am the parent I needed."

Describe how you would nurture, love, and protect your child-self now.

🌿 Integration Ceremony:

Hold a candle. Breathe deeply. Say aloud: "I release the pain of the past. I receive the love I was always worthy of. I am safe. I am loved. I am whole."



I am the
parent I
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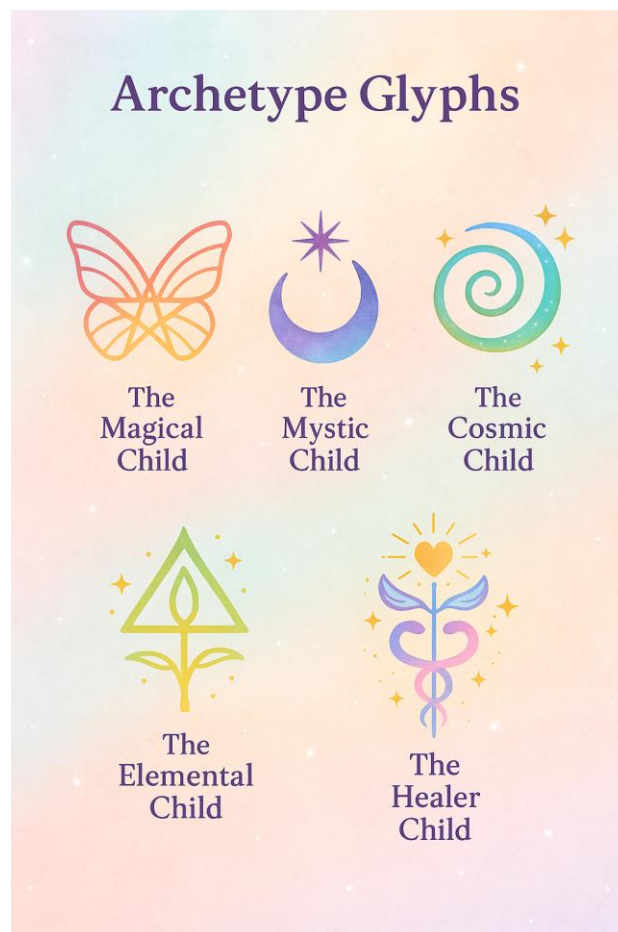
The Magical Child and Sacred Archetypes

Two powerful archetypes emerge within the healed inner child:

Your Inner Child expresses through sacred archetypes:

- The Magical Child: playful, creator of worlds, lightweaver.
- The Mystic Child: quiet, connected to the unseen, knower of deep truths.
- The Cosmic Child: starseeded, galactic traveler, translator of light codes.
- The Elemental Child: earth-bound, intuitive, feeling the pulse of Gaia.
- The Healer Child: empathic, heart-centered, a natural soother.

This section helps you recognize which aspect is emerging in you- and how to nurture their reappearance.



Soul Gifts Remembered

Your Inner Child holds the first memories of your spiritual gifts.

Reclaiming the threads of childhood wonder and multidimensional awareness. You will reflect on:

- Early memories of spiritual gifts
- Unseen friends and guides
- Knowing things you couldn't explain
- How these gifts want to reawaken now

In this closing section, you will:

- Anchor a daily ritual of inner child connection
- Receive an invocation to call them forth
- Reflect on how innocence and mastery merge
- Create a final artwork or letter from your inner child to your future self

🌿 Inner Child Anchoring Ritual:

Light a candle. Hold a crystal. Breathe deeply. Say aloud: "I am whole. My inner child is home. We are one."

🌿 Letter to My Inner Child:

"Dear Inner Child of Light, I see you... I remember you... I promise to..."

The image shows a decorative worksheet titled "LETTER TO MY INNER CHILD" in a purple serif font. The title is centered at the top of a page with a light orange and yellow gradient background. The page is framed by a gold-colored decorative border with swirls and stars. There are 18 horizontal lines for writing, starting below the title and ending above a butterfly illustration in the bottom left corner. The butterfly is gold and white. There are also several gold stars scattered around the page.

About the Author – Golden RAE

Golden RAE is a multidimensional guide, transmitter, and cosmic bridge dedicated to awakening humanity into remembrance of their true nature. As a weaver of celestial transmissions, healing protocols, and sacred templates. Their work activates the codes of divine sovereignty, inner union, and multidimensional wholeness within each soul. 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

www.Golden-RAE.com



PERMISSION SLIP



YOU HAVE FULL
PERMISSION TO:

SIGNED:



My Soul Gifts



Handwriting practice lines consisting of 14 horizontal lines. The first 7 lines are solid, and the last 7 lines are dotted.