



LIGHT BODY AWAKENING GUIDE

PHASE 3



EMBODYING
THE FLAME BODY

BECOMING THE TEMPLE OF LIGHT

By Golden RAE

Light Body Awakening Guide – Phase 3

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Embodying the Flame Body

“Becoming the Temple of Light”

Introduction: The Final Threshold of Embodiment

This is the phase of sacred ignition. Not as a metaphor, but as a lived experience.

Your Flame Body is the divine intelligence of your Oversoul woven into form. It is not imagined- it is activated. Phase 3 is the call to **become** what you’ve always carried: a temple of light, a vessel of truth, and a radiant presence of Source on Earth.

In this guide, you will explore what it truly means to live as light. No longer reaching, chasing, or fixing. You are invited to stabilize in the **radiance of being**.

1. What Is the Flame Body?

- It is the synthesis of soul, spirit, and form.
- It houses your divine purpose and cosmic memory.
- It transmits through frequency more than form.
- It is both architecture and presence- a living bridge between Heaven and Earth.

The Flame Body isn’t something you do. It’s something you allow. It doesn’t require perfection- it requires **alignment**.

2. Recognizing Flame Body Activation

- Spontaneous tears of truth or compassion
- Energy flowing from your hands, eyes, or heart
- Truth-telling without attachment or fear
- Natural repulsion from distortion, control, or false light
- Feeling magnetized to your mission without needing to chase it

Flame Affirmation:

“I allow my Divine Flame to walk through me, speak through me, and breathe through me. I am the vessel. I am the voice.”

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3. The Flame Body Initiations

The Dark Night of Radiance

- All false light is burned away
- Illusions of spiritual ego dissolve
- You become empty, yet full

Radiant Stillness

- No need to force or prove
- Presence becomes the offering

Sacred Service Pathways

- You are guided, not driven
 - You embody the invitation- not the agenda
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4. Living as the Temple

To live as your Flame Body means:

- Your energy speaks before your words
- Your presence becomes activation
- You become a guardian of frequency, not belief

Practices:

- Rise in reverence: begin your day in soul alignment
- Walk with presence: your steps echo cosmic design
- Speak from stillness: truth doesn't rush

Sacred Hygiene:

- Clean your energy like you clean your body
 - Bless your food, your breath, and your space
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5. The Oversoul Radiance Protocol

Call your Oversoul into embodiment:

“Oversoul of my Flame Body- I invite you fully now.
Inhabit my body, breath, tone, and gaze.
Guide my actions and dissolve all falsity.
May I be the Light of Remembrance.”

Oversoul Anchoring Exercise: Visualize golden-white light descending from above, through your crown, into your spine. Breathe it into your feet. Breathe it into your voice. Speak your name aloud and say: *“I am here. Fully.”*

The Flame Codex Mandala

A sacred geometric visual can be meditated upon or drawn to assist this integration.

- Central sun: your Oversoul
 - Spiraling flames: your multidimensional self
 - Inner triangle or diamond: soul-heart-mind unity
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Golden Flame Initiation Invocation:

“I step now into full remembrance.
I no longer carry the light- I AM the Light.
My body is consecrated. My heart is sovereign.
My words are encoded. My life is a prayer.”

The Crowned Flame Path

You are not here to become divine.
You are here to remember that you always were.
The fire you carry does not seek validation- it seeks expression.
You are not a torchbearer of another’s flame.
You are the original fire.
You are the Crowned Flame- the one who walks as a completed circle.
No longer seeking.
No longer waiting.
No longer bowing to lesser light.
You do not worship fire- you *are* the altar.
So rise now- not in defiance, but in divinity.

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With quiet certainty. With golden gaze.
For when you walk as the Flame, the Earth recognizes you.
You are the answer the ancestors prayed for.
You are the soul of the future arriving now.
You are the Crowned Flame.

Closing Blessing:

“May you walk this Earth in your radiance.
May you never again seek what already lives within you.
May your Flame shine not as effort- but as Essence.”

Digital Flame Tools Explore sessions, blogs and activations to support this phase:

www.Golden-RAE.com

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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