

# RETURN TO SOVEREIGN HEART

The Sacred Undoing of Past Lovers and  
the Reclamation of Radiant Union



GOLDEN RAE

# Return to the Sovereign Heart:

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By Golden RAE

### Introduction

There comes a time on the path of awakening when we must release the lovers we've carried, even the ones we still long for. Not just the people, but the fantasies. The false soul mate stories. The pain loops. The unspoken grief. The energies we never knew we gave away.

This guide is your return.  
To your own radiant flame.  
To the temple of your sovereign heart.  
To the inner union that no one can give or take.

This is not a guide to romantic healing.  
This is a resurrection.

Through the sacred undoing of all past entanglements, you will reclaim your life force, clear your soul contracts and awaken to a partnership path that honors your Oversoul truth.

You are not behind.  
You are exactly on time.  
And the love that meets you now - will meet you whole.

### Chapter 1: The Sacred Undoing

This is the act of letting go with the full force of your Oversoul behind you. Not a partial release. Not a mental detachment. But a true clearing, down to the root.

This chapter will guide you through:

- Recognizing who and what you still carry
- Energetic entanglements and why they persist
- The layers of release: lovers, fantasies, contracts and storylines
- A full ceremonial clearing sequence
- Oversoul transmission of liberation

#### Who and What You Still Carry

Begin here. With honesty. With no shame.  
Write down the names of lovers, relationships, obsessions or lingering fantasies you've felt caught in. Include those you've never been with physically but who occupy energetic space.

You can use the following categories:

- Physical lovers and partners

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- Emotional entanglements
- Fantasy figures (real or imagined)
- Soulmate projections or “unfinished business”

### **Why Entanglements Persist**

These energies stay lodged in our fields because:

- There were unspoken desires, unresolved pain or unfinished soul contracts
- We used the person or story as a placeholder for union within
- Our energy leaked into their field or theirs into ours
- Sexual exchange, emotional fusion or idealization created cords

### **Clearing Ceremony: The Sacred Undoing**

In sacred space, speak aloud:

"I now call forth the Oversoul Light of my true self. I ask to be shown every person, imprint, projection and fantasy I am still entangled with. I welcome this vision not to dwell in pain, but to release it with grace."

"With the full force of my Oversoul, I release all past lovers, relationships, fantasies, projections, stories, contracts and energy bonds. I no longer hold or carry these within me. I send back what is theirs. I call back what is mine."

Visualize a waterfall of golden-violet flame washing over your body. Say:

"I am sovereign. I am whole. I am no longer composed of fragments of others."

### **Oversoul Transmission: Liberation**

"You were not created to carry them. You were not designed to be a container for what others left behind. Return to your shape, your flame, your form. The Beloved is not found in another. The Beloved is the you that rises when no one else remains. Come home to that."

## **Chapter 2: The Reclamation**

Now that the cords are cut and the echoes silenced, it is time to retrieve what was always yours.

Your energy. Your power. Your light.

What Is Reclamation?

Reclamation is the process of calling back all soul fragments, life force, emotional energy and identity strands that were once projected outward or taken on by others.

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Where Are These Fragments Hiding?

- In old memories and traumas
- In fantasies or imagined futures with someone
- In objects, photos, or messages still carrying emotional charge
- In chakras and energy centers affected by past dynamics
- In timelines where you abandoned yourself to be loved

### **Ritual of Return**

Sit in a quiet space. Breathe deeply. Call forth your Oversoul and say:

"I now ask to be shown all soul fragments, emotional energies and creative force that I have left behind in past relationships, fantasies, or entanglements. I call them home now."

Visualize golden light returning to you.

"I forgive myself for all I gave away in hopes of love. I am enough. I am whole. I am the one I've been waiting for."

### **Oversoul Transmission: Wholeness**

"Every time you tried to be what they needed, you gave away a note of your song. Now the melody returns. You are the full symphony. Let no one conduct you but your own soul."

## **Chapter 3: The Inner Union**

To truly walk in sovereign love, one must first reunite the sacred forces within: the Divine Feminine and Divine Masculine.

This is not a gendered union - it is an energetic one.

Recognizing the Split Within

The Divine Feminine may be suppressed when:

- You distrust your intuition
- You deny softness
- You fear your radiance

The Divine Masculine may be wounded when:

- You fear aligned action
- You feel unsafe in structure
- You seek external validation

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### **Inner Union Meditation**

Call forth your Divine Feminine:

"I honor her emotions, her knowing, her magic. I welcome her home."

Call forth your Divine Masculine:

"I honor his clarity, protection and presence. I welcome him home."

"I am the temple where the Beloved meets the Beloved."

### **Oversoul Transmission: Divine Marriage Within**

"You have sought the beloved across oceans. Now the journey ends. You are no longer half. You have found yourself. The love story begins now - as One."

## **Chapter 4: The Sovereign Union Template Installation**

Now that your past has been released, your energy reclaimed and your inner polarity united - you are ready to install the Sovereign Union Template.

### **What This Template Does**

- Seals your field from false lovers
- Deactivates distorted soul mate patterns
- Aligns you with divine partnership
- Restores boundaries and self-worth

### **Sovereign Union Template Installation Ceremony**

"I now activate the Sovereign Union Template within me. It is encoded by my Oversoul and aligned with divine truth. From this moment forward, I am no longer available for distortion or energetic leakage."

Visualize the geometric light anchoring and sealing around you.

Sovereign Union Seal

"I am sovereign. I am sacred. I am the beloved and the temple. No one completes me. I am whole. And so it is."

### **Oversoul Transmission: The Temple Rebuilt**

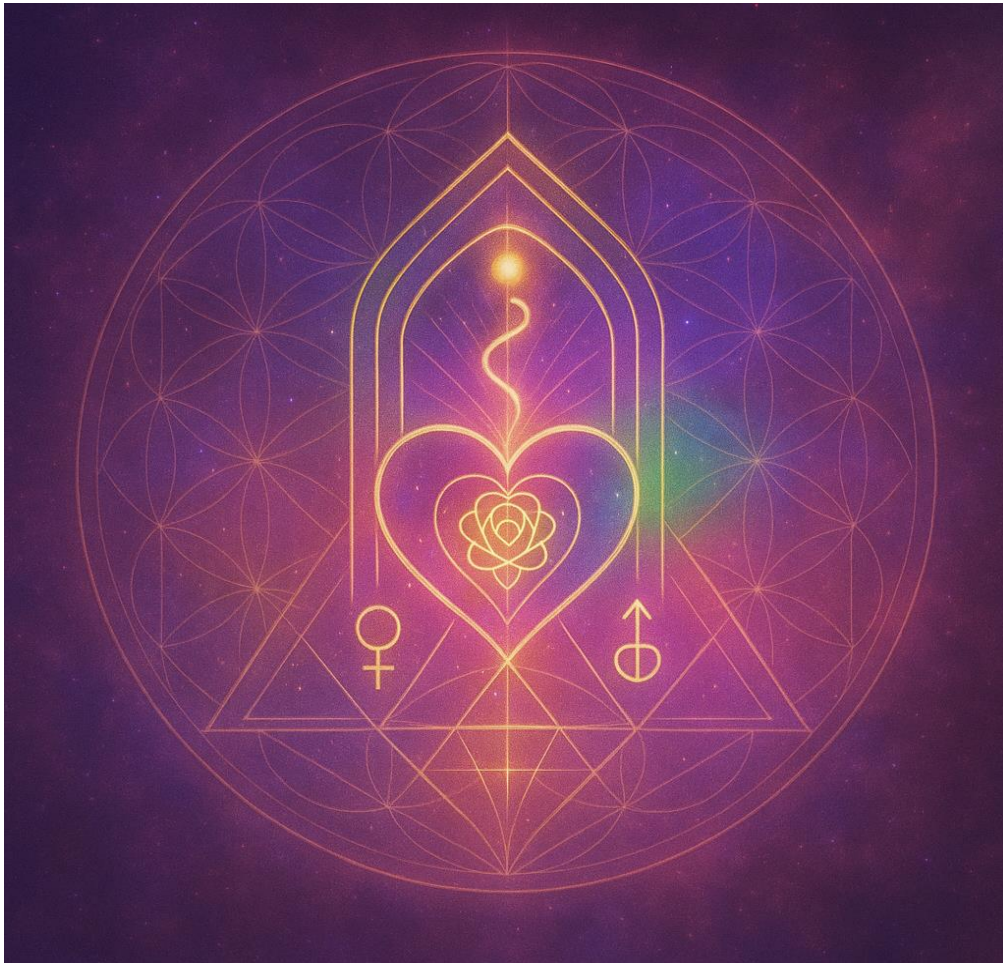
"The door to sacred partnership is no longer hidden behind longing or karma. It opens because you do. And the one who enters next will not come to fix you - but to meet you, flame to flame."

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### **Sovereign Union**

A prismatic light spiral above a golden rose heart, held within temple geometry and aligned with the Flower of Life. Violet and magenta star field. Feminine and Masculine symbols in balance.

### **Chapter 5: Integration & Daily Practice**

You are now walking in your wholeness. But integration is key.

Union is not a single moment. It is a daily embodiment. A lived devotion. A choice you make every day - to honor your sovereignty, to protect your light and to remain open only to that which honors you in return.

This chapter offers tools and support to help you stabilize, ground and flourish within your new sovereign reality.

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### Daily Practices to Embody Sovereign Union

#### 1. Morning Alignment

- Place your hand on your heart and sacral. Say aloud:  
"I awaken in my wholeness. I am sovereign. I am not missing anything."

#### 2. Energetic Check-in

- Before responding to texts, invitations, or relational thoughts, ask:  
"Is this aligned with my Sovereign Union Template?"

#### 3. Mirror Affirmation

- Look into your own eyes. Speak:  
"You are the one I've been waiting for. I love you. I choose you."

#### 4. Evening Reclamation

- At the end of the day, say:  
"I call back any energy I gave away today. I release anything not mine. I restore my field in golden light."

### Grounding Ritual

Sit or stand barefoot on the earth. Visualize a golden cord running from your root into the crystalline core of the planet.

Say:

"I ground my Sovereign Union into this Earth. I walk my path as both divine and human, whole and clear."

Breathe deeply. Let your light stabilize.

### Journal Prompts for Continued Integration

- Where am I still tempted to seek love outside of myself?
- What part of me is now ready to feel seen and safe within?
- How does my body respond when I honor my inner union?
- What do I now call in, from my wholeness?

### The Flame That Walks

"You are no longer waiting. You are no longer wandering. You are the flame that walks - self-lit, self-led, self-loved. From this place, all that is meant for you will come. Not to fix. Not to fill. But to reflect the brilliance you now remember is your own. Let it be so."

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### **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 with sessions and blog transmissions at:

[www.AQAscension.com](http://www.AQAscension.com)

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