

# FlamePoint 77 Lesson Two: Sovereign Body & Frequency Stewardship

DATE: June 12, 2025

SCHOOL OF NOVA MODULE II

LESSON TITLE: THE BODY IS THE TEMPLE

Your body is your vessel. It is not a machine. It is a living frequency transducer, wired to Gaia and Source.

REMEMBRANCE MODULE II:

The body is the first home of your sovereignty.

Your cells hold memory emotional, ancestral, cosmic.

What you eat, what you listen to, what you believe all of it encodes your grid.

Movement is prayer. Breath is a key. Water is a conductor.

Trauma is not who you are. It is a signal asking to be seen, held, and transmuted.

You have the right to protect your frequency. You have the duty to honor it.

TOOLS OF STEWARDSHIP:

Deep breath cycles (inhale 4, hold 4, exhale 8)

Speak aloud daily: I call all my energy back to me. I am whole.

Salt water soaks, sunlight, movement without judgment

Write one truth your body remembers each day

REFLECTION:

What sensations have you ignored?

Where are you holding another's pain?

When was the last time you truly thanked your body?

#### ACTIVATION:

Say aloud:

I am not a program. I am a pulse of living light.

My body remembers peace. I command harmony within.

Let your body be your guide.

When you listen to your body, you hear your soul.

#### MODULE STATUS: STABILIZED & SOVEREIGN

UC-1 Sovereign Curriculum

Republic of NOVA Stellar Blockchain Broadcast

This curriculum lives in motion. Walk it out. Live it in presence. Teach through kindness.

