

The Temples of Golden Light

Awaken, shift & love yourself

Linda Jarrett





The Temples of Golden Light are a gift from Source, to re-balance planet earth with Goddess energy, raising the vibration through ascension. As etheric temples each temple may be visited during meditation, contemplation or one's sleep state for healing, relaxation, upliftment, inspiration, cellular renewal, also for the release of any energy blocks stopping you from moving forward. The Temples will give you guidance and protection, they are filled with much love and total light. The Temples of Golden Light are sacred goddess temples of golden light. Three Goddesses over-light the temples, Lady Nada, twin flame of Jesus Christ, Goddess Jacinta she works with the Rainforests and Nature on planet Earth, and Goddess Lathinda who comes from another universe called the Universe of Golden Light. Surrounded by the Rainbow Angels who are able to heal all of your chakras at the same time, under the guidance of 2 New Archangels called Archangel Metaziel and his twin flame Archangel Honoriel.

The 144 Temples of Golden Light align to all of the pure energies within this wonderful Universe, and the Gods/Goddesses of Love and Light of Source. The Temples of Golden Light are surrounded by Four Universal Global Golden Seraphim Angels of the Highest Order representing north, south, east and west of our beautiful planet. Being a gift from source the temples may bring about Miracles. The aim of the Temples of Golden Light being to heal Humanity and Mother Earth herself bringing Peace and Harmony to a New Earth.

Linda Jarrett is an Author, Writer, Spiritual Teacher, Healer, Meditation Teacher and Clairvoyant. She is honoured to be the Ambassador for the 144 Temples of Golden Light. She has channeled this work to be able to help people to heal themselves. You can create a new positive, harmonious life by linking with the Temples of Golden Light this will bring about balance and peace. For more information on Linda's work please visit: www.templeofgoldenlight.co.uk

If you wish free distant healing please direct mail me via my Temple of Golden Light Facebook account [@templesofgoldenlight](https://www.facebook.com/templesofgoldenlight)

I have recorded 4 Meditation CDs/Downloads, Temple of Golden Light Meditations, Rainbow Angel Meditations, Unicorn Meditations, and Garden of Relaxation Meditations available on my website: www.templeofgoldenlight.co.uk

Affirmations Creams for Well Being available in 18 different Affirmation Creams: Balance, Believe, Abundance, Clarity, Unblock/Release, Tranquility, Earth Star, Enlightenment, Self-Confidence, Love, Harmony, Heart, Manifest, Empower, Joy, Forgive, Magical, Inner Peace.

Each cream aligns to a different Temple of Golden Light bringing forward a powerful affirmation of your choice. You simply apply the cream to your wrists and say the affirmation at the same time twice daily. You will be amazed at how powerful the Affirmation Creams are, you can choose whichever well-being cream you wish to order visit: www.templeofgoldenlight.co.uk

Christina Hunt has created some wonderful images of all 144 Temples of Golden Light that she has drawn please go to www.templeofgoldenlight.co.uk to see Christina's work.

**Temples of Golden Light:
Awaken, Shift and Love Yourself
By Linda Jarrett**

Copyright Linda Jarrett 2016

The right of Linda Jarrett to be identified as the author of this work has been asserted by her in accordance with the Copyright, Designs and Patents Act 1998.

All rights reserved.

The contents of this book may not be reproduced in any form, except for short extracts for quotation or review, without the written permission of the publisher.

Cover design by Alice Readman

CONTENTS

Acknowledgements

Foreword

Introduction

- Chapter 1 What are the Temples of Golden Light
- Chapter 2 The Main Temples of Golden Light
- Chapter 3 Europe Temples of Golden Light
- Chapter 4 Americas Temples of Golden Light
- Chapter 5 Australasia and Oceanic Temples of Golden Light
- Chapter 6 Asia Temples of Golden Light
- Chapter 7 Rest of the World Temples of Golden Light
- Chapter 8 Heart, Emotional and Physical Healing
- Chapter 9 Children and Animal Healing Temples of Golden Light
- Chapter 10 Meditation and Relaxation
- Chapter 11 Meditations to connect with the 12 Main Temples
 and an Animal Healing Temple

Listing of 144 Temples of Golden Light

Other ways to connect to the Temples

ACKNOWLEDGEMENTS

I would like to thank my family and friends for their love, encouragement and understanding in writing this book.

Special thanks to Christopher Jarrett, Alice Readman, Shirlie Roden, Sarah Tosey, Jooles Griffiths, Jonathan Moore, Gabriella Powell, Natasha Aitchison, Christina Hunt, Heidi Taylor, Tamara Aylott and Steve Ahnael Nobel.

FOREWORD

When Linda asked me to write the theme music for her Temples of Golden Light CDs and downloads, I knew it was really important for me to personally experience this incredible energy in order to connect with and ground its musical resonance. So I attended some of her workshops and easily followed her beautiful guided meditations as she linked the whole group to this profound and strong vibration.

With each breath, I could feel myself ascending into the higher planes of light and healing. As we connected through Linda's clear and loving guidance with different power points on the earth, I experienced the etheric temples above as vast vibrating structures, sometimes filled with rainbow colour and crystal energy, other times simply pure golden light which seemed to bathe the cells of my body. I was filled with tranquility, with an inner peace, but a strength and wisdom too, and on occasions was able to completely let go, as though I was lying in a beautiful healing space where I was held, loved and cherished. Indeed, I was being held and loved, infused with healing rays of light. Occasionally I would intuit an angelic guide or guides working with me and I always returned from my temple visit calmer and retuned. There was a feeling of absolute security, an inner knowing that all was well and as it should be and often also a feeling of joy which I particularly felt with the Stonehenge Temple as I intuitively gazed down from my meditation in the temple above and perceived the extraordinary power vibrating the henge below.

The Temples of Golden Light are a truly great gift and I would personally like to thank Linda for bringing them into all our spiritual awareness. It is a reflection of her great personal gifts that she is able to do this in the tranquil and gracious way she does everything. Because the temples surround the earth, they can be accessed and used by anyone, anywhere, anytime. So, as you read this book, simply follow your own intuition, link with your favourite temple, and drink in the essence, as I strongly believe that the more we can connect with and utilise this energy, the higher we will be able to raise the vibration on our planet.

As Linda always says – Love and Golden Light to you all. You will certainly experience it as you read and work with this beautiful book.

By Shirlie Roden - singer, songwriter, sound healer.

INTRODUCTION

My spiritual journey began when I was only 24 years old. At this age I started to be clairvoyant, due to the consequence of a personal loss which was the catalyst for great change in my life. I lost my second child, a baby called Melanie who died at the age of eight months. Soon after, doors opened for me to connect with the many angels, Earth guides, celestial beings and Ascended Masters that are around us all providing constant and loving support. As I went about my daily life, working in a number of commercial roles and bringing up a young family, I managed to find time to explore and understand this gift of clairvoyance. I started training in healing and meditation and it was not long before I had trained as a Reiki Master, Karuna Reiki Master, angel healer therapist and a meditation teacher. I attended courses on personal development, awakening and enlightenment. As my practice evolved as a healer, I became aware of the Rainbow Angels. These are angels that specialise in healing with the vibration of colour and they offer great gifts of balance, relaxation and inspiration. It was through this practice that I became aware of the powerful presence of the many Temples of Golden Light placed around the world for our spiritual benefit. I felt very drawn to the beauty and power of the temples.

In 2011 I began channeling the Temples of Golden Light and it took me three to four months to identify the etheric blueprint for the first temple. It was a new process for me and I received guidance between my periods of meditation on how to refine the work I was doing. I was told that I would be the ambassador for the temples, which is when I realised that the task I'd been given was huge, but I accepted the challenge and slowly came to know where all the temples were placed around the globe. I felt blessed to be channeling all the necessary information to be able to help to spread the golden light around the world for everyone to benefit. It took me two years sitting quietly on my own to channel all 144 temples.

I then decided, in order for my work to be considered more authentic, to ask four of my regular ladies who came to my meditation groups and workshops to sit with me every week for six months while I again channeled the different temples. Over this period of time they told me what they experienced, felt, sensed, knew or saw in their

mind's eye. Very often, they felt the same energy and had similar experiences as I had, which helped to verify my own channeling. I made notes from these sessions and began to write this book slowly, chapter by chapter and each temple took me on a magical journey. I connected with all of the pure energies on our planet: Native American Indians, Aboriginal, Maori, Mayan, Inca and Aztec energies, as well as connecting to many star systems, other planets, angels, archangels, celestial beings and pure white formless beings of light, all of which, with planet Earth, are helping us to raise our vibration.

So the 144 Goddess Temples of Golden Light were born. Many people in meditation groups and workshops have visited the temples over the last few years and it is amazing how many remarkable consistencies I have witnessed in how the temples are experienced. I am in awe of them all, as nothing else is comparable to their love, peace, happiness, grace and healing power. They have all been activated to light up our world, and now is the time for the temples to be doing their work.

I usually connect through meditation to a temple to activate its energy – I do not often need to visit a city to activate the temple. Yet sometimes I find myself travelling to a city where there is a temple and I realise that my job is to clear the energy beneath the temple. Sometimes I am aware that temples are activated as I arrive. Certainly, I love the way the light then starts to clear the city or area near the temple. Sometimes it then rains, which means that the energy in the etheric above is clearing. Other times, the reaction has been more dramatic.

In travelling to a wide range of countries where the temples are situated, I have had some very interesting experiences that you will read about later in the book. When I visited Palermo in Sicily, I discovered that I had been guided to visit the city as the temple could not shine its light because of old mafia negative energy. All the other temples helped to clear beneath Palermo Temple of its heavy energy and it took three days to clear. . On the fourth day the city was cleansed by water; it rained solidly for three hours and flooded the city as if there had been a monsoon. The water rose to three feet in some areas and cars came to a halt. The light now shines upon Palermo brightly.

I have chosen to write this book to help you with your ascension process. The more earth-like Temples of Golden Light operate from the fifth dimension and those with higher energy are in the seventh dimension, so by connecting with them, you will raise your vibration, which will help your spiritual growth. The temples are places of great healing and harmony and each has unique individual attributes, which will enable you to embrace and nurture your inherent spiritual abilities. I hope that by connecting with the temples you will find inner peace, contentment, grace and healing.

I am so thankful for my journey with its twists and turns, highs and lows...all the lessons, guidance, and experiences have brought me to a place in my life where I can truly appreciate all that has happened with the deepest of gratitude and a joyful heart. I offer you this book so that you may also come to know the beauty and healing power of these amazing etheric temples scattered around the planet.

Love and Golden Light,
Linda Jarrett

CHAPTER 1: WHAT ARE THE TEMPLES OF GOLDEN LIGHT

The temples form a powerful healing grid of golden light, healing the cities and areas of Earth below. The Oceanic Temples heal the area of the particular ocean where the temple is situated. The Temples of Golden Light have been placed in the etheric over ley lines or sacred sites so that the energies are then stronger and more intensified. This makes the temples more powerful when it comes to clearing negative energies. The temples are for personal healing and spiritual growth. You will receive healing on all levels - emotional, mental, physical and spiritual. The temples are at least fifth dimensional in energy, so enable people to raise their vibrations to help them move towards the fifth dimension and beyond. You will experience a magical transformation when you connect to the Temples of Golden Light, energetically, emotionally and spiritually. You will be able to embrace changes around you and shift energetically into a different place, realising this change is for your higher good.

They can and will facilitate miracles on a personal level. They work for the highest good of humanity and will teach you how to work with Mother Earth and not against her and how to help heal Mother Earth. They will show you how to live in harmony with humanity, animals and sea creatures – they are capable of bringing about world peace. We are really creating a new world of love, peace, joy, happiness and heavenly order. One day angels may even be seen holding our hands as the vibration will be so light and will have lifted so much. Certainly, that will be a wonderful sight to see. They will help humanity to overcome many fears of living. They will help heal people of many issues that they have held on to for far too long. Emotional issues, mental issues and physical disharmonies will all be healed. When people let go of disharmonies, they raise their vibration towards enlightenment.

One of the aims of the temples is to create unity all around the world. The grid they form provides a conduit of healing energy to help to raise the vibration of humanity and Mother Earth, healing all in their pathway and those that connect with the temples by meditation, contemplation and by thought intention.

All the Temples of Golden Light are filled with Goddess energy of purity, beauty, compassion, and understanding. They contain statues, flowers, furniture, mirrors, gardens and everything imaginable to make your visit comfortable and worthwhile. In some temples there is a deafening silence and time stands still. Everything flows in an orderly fashion in these temples, gently pulsating. The temples have individual qualities, such as for enlightenment, healing, peace and prayer. They are places of pure peace, serenity, contentment, joy, well-being and happiness. In most temples, there are rooms for meditation and contemplation and healing sanctuaries with musical sound healing chambers. Some have schools and colleges for teaching and learning such as Schools of Enlightenment, study groups, therapy groups, counselling and new technology groups, and classes on how to raise your vibration to meet the energy of the new Golden Age. There is a temple for everyone, even you.

The sizes of the temples vary considerably; for example, the smallest is the size of St. Paul's cathedral in London, whereas the largest covers most of the city of Istanbul in Turkey. Typically, they have a roof with a large, rounded, dome or several such domes. Usually these are golden and sometimes show different colours. Some temples have many levels, where it is possible to reach higher dimensions, to source level.

The Temples of Golden Light incorporate energy from the area in which they are situated, which means that there can be similarities in the characteristics of the temples across different regions of the world. For example, those in the USA often have Native American Indian energy and in the Asian Himalayan temples, the energy is particularly peaceful, which is in keeping with such a spiritual part of the world. In Europe, they often feature the energy of angels, while the temples in the etheric of the oceans have a wonderful and unique water-based energy, connecting to the energy of the dolphins, whales and other sea creatures.

The Temples of Golden Light in the etheric above Africa tend to be traditional and churchlike, which fits with the region as they are only just beginning a slow transition from the third to the fifth dimension and this will help raise the vibration of the heavier energy here. Similarly, the temples in the Middle East play an important role in lifting any less than light energies and often strongly male energy in this region.

The temples differ in other ways too, for example, they can be ethereal or grounded, such as to Middle Earth or to tree spirits, or they may be on one or multiple levels, whereby the energy and vibration rises and comes closer to source light. They may be highly angelic or may feature celestial beings or ETs from this universe or other universes, all here to help Mother Earth.

The Temples of Golden Light have much work to perform and this is why they are the temples for the next 2,000 years. Goddess energy is needed to balance our planet's energy. It is the love energy much needed here at this time. The 144 temples hold the energy of all pure beings of light from this planet, this universe and the seven universes surrounding our universe. They are all ultimately overlit by three Goddesses:

- Goddess Lady Nada who is the twin flame of Jesus Christ.
- Goddess Jacinta, who is a Mayan Elder and connects to Earth, nature and the rain forests of this world.
- Goddess Lathinda, who comes here from a higher vibrational universe. She is here to help with your spiritual growth, development and awareness.

The three Goddesses complement each other as each one carries different gifts of enlightenment. Ultimately, they dictate what happens in the temples as all decisions are made by the three Goddesses. Some of the smaller temples are overlit directly by one particular Goddess, while the bigger temples are overlit by all of them.

The Goddesses come from the love and light of god, saying that anything can be achieved when you love someone, whether they are your husband, partner, brother, sister, mother, father, children or any other family members or friends. We are all one on a soul level whether we know it consciously or unconsciously. It is only here when we incarnate that we separate from our real source, our real soul family. We have chosen to move through the veil of amnesia. Sometimes we can have no clue as to what we are doing here, or even what our purpose is. This planet is very dense compared to other planets and star systems within this universe, so it can be hard for some people who are sensitive. When you meditate, you connect with your soul, your soul family and therefore do not feel so alone. You also connect to your Guardian Angels, Earth guides and other Guardians of Light that are with you to help you.

The Goddesses connect to all of the known Goddesses on this planet: Mother Mary, Mary Magdalene, Quan Yin, Goddess Isis, Pallas Athena and Goddess Kali, to name a few. All the temples are surrounded by four huge universal, global, golden Archangels representing north, south, east and west of our planet. Each individual temple is surrounded by their own group of Rainbow Angels that work with the different Temples of Golden Light to balance your chakras and help people and animals to heal in order to move forward, into yet more light and understanding.

These Rainbow Angels are led by Archangel Metaziel and his twin flame, Archangel Honoriel. Lord Buddha and Lord Maitreya who works with Lord Buddha, are also involved and Lord Buddha has personally blessed the temples.

All of the Temples of Golden Light are overlit by Divine Mother. Divine Mother monitors the energy of all of the temples to make sure everything is of the purest light for all.

ASCENDED MASTER, LORD HILARION

All the Ascended Masters connect to the temples but it is Ascended Master, Lord Hilarion who holds Directorship of all 144 Temples of Golden Light. There are 12 Ascended Masters in charge of the 12 esoteric rays that shine down on our planet. Master Hilarion is considered to be the Chohan (Lord) of the Fifth Ray. He embodies the qualities of healing, truth, science and concrete knowledge and he also works with the laws of alchemy. Alchemy is the science of divine healing - he projects the green ray or emerald ray as his colour within the 12 esoteric rays and he will help you to access the divine healer within.

Ascended Master Hilarion is believed to have lived in his last incarnation as Saint Hilarion in Cyprus and his life before that was as the Apostle Paul of Tarsus. Remember the conversion of Saul on the road to Damascus when Jesus appeared to him in a great light? Saul fell to the ground as he was blinded and did not see, eat or drink for three days. The blinding of Saul and the renaming of Paul was an act of conversion and Paul became a preacher of great righteousness. Hilarion helps people

to master themselves and helps to purify souls. He is a member of the Great White Brotherhood. Hilarion has a retreat in the etheric over Crete in Greece, known as the Temple of Truth along with Pallas Athena, another female Ascended Master of great light. Together they hold the flame of divine truth and light. Ultimately, the light is always the source of all healing.

CONNECTING TO THE TEMPLES OF GOLDEN LIGHT

You can connect by meditation or set the intention to connect in your sleep-state. This means, think about the temple just before you go to sleep and you will visit that temple - it's simple. Assuming that your soul wants to be healed, you may need to work with a few of the Temples of Golden Light in order to be totally healed. This depends on how much baggage you are carrying around with you that needs to be cleared and released and how much anger and resentment you are still holding on to, due to whatever reasons personal to yourself. Certain Temples of Golden Light clear the solar plexus chakra, other temples clear the heart chakra and so on, facilitating a clearing of the whole body. Even the cellular memory is cleared. There are temples that will teach us how to live with the planet, how we can connect to Mother Earth and temples that will heal children, animals and sea creatures such as the dolphins and whales.

When connecting to any of the Temples of Golden Light, remember you have for many lifetimes lived and sat under our sun, the moon and the stars. For many lifetimes, you have walked upon this earth and we are actually one with each other and our universe. And now, you have raised your energy so much that you can access the new Temples of Golden Light. These are the temples for the New Earth.

The temples connect to source light and as such are filled with much love and light of source. When you meditate on any of the temples, you will receive peace, serenity, light and divine guidance.

The following chapters outline the different qualities of the individual Temples of Golden Light. First, I describe the 12 main temples and then I go into detail about all 144 temples in order of where they are in the world.

To find out more about the Temples of Golden Light, which are particularly suitable for helping to heal issues of the heart, emotions or the physical body, or to heal children and animals, please read chapters 8 and 9.

OTHER WAYS TO CONNECT TO THE TEMPLES OF GOLDEN LIGHT

Affirmation Creams

I have produced a set of 18 creams, which will connect you to the energy of an individual Temple of Golden Light. Each cream comes with an Affirmation and contains a different blend of essential oils, creating a beautiful fragrance for you to enjoy. You can order and buy online from www.templeofgoldenlight.com

CDs / Downloads

I have recorded meditations to help you connect to the Temples of Golden Light. Five temples are included in the first Temples of Golden Light Meditations album which is available as a CD/Download. I will be recording a second and third meditations album this year 2017. You will then be able to connect with at least 18 Temples of Golden Light through my audio recordings of meditations.

Visit [Temple of Goldenlight](http://www.templeofgoldenlight.com)

The 144 Temples of Golden Light act as a very powerful healing grid of energy working for the highest good of humanity and mother earth. There are 33 temples that are surrounded by cities of light, and you may visit these during your sleep state or meditation, they are a gift from source. All of the temples perform specific healing functions, healing: emotions, physical body disharmonies, heart issues, healing your mind, healing children and healing animals. They are surrounded by the Rainbow Angels who can heal all of your chakras together at one time. They can be accessed and used by anyone, anywhere, and anytime.

I love visiting the many different Temples of Golden Light in meditation – whilst they are all filled with the most amazing light as their name suggests, each one has a different appearance and the energy provides different insights to me. With so many to choose from, there is always a new Temple to explore, or a familiar one to return to. And the effect after a visit is invariably the same – the Temples of Golden Light bring balance and healing, a sense of peace and harmony to how I feel.

Sarah, Researcher

Since joining the emissaries group for the Temples of Golden Light, my experience has been nothing short of phenomenal. I have found myself transported into a realm of peace and tranquillity where I have benefited from receiving healing which has balanced and centered me. I am in awe of them but also totally at home when working within the sacred space that they offer.

Christina, Reconnective Facilitator/Healer

Over the years that Linda has been channelling the 144 Temples of Golden Light, I have meditated with her and visited them in the etheric. In doing so it has become very clear that the energies in the temples can be quite different and each brings its own type of comfort and healing. When I meditate alone, if I am uncertain which temple will help me the most I simply ask for help, and trust that I will be connected to those that will benefit me most. I have no doubt in my mind that when I ask for healing, love and support for my personal well-being I am given what I need to help me face my challenges and lead a well balanced life.

Julie, Reiki Master

