



## Day 11

Transmission 26:31

Music - [Daniel Schotsborg – Meta Level Red 2](#)

This activation brings in several harmonics, designed to be discordant in nature, to break up and release patterns in your matrix. These sounds may be unpleasant to hear, but hold the understanding of the purpose within your awareness.

I would highly advise a sea salt and apple cider vinegar bath to help draw the energy out of your physical body as soon as possible after listening to this transmission. This requires 1 pound of sea salt and 1 gallon of apple cider vinegar added to a warm to hot bath. Soak for approximately 20 minutes or however long feels good to you. Please always use discernment based upon your personal situation. If you have heart problems or high blood pressure, this may not be advisable. You know what is best for your body. If you do not have access to a bathtub, then exfoliate your skin with sea salt and oil to assist the process.

You may experience the release of toxins and energy while you sleep. It is advisable to wash your sheets and pillows, if possible, within the next 24 hours, or change to fresh linens. This helps you to rest more deeply and to integrate the changes happening with more ease.

Allow Daniel's music to bring you back into a state of peace, harmony and calm while the energy work continues to recalibrate you.

Remember, each day, PLEASE speak the following out loud:

I AM Love. I AM Light. I AM Divine. with every breath I take, I embody these truths.

Raquel

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