



## Day 6

Transmission 27:34

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

This activation continues the deep clearing process, ongoing since Day 1. Light frequency from the Architects of Language - streaming through your entire system - amplifies the release, repair and restructuring of the distorted DNA/RNA in your body associated with the alchemy of sound.

You may be sensing some deep-seated fear, grief, pain or discomfort. Recognize that this is the next layer of release. Breathe through the emotions. Remember, this is simply energy in motion - and not necessarily from this present lifetime. As a Light worker, your strength, love and courage to go beyond the ordinary, to facilitate change for humanity, is honored. Celebrate your ability to assist at this level - for yourself, your family and all of humanity.

Allow the music to support you once again. We are almost halfway through this process. Please nurture yourself in whatever way feels appropriate. If at all possible, please take a walk in nature to connect with Gaia and keep yourself grounded. Other suggestions: listen to beautiful music throughout the day; exfoliate your skin with a mixture of oil (grapeseed or olive oil are preferred) and sea salt to help the detoxification process, and eat healthy.

Also, try to do something that makes you laugh! Laughter is powerful sound alchemy! So laugh, giggle, smile, dance if it makes you happy, and celebrate the magnificence of your Light.

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

I exude Love, Light, Compassion and Wisdom with every breath I take. I am a Divine Being.

Raquel

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