



Welcome!

Hello everyone! I'm so excited to be on this journey of Light with all of you. During the next 13 days, we will be embarking on a quest of self-exploration through energy activations, Light, and sound to establish a deeper connection with Spirit.

Each day you will receive an MP3 transmission and the corresponding PDF documentation. These transmissions will open up and activate the new Light codes, pathways and/or sacred geometries which are available to assist you with aligning more fully with your highest expression. Each activation will build upon the next, so it is important to do them in order.

Prior to listening to each new MP3, please read the associated PDF documentation. It is best to do the MP3s right before you go to sleep each night. This allows for deep integration, without interruption from your daily routine and life. However, follow your own intuition as to when it is best to listen for you and your schedule.

Each MP3 begins with my voice and ends with special music designed to open up the pathways in the brain to help you connect with your Higher Self and Source Energy. The energy activations continue throughout the entire MP3 and beyond.

During this 13-day process, you may find that your body goes through an emotional and physical detoxification. Please honor the process and come from a place of observation. Allow, accept and move through the release with as much ease and grace as possible. Many of you may see me in your dreams and meditations, as I am working with you to facilitate the energy on a very deep and personal level.

I recommend a few things to assist your body during the journey. They include (but not limited to) gentle exercise, stretching, good nutrition, ample hydration, taking appropriate vitamins and supplements for your body's needs, and getting enough rest. I generally recommend vitamin C, liquid silica, super greens (I use a powdered form), and taking a sea salt bath at least 2 times during this process. However, this is only a recommendation, as I am not a medical professional nor do I give medical advice. Follow all instructions from your own medical doctor and personal

guidance. If you listen, your body will tell you what is required.

If possible, please listen to the transmissions with headphones to enhance the experience. However, know that you receive ALL the energy regardless of whether you use headphones or not. It is not required, just recommended.

Thank you for saying yes to bring yourself more fully aligned with the truth of who you are! It is my honor to facilitate this journey of Light!

I look forward to sharing this journey with you.

Raquel

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