



Welcome!

During the next 13 days, we will be embarking on a journey of self love and self exploration through energy activations, sound and connection with Spirit.

Each Mp3 activation will open up and activate a new Light code, pathway or sacred geometry which is available to assist you with living more effectively from the heart. 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 instruction guideline. It is best to do the mp3's right before you go to sleep each night. This will allow for deep integration without interruption from your daily routine and life.

Each Mp3 will begin with my voice and will end with special music designed to open up the pathways in the mind to help you connect with your Higher Self and Source Energy. The energy activations will continue throughout the entire Mp3 and beyond.

During this 13 day process, you may find that your body goes through an emotional and physical detox. Please honor that, come from a place of observation, allow, accept and move through the release with as much ease and grace as possible. Many of you will see me in your dreams and meditations. I will be working with each of you individually during the dream state to help facilitate this work on a very deep and personal level.

Working with Qualia Plus Sound Master Daniel Schotsburg, this event will propel you to new heights of personal awakening. Our combined energy - my energy facilitation and his music masterpieces - will help you live more authentically from your own heart.

If you enjoy Daniel's music, he has put together a special offer for those participating in this event. For more information about Daniel, his music and this special offer, please his website at <http://specials.qualiaplus.com>

I look forward to sharing this journey with you. Stay In Your Heart and Know You Are Light!
Blessings!

Raquel

www.raquelspencer.com