



Day 1

Transmission 32:13

Music: [Daniel Schotsborg - Mother Earth](#)

As we begin this beautiful process of opening up the pathways of the heart, remember we all have many experiences and traumas which will need to clear as we activate the new sacred geometries, Light codes and pathways. These are already innate within our systems, but until now ~ this moment in human history ~ have been inaccessible to most.

Before you begin listening to the Mp3, please take several deep, relaxed breaths into the core of your body, allowing each to bring you into your center. Breathe into the base chakra and the heart chakra simultaneously, allowing a gentle natural rhythm to emerge.

Set your intention to receive ALL that is available for you during this process with EASE and GRACE. Know that together we are stepping into new territory and dedicate yourself once again to your path of awakening in this lifetime.

Remember to take care of your body during this process. Extra water, nutrients, relaxation and/ or sleep may be required. Take care to watch your memories and emotional triggers. When they surface, simply acknowledge them and know they are clearing at a cellular level. Remember to be the observer. If you find yourself going deep into your emotion, do something physically to help release it. This may be as simple as writing it down, physical movement or exercise, or visualizing the energy releasing from your cells. Do NOT stifle or block the energy. This is key. This process is about moving into a deeper and more authentic state of self love. Do not judge your emotions. Simply allow them to surface and release. It is the position of the observer that enables the unconditional love and acceptance of the emotions to

transform. Use the tools you have learned over the years to assist you with this process.

Many do not realize the physicality of my work. The cells store memory and energy. As we activate and increase the level of Light within the body, the lower frequencies will release. This often results in a physical reaction or clearing. If and when this happens, bless it, give thanks and know that you are clearing on a very, very deep level. This is part of the process of moving into a state of authenticity.

Working with the “Daily Infusions of Light” is very beneficial and will assist you with this process. If you are new to my work, you will find this information on my website at <http://www.raquelspencer.com/services/daily-infusions/>

As we move through this journey together, a willingness to embrace your truth ~ as you are in this now moment ~ along with your multi-dimensional self is essential. Remember you are Divine Light!

Blessings!

Raquel

www.raquelspencer.com

