



Day 2

Transmission 30:31

Music – [Daniel Schotsborg – Violet](#)

Upshifting and stepping into your Authentic Heart requires surrendering to the changes in your inner and outer world. These changes will be required to bring you into alignment with your Higher Self and highest potential. Each activation, upshift, and rewiring received during these transmissions will facilitate changes within your physical vehicle and energetic matrix. This will also facilitate changes in your outer reality. This is necessary to allow for your true essence to embody.

As your energy systems shift and the clearing of old patterns and energies happen, please know that things will change in your life. This is part of the process. It is impossible to truly shift into a state of self love if you are still enabling aspects of your life which do not support this state of being. These changes may not be what you thought they would be. Please make sure you are asking each day to align 100% with your highest potential. This will allow these shifts to occur with ease and grace.

To embody and be in a state of self love; your actions, thoughts and emotions need to reflect this energetic frequency. As the codes within your cellular and energetic structures activate, your frequency will shift. Remember to stay in a state of the observer. Do not allow your ego to run the show. You are a Master of Light who is dedicated to embodying the highest level of your essence. The personality or ego is merely working from a state of habit and memory. As your system clears, these old programs and memories will surface. Bless them, thank them for providing an opportunity to understand what the experience of self doubt, depression, etc. was like.

Then take a deep breath, remember you are in a very intense and physical process of upshifting your Divine vehicle to house your highest Light. Drop down into your heart, be in a state of gratitude, ask for ease and grace and allow for your intuition to guide you. You chose to embark

on the path of enlightenment. With this choice, aspects of your lower personality will need to shift and release to allow your higher wisdom, Light and love to come forth. You are a Master of Light! Remember your truth and surrender to the releasing of your ego self. Judgements, doubt, etc. are all parts of your lower identity, which does not remember the magnificence of who you are. You cannot change and remain the same. Breathe and know you are Light!

Blessings!

Raquel

www.raquelspencer.com