



Day 6

Transmission 24:16

Music: [Daniel Schotsborg - Mayan Ceremony](#)

This transmission begins to anchor in streams of Light consciousness into your matrix from the Cosmic Christ Consciousness, Buddha Consciousness, The Divine Feminine, The Divine Masculine, Divine Compassion and the Gaia Grids of Light. Breathe simultaneously in from the Crown, up from the Base and from within the heart itself, will allow the breath to culminate in the heart chakra creating a sphere or orb of Light.

This sphere of Light then moves into each of the seven major chakras imprinting this Light information and connection into the new sacred geometries that were put in place previously. Please practice breathing in this way often, if it feels appropriate to you. Pulling in Light or Prana from the crown chakra down into the heart, up from the base chakra into the heart and from the heart chakra itself. This is a rhythmic practice and something that will begin to come naturally for many.

Please continue to nurture your physical body. Take time to be in nature if at all possible. Work to embody the frequency of Divine Compassion into your own being. Self love and compassion must be embodied before you can truly extend it to others. Have compassion for yourself and all the changes and upgrades you are experiencing. The intensity of the emotional shift should begin to decrease, as you align more fully with your center. Continue to use all your tools and techniques to move any non-harmonious frequencies out of your energy bodies and fields.

Allow your body and mind to stay in a deep state of relaxation and integration.

Enjoy! Stay In Your Heart and Know You Are Light!

Blessings!

Raquel

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