



## Day 7

Transmission 27:32

Music: [Daniel Schotsborg – Venus](#)

Working once again on the physical level, this transmission goes deep into the blood and the multi-dimensional cellular structure. Please continue to work with the breath, pulling the Prana into the heart from both the crown and the base chakras, allowing the Light to fuse with the Light emanating from your own heart. Set the intention to stay in one unified field of Light continuously. Allow this to become your normal state of Being.

During this transmission we begin bringing in new oscillations of Light with the frequencies of Compassion, Grace and Love. You may continue to have a physical clearing, as the depth at which the blood and cells are infused with Light is extensive. Please make sure you are eating healthy, getting exercise, drinking plenty of water and allowing for time out in nature. If you are in a location that allows, please spend some time out in the sun light. With eyes closed, look up towards the sun for a couple of minutes and allow the Light to penetrate your body. Set the intention to be fed by the Light. Always use your sound judgement and follow your own guidance.

Please continue with the self care, finding time in your day to nurture, touch and give appreciation to your physical body. It would be wise to do another sea salt bath with the apple cider vinegar or body scrub. Remember, your skin is your largest organ. As we oxygenate the blood with the new frequencies of Light, it is important to help the body detoxify, as lower frequencies and energy will release.

As a Light worker, you are setting the blueprint in the fields for humanity to embrace and embody these new frequencies in the years to come. There are many Goddess, Angelic and nurturing energies present during this entire transmission, as there always seem to be. I want to give gratitude to them and you for allowing me to facilitate this amazing journey.

Thank you for your dedication and willingness to open and receive this new Light. It is an honor.  
Breathe and know that you are loved.

Blessings!

Raquel

[www.raquelspencer.com](http://www.raquelspencer.com)