



## Day 4

Transmission: 31:01

Music: [Daniel Schotsborg - Heavenly Air](#)

As we integrate the frequency of Cosmic Air, the codes within our physical body ignite. Air is the life force on the planet. All living things embody some form of prana flow - even the crystal and mineral kingdoms, since we understand that solid matter is truly illusion at the molecular level.

The connection to all life is a concept that is mentally understood by most on the spiritual path. However, the true experiential understanding eludes many. As the frequency of Cosmic Air continues to integrate into our cellular body, this level of perception and conscious awareness expands.

The knowledge and responsibility of being connected to all life on the planet grows as we step into a deeper level of personal mastery. As your consciousness expands, it allows for all life on the planet to expand. With the connection to the planetary grids brought through in Day 2, our responsibility as conscious creators amplifies.

Step into this new level of responsibility with JOY! The creation force and manifestation energies being brought in with the Cosmic Element of Air allows us to consciously co-create at a new level.

Embrace this, embody this and know that you are Light.

Raquel