



Day 8

Transmission: 26:10

Music: [Daniel Schotsborg - Solfeggio 3D - 417 Hz](#)

We continue the re-patterning within the interface of your conscious and unconscious/subconscious mind.

You may have life events that bring into your awareness this subtle, yet profound shift that is taking place at the quantum level. Notice how you are reacting differently. Take note and reinforce as much as possible the positive changes happening.

If you are not experiencing them yet, do not worry. The depths of the repairing may take time to manifest into your outer reality. The key is to “reward” yourself and notice when you no longer go into old patterns. Celebrate the change. Feel good about yourself. Yes, give yourself compliments and praise.

Give yourself some type of physical reminder, something to help you recognize and reward the changes. Whatever feels right to you. Examples: Give yourself a hug. Touch, rub or reflect on one of your favorite crystals. Simply touch your heart and give gratitude to yourself... be creative. It needs to be something new to reinforce the shift. We are human; this kind of action does have positive effects.

I HIGHLY recommend changing your sheets tomorrow, since you will be dropping a lot of density overnight after this activation.

Breathe and remember you are Super Luminous Light!

Raquel