



Day 12

Transmission: 29:22

Music: [Ancient Transmission - Sean Maher](#)

This activation goes deep. Your physical body has been prepared to hold this upshift in Light. Your matrix is expanding to hold the flow of Light and connection to Unity Consciousness.

The visual that best describes this activation is from the movie Avatar - when the Tree of Life connects to everything and everyone, lighting up and moving in an organic way.

It is quite difficult to articulate all that is transpiring.

It is demanding, even for me, to stay conscious with this activation, as it brings with it so much life force energy and connection to all that is.

Breathe into the energy, feel the love, experience the expansiveness in your Being and remember that you are Light.

Raquel