



Day 1

Transmission: 29:05

Music: [Ron Crose - Base Chakra](#)

It is with great honor and humility that I embark on this journey of Light with you.

It is essential for you to set your intention to receive the highest potential in this now moment. Your willingness to surrender elements of your personality (lower ego) directly impacts your ability to receive what is being offered during this series. Set your intention, trust the process and commit to transforming your current reality with ease and grace!

We begin with a deep clearing of your base chakra to prepare your Divine Vehicle. Moving back throughout your lineage and ancestry, we start to unweave the collective energies of fear and survival within your cellular memory and DNA.

The base chakra is completely unraveled, allowing false beliefs, fears, misunderstandings and unconscious behaviors to surface for release and clearing. You are clearing at a very primordial level.

Your ego mind may resist this clearing by creating situations or thoughts around fear; most may show up in your dream state. Notice, watch, observe and identify the inaccuracy of these fears. Many are not relevant in this time in history or to your current circumstances. Breathe through them, be the observer, acknowledge how the ego is trying to serve you, and release these fears with ease and grace.

Take special care to support your body during this series. Listen to your body and give it what it needs. The clearing often shows up in the physical reality. Make sure to hydrate properly and eat highly nutrient dense foods. Use all your tools to support this process, including breath work, exercise, movement/stretching, and getting enough sleep.

Raquel

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