



## Day 7

Transmission: 30:35

Music: [Ron Crose - Sacral](#)

This activation continues the clearing of old thoughts and belief systems around what you are capable of achieving in this reality. Working with the dolphin energies, much is released in your spine to allow inaccurate thoughts to clear away. Many of these patterns are once again coming from mass consciousness and your ancestral lines.

You will be asked to move past any doubts and communicate directly with your Higher Self to receive guidance and inspiration for your highest potential.

We return to the didgeridoo music, specifically recorded to open up the sacral chakra, to assist with this next level of clearing.

Surrender, focus on your heart and Higher Self and allow your own guidance to come into your awareness at an entirely new level.

Raquel

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