



Welcome!

Hello everyone! I'm so excited to be on this journey of Light with all of you. During the next 13 days, we will be embarking on a journey of self exploration through energy activations, light and sound to establish a deeper connection with Spirit and expand your perceptions.

Each day you will receive an Mp3 transmission and the corresponding pdf documentation. These transmissions will open up and activate the new Light codes, pathways and/or sacred geometries which are available to assist you with aligning more fully with Source and your Higher Self. Each activation will build upon the next, so it is important to do them in order.

Prior to listening to each new Mp3, please read the associated pdf guideline. It is best to do the Mp3's right before you go to sleep each night. This will allow for deep integration, without interruption from your daily routine and life. However, follow your own intuition as to when it is best to listen for you and your schedule.

Each Mp3 will begin with my voice and will end with special music designed to open up the pathways in the brain to help you connect with your Higher Self and Source Energy. The energy activations will continue throughout the entire Mp3 and beyond.

During this 13 day process, you may find that your body goes through an emotional and physical detoxification. Please honor the process and come from a place of observation. Allow, accept and move through the release with as much ease and grace as possible. Many of you may see me in your dreams and meditations, as I will be working with you to facilitate the energy on a very deep and personal level.

I recommend the following to assist your body during the journey. This includes, but is not limited to, gentle exercise, stretching, good nutrition, ample hydration, taking appropriate vitamins and supplements for your bodies needs and getting plenty of rest. I generally recommend vitamin C, liquid silica, super greens (I use a powdered form) and taking a sea salt bath at least 2 times during this process. However, this is only a recommendation, as I am not a medical professional nor do I give medical advice. Follow all instructions from your own

medical doctor and personal guidance. If you listen, your body will tell you what is required.

If possible, please listen to the transmissions with headphones to enhance the experience.

However, know that you will receive ALL the energy regardless of whether you use headphones or not. It is not required, just recommended.

Thank you for saying yes to opening up more fully to the truth of who you are! It is my honor to facilitate this event!

I look forward to sharing this journey with you.

Raquel

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