



## Day 3

Transmission 29:48

Music - [Daniel Schotsborg - Neurosonic Calibrator Level 3](#)

This activation continues the pulsing of Light waves through your systems to clear all the templates holding obsolete frequencies. Be prepared for this continuous wave of Light to penetrate throughout your body and systems. This pulse is ongoing throughout the entire activation.

Layer upon layer of your energetic fields are being purged and re-aligned at this time. This may produce emotional, physical and mental symptoms around the releasing of these energies. Most of these symptoms are processed during your dream state. Watch for underlying clues and themes to begin to emerge into your awareness. It would be highly beneficial to write these observations down and utilize all the tools and skills you have accumulated this lifetime to help process and release them with ease and grace.

If you have not done so already, take this time to begin making the physical changes recommended in the link provided in day 1. This greatly enhances the success of opening up your physical pineal gland. These, of course, are only recommendations; please follow your own guidance. However, these lifestyle changes are designed to be long-term, assisting with the level of Light integration which can flow through your pineal now and in the future.

The music chosen for this activation assists the clearing to go deeply into your energetic systems. This music is using a special Holomni-sound technology. It is using monaural beating frequencies (in the low frequencies) and isochronic tones (in the high frequencies). Composed and produced by Daniel Schotsborg, this music is specifically designed to help you reach higher states of awareness. For more information about this music, please visit [www.qualiplus.com](http://www.qualiplus.com).

Please make sure you are taking care of your body!

Raquel

[www.raquelspencer.com](http://www.raquelspencer.com)