



## Day 10

Transmission: 31:00

Music: [Chris Deuel – Violet Flame Meditation](#)

This transmission of Light continues the upgrades in your body to hold new levels of consciousness. Working with the dolphins, we begin to move into the streams of Light which hold your future potentials. The dolphins are the master dreamers. Allow them to work with and assist you with dreaming your future into existence. Enjoy their playful and loving frequencies and relax into the energy.

Your body is being pushed to a new level of expansion. Please make sure to take the necessary steps to nurture yourself. We all get busy with our daily realities, pushing aside the promptings of our body. Please take time to honestly ask your body what it needs to assimilate and process this energy with the most comfort and success. You may be amazed at what the body will tell you, if you take the time to ask and listen to the response.

Breathe, relax and know that you are Light!

Raquel

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