



Day 11

Transmission: 27:10

Music: [Sean Maher – Ancient Transmission](#)

This transmission creates the space for you to explore new potentials for your future self. With the energy of the dolphins still present, yourself fully supported and anchored in this reality, you begin to open at a whole new level to the information and direction streaming in from your Higher Self.

A deep sense of peace and wonderment accompanies this energy. It is a beautiful opportunity to explore your future self and experience. Stay in your heart. Stay in gratitude and dare to expand your perceptions of what is possible for you.

Please remember during this process to support your body through ample rest, hydration, nutrients and movement. I highly suggest washing your bed-sheets again with the addition of sea salt or lavender oil to clear the energies you continue to release.

Breathe, surrender and remember that you are LIGHT!

Raquel

www.raquelspencer.com