



Day 12

Transmission: 31:28

Music: [Sean Maher – Winter Wind](#)

This transmission is all about clearing the patterns, templates, energy around self-worth. It is only when you truly “feel” you deserve to receive all that the universe has to offer, are you able to manifest it.

For centuries the energy patterns of low self-esteem and worth have proven very effective in manipulation, taking away power and controlling the masses. The patterns are deeply imbedded in the fabric of this reality. This is in direct conflict with the truth of who you are.

Allow any emotions to arise during this process, and remember to be the observer, surrendering to the process. Many of the emotions are releasing from your cellular structures and have NO relevance in this incarnation.

Breathe, surrender, release and know that you ARE Light!

Raquel

www.raquelspencer.com