



## Day 4

Transmission: 28:49

Music: [Sean Maher – Winter Wind](#)

The reconnection and rewiring continue. Firmly seated within your own heart chakra during this activation, allow your Higher Self to take you on a deep journey. Exploring fears, patterns, thought forms and behaviors, surrender to the process and breathe through it. You may experience a slight buzzing or tingling throughout the entire process, as the axiatonal connections are firing within multiple layers of your fields.

This process may also feel very comforting to you, as if you are being cradled in the arms of the Angels: a deeply nurturing experience designed to allow your ego mind and body to fully release patterns held in your cells.

Please listen to this MP3 activation prior to bedtime, so you can easily move into dream state, if possible. Also, tomorrow, please wash your sheets by adding a handful of sea salt OR a couple of drops of lavender or lemon oil to your regular detergent. This helps remove the energy you are releasing. It's important to keep your bed energetically as clear as possible, as much is happening while you sleep.

Remember, you are a Master of Light and it is your birthright to co-create without limitations based on misinterpretations. Surrender to yourself and know that you are loved.

Raquel

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