



Day 6

Transmission: 30:11

Music: [Chris Deuel – Deep Inner Peace](#)

This transmission of Light begins the process of training your mind/body to utilize the new pathways of Light. This exercise in transmuting your internal ego/mind doubts and fears strengthens the ability of your bio-electrical and bio-chemical to respond in new and expanded ways.

I ask that you stay conscious and aware as your Higher Self brings into your awareness new opportunities or inspirations. Be the Divine Observer of your own reactions and energy. Focus your own Light to transmute any lower frequencies that surface during this “training” session.

All neural pathways and new functionality in the body require repetition and focus to become a natural state. Just as you would train your muscles, the neural pathways must practice new ways of responding. Allow yourself to laugh at your ego responses and realize the magnitude of your own Divine Light. Allow this process to be fun and entertaining as you expand your belief of what is possible.

Breathe and know that you are LIGHT!

Raquel

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