



## Day 11

Transmission: 29:53

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

This transmission of Light continues the flow of new Light streams from the galactic network. The streams you are being connected to are from the future, if we are to still use the analogy of time and space.

Allow yourself to fully surrender and receive during this transmission. Let the energy integrate deeply. Allow the wholeness of your Omni present self to come into your awareness. Stay in your body if possible... or at least set that intension. Grounding it here in this reality is what will allow you to bring the wisdom into your consciousness.

Remember to take care of your body. It is extremely wise to eat as purely as possible during this process. This will assist your body tremendously! Get lots of water, rest and body movement to help integrate. Oh yeah, and remember to wash your sheets with a hand full of sea salt and a few drops of lavender or lemon oil added along with your regular detergent. It will help with you integrate.

Raquel

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