



## Day 2

Transmission: 28:36

Music: [Sean Maher – Winter Wind](#)

It is extremely important to stay grounded and fully connected to your body during this activation. Breathing deeply into the abdomen, stimulating the chi life force energy in the base chakra, is advised.

The ability for the light energy to travel through your central column and secure into the base chakra is essential for anchoring higher levels of frequency into the physical realm. Following the Boundless Foundations series, your base chakra is ready to handle this next level of light influx.

It is important to tap into the zero - still point energy of your heart, allowing a space of balance and calm. This brings the body systems - your heart rate, blood flow, etc. - to an optimal situation and allows the rewiring within the crown area of your head to commence with ease and grace.

Allow yourself to experience the sensation of BE-ing completely calm, still and omni- present. Breathe, relax and know that you are exactly where you are destined to be, pushing the boundaries of the ordinary, upshifting your body to expand your awareness of who you truly are.

Raquel

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