



## Day 4

Transmission: 30:00

Music: [Sean Maher – Ancient Transmission](#)

This transmission of Light deepens the preparation of the body to integrate higher frequencies of Light and information. A new neural network begins to form between the heart and the crown chakras. This network or pathway system is allowing for a new level of entrainment between the heart and the crown.

The shape is forming as an oval going within and outside of the body. It is multi-colored, with colors I do not have names for in this reality. The function is to enable more Light to stream from the levels of the Buddha Consciousness grids (and beyond, I believe) for the work that we are being prepared to participate in (if you choose).

Remember to take care of your body during this process. It may feel calm and soothing during the activation, but your body needs time to integrate this at a very deep level.

Raquel

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