



Day 5

Transmission: 29:19

Music: [Sean Maher - Exoplanet](#)

As we move into expanded levels of consciousness, our bodies have to adapt, adjust and evolve to handle higher and more intensified levels of Light. This is part of the evolution of consciousness.

This transmission of Light continues to build new neural and energy pathways to allow more Light to flow through and anchor into this reality. A new oval-shaped pathway, mirroring the one between the crown and the heart, begins to form from the heart to the base. This network enhances your ability to ground new Light frequencies into your body and this reality with more ease and grace.

You may experience some body discomfort from this process. Do whatever is necessary to comfort yourself. Anchoring the energy is essential to allow the information to be realized in your awareness.

Breathe, relax, set your intention to receive all that is appropriate and available for you - and remember: You are Light.

Raquel

www.raquelspencer.com