



Day 2

Transmission 28:17

Music: [Daniel Schotsborg - Mayan Ceremony - Holomoods](#)

This transmission of Light focuses on the breath. Within the cellular codes is the memory and understanding of the essence of the life force of breath. Activating the body's innate wisdom to utilize the breath, chi, life force beyond the automatic system functions, the wisdom from own experiences in this lifetime or others was ignited.

During this transmission I used ancient language and Light language to re-awaken the wisdom held within your cells. The language spoken will be recognized by you at some level, whether you are conscious of it or not. The words spoken and sung are encoded to activate sequencing Light patterns within your multi-dimensional DNA to allow the consciousness of your cells to communicate with the Chi, Life force, Prana at a new level. This will allow your use of breath to clear, activate and ignite your natural gifts and memories more effectively.

Continuing with the clearing of the patterns that keep you in illusion, we specified to clear only that which your conscious personality could assimilate at this time. Carefully unweaving the patterns of Light within your matrix and that in which you are intricately tied to through all your energetic expressions.

Please take care of your body. As often as you can, place your awareness on breathing simultaneously through your physical lungs as well as your heart, crown and base chakras. Allow the knowledge and power of the subatomic particle of Light frequency which make up the Prana to communicate more effectively to your cells, bringing your physical vehicle into a deep state of knowing. This will be essential as you continue to clear misaligned frequencies throughout your current matrix of Light.

Spirit is asking me to remind you to increase your electrolytes, fluid intake in general, to make sure you are getting plenty of protein (which ever source works best with your body) and

vitamins/deep nutrients. Your body will be detoxifying through this process. Treat it with extra care during this journey. Set the intention each day that the Light information pulsing through your body from the Prana raise your consciousness exponentially.

Breathe and know that You Are Light!

Raquel

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