



Day 3

Transmission 29:04

Music: [Daniel Schotsborg - Neurosonic Calibrator - Level 1](#)

This transmission of Light focuses on the re-integration of your own unique signature frequency throughout the cosmos, which is appropriate for your highest potential into this incarnation and reality. This process can seem intense in the physical reality. Many who are physically sensitive may experience fluctuations in the heart, quickening of the breath, electrical pulses throughout the entire body and more. This is all to be expected with this much integration of your own essence. Please do not be concerned if you do not experience this during the transmission. Your Higher Self is orchestrating all levels of this process. For some, it may be a blessing to not feel this so intensely.

Use your breath in a conscious way to help with the integration. The new patterns and template structures of Light will begin to emerge into your energetic systems as this process continues.

Almost half of this transmission is music which is intentionally selected and is designed to assist the brain circuitry with this energy work. Please stay as conscious as possible during the entire transmission, if possible. If you do need to go into a more relaxed state, follow your guidance. Your body is integrating at a very deep cellular level. Please listen to your guidance as far as what is most appropriate. Food may be one way to integrate quickly, so follow any intuitive cravings (make sure they are from your higher self - not just a normal craving) to help this physical process. Stay hydrated, and make sure you are getting physical activity, such as stretching, walking, etc., during the day to support your body. Remember, your body is your vehicle for awakening.

Breathe and know that You Are Light!

Raquel

www.raquelspencer.com