



Day 4

Transmission 29:30

Music: [Daniel Schotsborg - Heavenly Air - Elements](#)

The journey continues as this transmission of Light goes into the energetic patterns of your beliefs. Working to unlock energetic codes stored within your cellular structures, we dive deep into the thought forms and templates creating distortion in your current reality. During this clearing, I recite a poem that originally came to me on Hawaii's Big Island. Allow the tone frequencies of my voice to penetrate into your core, anchoring the up-shifted codes of Light into your systems.

The willingness to open My heart, my soul, my core
Has truly been a journey I've been walking
for so long

The truth of understanding That comes with deep review
Of all that hinders happiness Within the
true pursuit

It is with deep reflection Of what your soul believes
That manifests your outer world To match
all your beliefs

To change the current future To undo the tortured past
One must revisit all events That made us
manifest

The current situation That doesn't match your core
Of the Light that shines so brightly Radiating
from the Source.

Allow the music to take you into a deep state of relaxation as you release with ease and grace.
Breathe and know that You Are Light!

Raquel

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