



Day 5

Transmission 32:00

Music: [Daniel Schotsborg - Mother Earth - Elements](#)

This transmission of Light is intense. Working with the energies of the Cosmic Buddha, the Goddess Pele and the Grandmothers of Mu, the clearing of your system continues.

Prior to listening to this transmission, please make sure you are hydrated (perhaps drink an 8-ounce glass of water right before listening) and, if you have easy access, please take some liquid silica as well, to support your system. Liquid silica is easily obtained in most parts of the world via health food stores, or online through vendors like www.vitacost.com. The liquid silica is a natural salt which will support the bio- electrical and bio-chemical changes that are taking place in your body at this time.

The frequencies coming through may be uncomfortable at times due to the electrical nature of what is happening. As always, set the intention to receive what is perfect and Divine for you in this now moment.

For those of you who are not familiar with the Grandmothers of Mu, they are the original embodiment of the Divine Feminine frequencies of Light, anchored in the beginning of this current cycle during the time of Mu. I was first introduced to them in this lifetime during a sacred journey to the Valley of the Rocks in Bolivia. They are currently only in energetic form, residing within the 15th dimensional band of Light.

The music is specifically chosen to help with the integration of this activation. Allow the music to assist you with this process.

Breathe and know that You Are Light!

Raquel

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