



Day 6

Transmission 30:41

Music: [Daniel Schotsborg - Green - 3D](#)

Your physical and energetic bodies continue to upgrade in this transmission, although the process seems gentler than day 5. With the assistance of a hand-picked team of Light Beings, your solar plexus' chakra is reconfigured with the new templates for the crystalline chakras. Although not mentioned during the transmission, multiple layers of your matrix are equipped with a structural support system that allows the interface of 15th dimensional energy to stream into your system with ease and grace. This is the same frequency from which the Grandmothers of Mu operate. This allows a more direct connection to the Light information coming from your Higher Self to integrate with less distortion or interference, while down-stepping through the denser dimensions of this reality. This structure acts as a protective mechanism to ensure that the energy you receive is as clear as possible at this time.

You may find that you are going into an unconscious state during these transmissions. If so, please know that it is appropriate and perfect for you. The depth of this work may require you to be in this place of relaxation to allow optimum integration of these upgrades. Remember to take care of your physical body. We are remodeling your house (your body) to hold an entirely new level of Light for you and this process may be exhausting. Trust that your Higher Self is orchestrating this with as much ease and grace as possible. Also be sure to use the breath as a tool for integration.

We are almost halfway through this journey. I recommend taking a sea salt bath in the next 24 hours to help draw out the energy releasing from your physical body. If a bath is not possible, you can use a body scrub in the shower to assist with toxin-release. Skin is one of your largest organs. I also recommend washing your sheets using normal detergent, adding a handful of sea salt plus a drop or two of lavender or lemon essential oil to the water. This will clear the energy you are releasing during your sleep from your bedding. Remember, EVERYTHING is energy.

This physical cleanse assists in clearing your environment as well.

Once again, allow the music to assist you with this process.

Breathe and know that You Are Light!

Raquel

www.raquelspencer.com