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## **Interview with Raquel Spencer**



*Raquel Spencer*

Multi-Dimensional Energy  
and Cellular Light  
Specialist

## **Preparing Your Divine Vehicle to Embody Your Light!**

Darius: Hello and welcome everyone. This is Darius Barazandeh and you're tuning in to the You Wealth Revolution and I am so excited because we have Raquel Spencer and it is going to be an incredible session today, because some of you have been writing in and saying: 'You know, I really want just to feel. I want to feel something beyond me. I want to feel something come online and activate within me. I want to feel something bigger than maybe what I've been dealing within reality. I want to know. I want to know the presence of the true I AM or my greatness of my true infinite energy.'

And I believe today is the day. You're going to feel a lot of things that maybe you've never felt before. So get ready because our guest, Raquel Spencer, has amazing, amazing activations for you and some amazing gifts for you just to experience and be a part of that I know that are going to change your day and also, I believe, change your life.

So let's do this. We did a heart activation before everybody came on, so we did 10 minutes of that, so I just want to ground everybody back into your heart and being present to what you're going to receive today. So let's just take a deep breath in and I'm just being called to do this today. Sometimes I do this, sometimes I don't.

Take a deep breath in through your nose and out through your mouth, just feeling this heart energy and feeling this groundedness to the truth that we have today and just knowing that you are a gift, you are an amazing being of life, you are an amazing gift to this planet, you are an amazing contribution, you are an amazing being. You're whole, you're perfect, you're complete and you are loved. And even if your current reality doesn't seem to be demonstrating that, know that there is goodness and light always in your grasp.

Let's today show you that. Let's say in our prayer today that we bring it forward for you and it be such a magnificent expression that you know it and feel and vibrate it in every cell of your body today. That is my wish for you and I just channel that for everybody. And I've never done that before but I wanted to make sure everybody feels that. Just let that settle in and we're going to get started.

What we're going to be talking about today is really what we are. We are in many essences... if you look at our hands, you're going to say: 'Well, we're these humans. We've got skin. We've got cells. We've got bones. We've got blood. We've got vessels.' But we're also this divine vehicle. We're also something beyond all of that and it very well is in my opinion the understanding of that that really activates our power. And going to experience increased integration to something called the latest light codes that are available for our awakening and for our conscious connection to the divine.

We're going to upshift or uplevel our entire energetic systems to embody our own unique essence and light. You see, I believe when we're plugged into our own light and in our essence our lives unfold in magical ways. I think a lot of the suffering we undergo is because of this disconnection. Sometimes for a reason, to move us to the next level, but sometimes because we're just disconnected from what we are. And we're going to expand these abilities and gifts that we have and we're going to be able to see, feel and experience things at a whole different level. That's my

intention for this session.

Well, our guest today is Raquel Spencer, an internationally acclaimed multidimensional energy and cellular light specialist. She's an author, a facilitator and an intuitive. Raquel has been described as a multidimensional computer, energetic electrician, a master healer of your cellular light, and she will work in the quantum fields and the pure potential of light and sound, and she specializes in activating in both men and women those dormant mind/body light pathways and multidimensional cellular codes that are there. They are there right now in you unactivated so that you can remember your divine essence.

Simply stated, Raquel's work prepares the physical and energetic bodies for the upcoming shift, accessing her ancient goals from a lifetime as a Hathor Tibetan Monk, Atlantean Healer, knowledge from the original etheric crystal skulls and many cosmic universal expressions. Yes, we're in for a huge threat today.

She's also a graduate of California State University, Sacramento with Bachelor of Science in Business. She even worked for Fortune 500 companies for more than 20 years. But something, like many of you have experienced, brought her here and it was a life shift that was profound she could not go back to the way she was. It completely rewired her physical and energetic systems and created a huge shift in her own awakening and allowed her to fulfill her ancient agreement to prepare humanity - all of us - for the shift in consciousness.

We're going to find out what that event was, what happened, what she learned, how can it serve us, and we're going to be doing a light body activation. So get ready. Share with your friends and family at [www.youwealthrevolution.com/now](http://www.youwealthrevolution.com/now). I am excited.

Raquel, thank you for being here and welcome to the You Wealth Revolution.

Raquel: Thank you so much, Darius, for having me on. It is such a pleasure to be here.

Darius: I am excited. You know, I know that we talked about some of your work and what's going on, and I want to ask this question first before we get in to that: what is happening on the planet? A lot of people are feeling a lot of different things. A lot of things seemed to be changing. Old ways seem to be crumbling. New ways seem to be emerging. And there seems to be like one group that's responding really well and moving forward and other groups that are holding on and things just get more and more difficult. Tell me what's happening in your opinion.

Raquel: Well, my opinion is that things are shifting and they're shifting big and they're shifting fast. There is an entire soul group – an entire soul group – of us that came on and embodied onto the planet during this time. That is the group that is holding on and moving everything forward.

We came in as a soul group together, because we're specialists. We are here to hold and bring forth the new templates to move consciousness for all of humanity forward at this time. It is an amazing time in cosmic history, an amazing time in cosmic history, and those who are looking into your call I can absolutely guarantee our part of the soul group that have come in as masters of light to upshift and shift

the way in which consciousness is held within the physical body, within the matrix grids of the planet, to allow for a complete shift in the consciousness and understanding of who we really are.

And so we talk about these different groups. You've got those that are just moving forward and embracing the change and moving forward with their consciousness and actively working on it. Those are the ones that we call the light workers. And I use the word 'workers' because we're here; this is what we came in to do. This was our soul mission as we came in as a group together as an overall plan to actually this. And then we have all those that are not necessarily that far along on the evolution, and that's who we came in to help.

That's who shift and bring their awareness into a different state of understanding about the fact that we are more than meets the eye, we are more than this 3D, that we part of infinite source. But there are those of us, and especially those on this call, who are truly multidimensional specialists themselves and we're just here coming in. Many are starting to come online. The shifts that happened when went into the new age, the new cycle of time that happened December of 2012 propelled us into a whole other frequency band of light access available to new frequencies and new information and we are just on the very beginning in breath, not even threshold of this whole new cycle. And we are on the cutting edge and it's very, very exciting hunt. Very exciting times to be here.

Darius: Wow. Wow. Very exciting. And really quick for those that are facing challenges right now. Is it because there's something else calling them that they are needing to be receptive to, plug into, pull sort of like their truth and their light from a different source? Is that kind of what's the catalyst?

Raquel: Absolutely. Absolutely. Because most of us here... There's a deep knowing. There's just a deep knowing. I don't care where your skill level is. I don't care if you can see, hear, taste, smell, all of that. You know deep in your soul. It's undeniable. And as more and more frequencies and more and more oscillations of light that hold the truth are accessible, that urge is getting even stronger. So that knowingness that might have been tickling you maybe five, six, seven years ago that you were like: 'Ooh, I need you to engage in that.' Right now it's been your face. I mean, it's right there. You know that there is something else going on and your soul desires it.

And what my work is all about is helping you plug in and start to really reconnect to that truth in this reality, in this 3D, in your everyday life so that you can really began to express who you truly are, and remember and step in to your authenticity so much more.

Darius: Yeah. Now, your journey we talked about briefly and vaguely, but it began after an unexplained five-week medical coma. Tell us more about that, Raquel.

Raquel: Well, actually it was an unexplained medical coma. There was no reason. There was no accident. There was no injury. I wasn't in a car accident. There was no illness. There was nothing that should have put me into an unconscious state. But I did. I went in. The beginning of this happened way back when in 1985, before even the original harmonic conversion. Many of you on the call may remember the harmonic

conversions of 1987.

That was a really pivotal year in consciousness and the movement forward for humanity back in '87 - the harmonic conversion. So there's a lot written about that on the internet.

But I went through this experience back in 1985 and I simply went into a coma for five weeks and I was announced dead three times.

Darius: Wow.

Raquel: My poor family – God bless them all, okay. When I came out of that five weeks later, when I came out of that I was fully functional but the world seemed strange. I couldn't quite put my finger on it but something had happened, something was different.

I went back to work, I went to school. I got my Bachelor of Science. I did all the normal things. But something was really different. And it took several years, several years. Now, we're talking back in 1985, 87, 89 – way back then. It took several years for me to truly integrate all that had happened in my energetic and physical bodies from being completely rewired. And that was really my prep to be in that coma for five weeks undergoing the rewiring, undergoing the opening up of the pathways.

And then because of the time and energies it took a good five, six, seven years for the integration to really happen, and it wasn't until about 1990/91 that I started to really start to bring my gifts online. And my first full-blown multidimensional experience where I was seeing in the other realm happened on what most people might remember as the 11/11 stargate opening. This is back in January of '92.

Darius: Yes. Wow.

Raquel: So we're talking a long time ago.

Darius: Yeah.

Raquel: 20 years. And I began opening and bringing in and remembering my skills, and it wasn't until... Fast forward, I walked through... lived pretty much in both worlds. I was working in corporate. I worked for Intel and Hewlett-Packard. I mean, I was in 3D corporate just like everyone else, yet I was having this amazing multidimensional experiences and memories drop in.

And I continued to hone my skills and remember and awaken until I was directed by my higher self - I refer to as spirit – on the 12/12 of 2008. On the 12/12 on that date a new grid of consciousness and it was called the Christ Consciousness Grids of Light actually came online. And on that day I was in Costa Rica flying home and spirit said: 'Go home and do your work. You're ready. The world is ready.'

Darius: Wow.

Raquel: And so January of '09 I started my first workshop and I've been doing this nonstop ever since.



So it is about timing. It is about what's available. It is about the cosmic shifts and the time in history that we're at. What we have available to help us wake up energetically is significantly more right now than it even was 12 months ago because of the placement within the cosmos.

We talked about the grand alignment. The grand alignment, the cosmic alignment on December 21<sup>st</sup>, 2012. Alignment. Placement in the cosmos and in the cycle of time starting. What's now starting to come online and available for access within this reality, within this 3D physicality that were in – is coming in and it's coming for availability faster and quicker than we've ever experienced before. And that's a lot of why people are having this urgency: 'Okay, I know there's more. I know there's more. I know I'm supposed to be doing something. What is it?' It's the urgency because the energies to even shift them faster and quicker are now available.

Darius: Wow. And when people plug into these energies... I mean, this is a big question for a lot of people. What happens? What changes? What transforms? What awakens when we, if we, when we walk into these energies?

Raquel: Well, a lot of things happen and first and foremost I'd like to just kind of process some of my own personal experience and from experiences of a lot of my clients. Your higher self is really what... Okay, so let me just say one thing to kind of set the stage here, okay.

Darius: Okay.

Raquel: I think of the light codes.. We have a lot of computer codes, because we get that in this day and age. We didn't get that 20 years ago. But mainstream gets computer terminals in this day and age. So I use those to give analogies, okay. So if we think of a light codes and the light information as the software. I talked about the body, our physical divine vehicle, as the hardware.

Darius: Right.

Raquel: Now, a lot of people – and I love this analogy as well, because it just hits home. If you're using a telephone that is not a Smartphone... Say you have an old Nokia flip cellphone and you're trying to connect into 4G. It doesn't work.

Darius: Right.

Raquel: The hardware can't read the software. A lot of us, a lot of people here on the planet, a lot of the light workers are operating within their divine vehicle at a level that is not up to speed. The two can't communicate because the divine vehicle is not functioning at the level to interpret and integrate the light that is available.

So with that said, your higher self, that infinite part of you that is functioning from a higher level of consciousness, that piece of yourself that you are working towards connecting with, really does do as much as possible to get you where you need to be at the right time. There is a process and a desirable level of awakening that really is appropriate, because if you want full-blown – boom! – you're turned on today, the conscious mind and the personality wouldn't really quite be able to handle it.

So it comes through stages. It comes in stages. And I always laugh, you know, at clients - 'I want to see, I want to see, I want to see.' And it's like be careful what you ask for.

You want to see what is appropriate for you for your awakening and for your highest potential. You've got to put that intention in. And so as we go through this process and the body begins to be able to integrate the light information, what happens? You begin to first of all have a deeper understanding of who you are. Your experience in the world, the way you perceive the world starts to shift. And I'm not talking about you're looking at a lamp and the lamp changes shape. I'm talking about how you perceive working and being around other, you know, inhumanity. New ideas of how to move forward to bring about joy and happiness come in because your higher self is always going to give you information that is for your highest potential, and for you to be in service for those around you.

Darius: Wow.

Raquel: So things begin to shift because you get into what I refer as being in divine flow. And my intention and what my work is really all about is to get you into that divine flow 24/7. Not just when you go down into a deep meditation state and you're connected and you ask for guidance and you get those answers, if you're able to even do that at this point. But to really get you in divine flow so every moment you know that you are making the choices that's going to bring the most happiness, the highest potential for you, and allow you to be in service in the world the way that you in your heart and soul really want to be.

Darius: Wow. You know, this is so much in alignment with people who are writing in, Raquel. It's amazing, because they are just writing in. This is exactly what I wanted.

One person said: 'Thank you for having Raquel on your show. Her work is phenomenal. Unlike any other. She's helped me embody higher levels of light information functionality that I've never experience before. Her gifts are unparalleled to any other healer that I've ever worked with before. She's a godsend.'

A lot of people are also saying: 'I'm so ready for this energy.' Addy in Germany: 'I'm so ready for this.' People are ready.

Paula says: 'I'm crying my eyes out hearing these truths.' You at some level this is resonating. People are feeling that it's possible. Now, you said being in this divine flow all the time. What does it look like in our lives when we're not in that flow at all or we're really just barely, barely getting that trickle in and we're just out of that essence? What does that look like?

Raquel: Depression.

Darius: Yeah.

Raquel: Depression is one of the bigger because you're out of alignment. You're not in your truth. And that's the first thing that's really going to show up. Body pains. Body aches. When your body is not able... And I go through this as well. When I go through a major upshift and I am continuously updating as well. This is a process.

This is not a one-time boom here - I am and let's go. This is a process. We are in an evolution – and a revolution.

Darius: Yes.

Raquel: But in evolution of what our bodies are capable of doing. The original blueprint, the original design of this magnificent bioelectrical/biochemical computer we call the body, the original design was capable of functioning at a multidimensional level. We've just gone into atrophy over all of the years. And so what we're doing is we're reawakening the natural state of the body, and quite frankly really pushing the body to come back to that original state.

When you go to atrophy it takes a while. We are in physicality. You know, one of the things that I feel so strongly about and God bless all the journeys that people go on and going out and going out of their body and out-of-body journeys. Beautiful. That was necessary experiences we all have to have to understand that there's even more out there. But my work, I'm about bringing it in. I'm about bringing it into the body, living it in the 3D in this reality, in the density, and still having the connection.

Darius: I love that. And we're getting tons of comments in about that and people wanting more of this. The big question I had... You talked about like our essence or like our old codes or maybe even just our body systems not being upgraded to this new light energy - that example the Nokia phone. These light codes, what are they? Where did they come from? What's going on with the light codes and our own body's systems right now? And then what do we move into as we evolve and begin to be able to really pick these up and utilize them?

Raquel: Well, the light codes... I like to think of again... This is like the software.

Darius: Okay.

Raquel: The light codes are actually the software. Light is the software; we're the hardware. The software comes in to instruct the body and the consciousness with the new information, okay. So one of the things that I really... one of the key things - and it's so interesting to me but so many people are not even aware or don't talk about it. Have you ever heard of the fourth eye?

Darius: I have not heard of the four. I've heard the third eye not the fourth eye.

Raquel: You bet you. Everyone's heard of the third eye. Let's talk for a minute about the fourth eye. The fourth eye is a pathway of light. It's a pathway of light. If you were to put your hand on your head and move it slightly behind the crown to where the soft spot was when you were a baby, that little indentation right on the top. If every listening would actually do that. You can still feel it even as an adult. There's a little... You can tell. There's an indentation there.

That is called and it's a semantic. You can call it whatever you want. But I refer to it as the fourth eye. The fourth eye is actually a pathway that goes directly down into the pineal. Now, most of the people on this call probably have heard of the pineal, pineal being one of the master glands, and it is really revered for awakening the pineal. And we want the pineal coming back to its original state of functionality.



Now, this pathway of light actually is in the energetic within the body, is actually pathway where light codes, information, coming in from (1) your higher self, your unique expression that emanates in the higher frequencies of light, and from... I call it original source, divine source. Again, these are semantics. But the energetic frequencies many refer to as God or the goddess, divine source, original source. I think about it as original source because for me let's go back to where the original pulse and creation of light.

But the codes are coming in. They're now available to go in and speak to RNA/DNA cellular structure of the body to remember how to interpret and utilize light as information within the knowledge. But this is one of the major pathways in which it actually integrates in, and nobody's talking about it, nobody is giving attention to it, okay.

So if this resonates with you, if you check and everything - everything - I say runs through your own heart, you are your highest authority always – always. Run everything through your own heart space, and if this rings true, open up to the potentiality and the thought process that: 'Oh, wow, this might be a pathway I need to pay a little attention to.' Because as you open it up, the codes can come in more effectively into the body and begin the process of relearning how to integrate the light.

There are many ways in which light comes. Number One, the eyes as well. I do a lot of work when I'm working with people. I'm going in energetically, working on the eyes, working on the retinas, because literally light source and information coming through the retina and it goes back through the higher mind and into the optical nerve back into the higher mind.

The mind and the body is really so key in being able to have that awakening and the pathways of light and the energy being able to flow in and integrate. You know, it's just like having a computer back that was, you know, the last computer in 2008 and you at the software store and they all just run the new operating system.

Darius: Right. Exactly.

Raquel: You want to get your hardware off to run all the new software, and that's what I'm all about. When I started to bring in the skills, when I started to remember who I was and what I'm here to do and the skillsets began to come in for me, what I'm able to do... And that's why they call me an electrician. Sometimes they refer me as the 'geek squad', you know, from the computer source. 'I don't really know how to do this. Just fix me. Just get the computer running so I can be what I'm here to do.'

Darius: Yeah, yeah. Yes.

Raquel: And that was my work is really designed to do. I am able to go in and repair the pathways of light that are frayed or aren't connected. I'm able to go in and upshift the cellular ability to interpret the light, open up the pathways, get the left and right brain hemispheres of fully functioning and the synapses firing more appropriately. Looking with the chakratic system. The chakratic system...

Darius: Say that again, Raquel. Say that again. The chakratic system? Spell it for us.

Raquel: Your chakras. I call it chakratic system.

Darius: Oh, chakratic. It just was sounding funny when you said it.

Raquel: Sorry. Yes.

Darius: Okay.

Raquel: The chakra system. Chakratic I call it. I don't know why I call it the chakratic. The chakra system. The chakra system is going through major changes.

Darius: Okay.

Raquel: Major changes. And a lot of people are thinking that chakras - 'Oh, that's so seventies. So passé.' No, no, no, no, no, no, no. They are the workhorses of your energetic field. You've got to keep them upshifting. You've got to keep the upgrades coming in so that it can run the light and run the frequencies for you.

So a lot of my work, I'm in hoping to upshift the chakra system. I've gone in and replaced them because they're so damaged. I go into the original blueprint and I bring down a replacement. It looks tired. Let's bring in a new one so that it can operate instead of working on the 30-year-old system. Let's get you with the latest and greatest so you... And the whole idea is for you to get connected with you, your higher self, your multidimensional self, because your higher self is absolutely your biggest advocate on the planet.

Darius: Yeah.

Raquel: Absolutely.

Darius: One thing that I started as you were saying that sort of really feeling... You know, some of the things I wrote down were electrician, major changes, get repair, frayed energy systems, upshift, open up. And I got this question just came in from somebody. What causes these systems to no longer be operating at maximum efficiency or no longer be able to pick up as much light or *need* to the basically reborn? I mean, is it life trauma? Is it just because we are all awakening and there's new energies coming forward? Or is it a combination of all the above?

Raquel: Well, it is a combination. First of all we have to realize that we've been operating with the system that has been an absency for a really long time. Okay, think about that. It hasn't been working. It hasn't been connected in that way for a very long time. And for many... I mean, that goes back and... I remember being in Atlantis. I remember it very clearly, but that's the last time I really remember a large group of the population being connected in. And the body structures just like things... I don't like to use the word 'mutate' but it kind of come off of what we're talking about. The body over all these thousands of years has atrophied. The connections weren't there. Nobody was paying attention. We were in a different time and space. The body just lost its capability. Just like with muscles. If you don't use the muscle you lose it.

Darius: Right. Exactly.

Raquel: Okay. And what we're doing now, we're rebuilding the muscle. We're rebuilding. That's an analogy but it's the same thing with the systems of light in the body. They've been unfunctioning for a long time, and it would be wonderful if we could just come in and go – boop! – and that we are and we're all good. I wish that was the case and then I'd do it all so fast and we'd be on our way. But we are in a physical reality and we are not about just going out into the higher realms and experiencing out. We're about bringing it in to the real life experience on this planet for humanity's future. And this isn't just about us.

Darius: Right.

Raquel: This is not about our experience in this lifetime. This is about moving the future of humanity on this planet back to a reality where they know they are part of a much bigger system of life.

Darius: When you do these activations and you move people in this space, what are some things that happen, that reportedly happen with people?

Raquel: Well, there's a long list of what happens for people, but one of the things I do like to tell people to begin with - and this is something you really need to be aware of with my work. 99% of the time - that maybe down to 85 now - I have to restate that because people are getting clearer and clearer. But most of the time when people begin to work with my energy and my transmissions and my activations, they go through a detoxification on the physical level.

Darius: Okay.

Raquel: Most of them really get quite sick for a few days – flu symptoms, diarrhea, sweats, that kind of things - because let me explain what's happening. We are bringing light into the cellular structure of the body. This light is not necessarily transmuting the frequencies that are there. It is bringing in a higher oscillation into the cells and that pushes the lower oscillations of light out. Those dump into the blood stream. They dump into the systems and the body actually detoxifies.

This actually is something to be highly celebrated, truly, because what's happening was all of the stuff... And this is a great analogy as well. How long have we been working on trying to clear our stuff? Years we've been going through when doing all of this. And I like to use the analogy that when you're in your email and you put something in the trash and it's like: 'Ooh, that was my email. It's not there. I put it in the trash.' It still is on the hard drive until you truly dump the trash.

Darius: Right.

Raquel: What we're doing with this work is we're fully dumping the trash. We're going deep, deep into the cellular structures to actually clear the vehicle so that it can embody the light. And so in the beginning a lot of people will have some form of detoxification – you know, a little bit of tiredness; they need to sleep a little bit more. I'm very much and advocate of making sure that you're getting a lot of good nutrition. Your body's going to need more protein. Whatever form you like to put that in, whether that's a protein drink or extra dreams or however that comes about for you.

The body's going to need protein because you need protein to rebuild the cellular structure. We're constantly in a rebuilding state. That's how our bodies function in this reality. We are continuously... I mean, that's scientifically proven how much we do. But now what we're doing is we're redoing the structures of light as well. And so you need to have extra protein. You need the extra rest. You need the extra water. You need the water. You need the body work. So my work is incredibly physical.

Darius: Okay.

Raquel: That surprises a lot of people. I mean, you know, you think: 'Oh, energy work. Okay, cool'. Most people don't realize that. So I always to give that kind of heads up. And the truth of the matter is celebrate it. Oh my good golly. It's really deep. This is what we've wanted.

Darius: Yes. Yes. Wow. Oh, boy. I think we're going to do an activation here. So probably looking at the time I think this would be the time to begin to do that. You gave some suggestions and some things to keep in mind. Anything else? Maybe don't be driving when you listen to this or anything like that?

Raquel: Oh, yeah.

Darius: Okay.

Raquel: Don't be driving, don't be driving. You really do need to be in a place where you can allow your consciousness to really go deep. One of the things I do find, and this is kind of interesting to me, but even clients that have been working with me for years, often they still slip into a deep state of relaxation or consciousness then they go through my processors, even two years later, as much as they've gone through.

Because a lot of times people do... I mean, it won't happen on this particular... what we're going to do today on this show. But if they were to go purchase the package, the Special Offer that we've done, that is something else you need to be aware of, because a lot of people go into a very deep state because we're going deep, deep into the body and sometimes you really need that extra relaxation. The goal, however, is to be able to go through it and have this integration happen while you're walking through the grocery store. No big deal. No need for downtime.

Darius: Wow.

Raquel: You know, and that's where my work is... That's where I try to get my clients and everybody who's working with me. So as you go through and clear more and more and more, the ability to integrate is easier and easier and easier.

Darius: Wow.

Raquel: There's not as much as downtime and you're functioning at a much higher level to receive the integration.

Again one of the things people... you know, talking about what they experience. Their intuition's coming in online. Their multidimensional sight and ability to see coming online. Their ability to taste and smell and hear the natural gifts of what are our natural birthrights starts to come back, and that intuitive connection in with your

higher self.

I mean, for example, you know, you're at the grocery store and spirit says you need to... You know, your higher self comes in and says you need to call and get a hold of this person. And you're like: 'Well, okay.' And there's this: 'No, no.' I mean, you get into that thing of flow. It's like: 'No, I didn't mean tomorrow. I mean you need to this right now.' And then the coincidences, the synchronicities start to flow so amazingly that your life just begins to really... Now, I'm not saying you won't have to work and... It takes a lot to be on this planet. I work very hard, but the synchronicities are...

Darius: Yeah, they make it so much easier.

Raquel: Yeah. You know, the right people show up. You get to the right intersection to be at the coffee house when you run into this person who has these new opportunities, because you're paying attention. And it just grows so much quicker. It's beautiful. It's so much fun. It's fun.

Darius: You know, and I think part of me just feels this is part of the planet's evolution that us here as light workers, everybody on this call, we're here to do something beyond what we're doing. And there's a reason you come here and you take part in this, is because there's something bigger calling you forward.

So when we align with this energy, when we align with this, we activate these light codes and we upgrade ourselves. Now what happens? Well, the thing we're here to do seems to fall into place serendipitously with ease and flow. We begin to take that space. We get those things coming into fruition that maybe we've been struggling with, because we're part of the evolution of the planet. It's not... you know, we know this is happening. That's why you're here. So this is what it's about is moving you into that space.

So what I'm going to do is... I'm excited. One person had sent something in here. She said: 'Raquel was beyond words last night. Better than Disneyland. Thank you for all the gifts. You open doors of revelation and experience that might have taken us somehow years to even contemplate.'

So I am just excited and want to hear from everybody. So just be ready to share when we go on the other side of this. I want to see how you're all different and what's happened with you. Alright, I'll be here and I'm ready.

Raquel: Beautiful. One thing I want to ask. I love the way you were saying that about the serendipity and moving into space and really the connections going on. I love to tell this story and just kind of helps put things into perspective for people, I think.

Darius: Okay.

Raquel: Remember that when you plug in, when you follow direction, you're only one piece of the puzzle.

Darius: Right.

Raquel: And I give the example... I'll never forget this. I was driving down the street and spirit



said: 'Turn left and go to the coffeehouse.' I was late for a meeting and I said no. I mean, I didn't say no but I just didn't follow my guidance. And when I tapped it later that that – this was 10, 15 years ago – when I tapped in later than night I was hearing, because I hear very clearly. I was hearing almost like this whole team of people and I have to laugh, but they were in panic mode. They went: 'Oh, man. We can't get through. She didn't go. We finally had the other person waiting. We've been trying to get them to pay attention for a year. And we finally had the two in the same place and she didn't listen.'

And so now the whole... you know, I'm getting people connected. It's not always just about you; it's about who we're trying to bring together, whose spirit kind of gets you in contact with, the other person that you're going to meet or connect with.

Darius: Right.

Raquel: And so don't get discouraged. If you listen, if you start to get information and spirit says: 'Go to this event,' and you go to the event and you're like: 'Well, why did spirit tell me to go?' Remember, you followed and you always want to be the one for the best of your ability to follow. It might have been the other person that said no that time.

Darius: Yes. So don't feel like your intuition, your spark that you get, is not accurate.

Raquel: Correct. Yeah.

Darius: Yeah.

Raquel: It is. But everybody's got to be up to speed and listening. You see what I'm saying? So be in that awareness again. Be in that awareness that as you start to come online, as you get the intuitive hit, as you thought... Well, if doesn't work every time and there isn't... you know, you walk away going: 'Well, why did I have to go there?' Remember, it could have been the other person that didn't hear it.

Darius: Very true.

Raquel: So just keep that awareness. Keep that awareness. I swore from that day forward I would always listen.

Darius: Yes. Yes.

Raquel: I didn't ever want to be the one that caused that much commotion of a rearrange to get two people to connect. Now I will always listen.

Okay, so here we go. What we're going to do... Well, I have a couple of different options, Darius, and you tell me what you would like. I do have the 4-minute daily infusions of light that I could share with people, kind of read through that to give them an idea. Or we could just go straight into the transmission. What do you think?

Darius: Let's do the transmission. That's one of the things we talked about so I think that's what I'm feeling, yes.

Raquel: Okay. Beautiful. Alright. So we're going to good and I know Darius walked you

through a grounding technique, but we're going to do it again because a lot of information has come in and we want to make sure you're fully grounded for this experience. I want to let you know, for those who have never heard me before, I use a lot of sounds. I use a lot of very sharp, quick tones. Sometimes ancient language or light language come through. This language is designed... It's language that you know in your soul. It's actually designed to bypass the ego mind and go directly into the consciousness of the self.

You are always, always in control. I am a facilitator that works with your higher self. If at any time the energy feels too intense for you, all you have to do is tell your higher self: 'Slow down. A little less please. A little less intensity.'

I'm the facilitator working with your higher self. And so just remember that. If you start to feel sensations through the body, that's normal. That's part of what the work is. If you don't feel anything, it's perfect and divine as well. It's your intention to allow the highest potential that is available for you in this now moment, okay?

And so with that let's begin. Let's drop down into our heart space. And I do this... One of the two ways that I do this very quickly... First of all putting your hand on your heart. The tactile connection with that heart region allows you to bring your intention and attention back more quickly.

Another technique I love is to put that conscious mind, that part of your mind that has been analyzing all the words Darius and I have been talking about - all the things we've been talking, all the words. Put that consciousness in the elevator at the 10<sup>th</sup> floor and then hit the button to the 1<sup>st</sup> floor and ride your conscious mind down into the heart. And when the door opens, allow your consciousness, that thinking part of your experience, to be in the heart space. They always want to be living and operating as much as possible from the heart and our heart energy because the heart is the portal to your divine essence. Always has been, always will be. The heart is there, your connection to source is strongest.

And begin to breathe in the super luminous light, the light of divine source, directly into your heart, and on the out breath move that in through and around your field, allowing your field to become one unified field of light. And just do that as a normal breath. And while you're doing that I'd like you to open up your central column. This is the column of light that goes through the body from the crown down into the base. I'd like you to extend that down into the crystalline core of Gaia, into her heart, and breathe up the luminous light emanating from her source and bring that up into and around your fields as well.

She is an infinite being of light. She is a sentient being. She is here to assist us and she is our ride through the cosmos. The more we can be in harmonic resonance with her, the easier the light upon her is.

And so breathe up that light. You're breathing in the super luminous white light of source. You're breathing up the luminous light from the central core of Gaia and you're setting your intention to receive all that is appropriate and available for you at this time in this now moment.

And in the name of divine source and the light that I am I ask that I be a clear, pure and divine instrument in service to your higher self, calling forth the highest level of light, wisdom, information, knowledge and direct connection with original source energy to bring about the highest potential outcome of our work together, to manifest into this physical reality with absolute ease and grace. We will allow sharp, quick tones.

[Tone]

These really loud sharp quick tones work in the quantum field to be able to open up your energy matrix. At this time I'm going to begin to do what I refer to as a debug of your hard drive. We're going to go through and release all of the templates of light that are obsolete, just taking up space within your hardware, within your hard drive, allowing all of the templates that are taking up space, obsolete, no longer necessary, things you've already completed, to just release out of your field.

[Tone]

You may begin to feel quite a tingling on the top of your head. Sometimes it feels almost like Alka Seltzer bubbles. This is appropriate. We're going to go in and begin to open up if it serves you and is in your intention to open up that fourth eye region to allow the pathway to begin to open. We're also going to begin to open up the pathways of light between the light and left brain hemispheres, allow the synapses to start firing a little bit more effectively for you at this time.

You may, if your eyes are closed - and I encourage you to do so at this time... You may begin to see sparks or flashes almost like fireworks going off. That's appropriate as well.

You may begin to feel a little of heat down the spine and some tingling down the spine as well. We're going to go in and begin to open up the base chakra and allow everything that is available to be released at this time, that is wired in, that is part of that chakratic center that no longer serves. And we're going to ask that this be happening for you in this now moment and we're moving it throughout all space and time, all of your expressions. Take a deep breath.

[Tone]

And again in your own awareness set the intention to release everything that is appropriate, everything that can be released out of your field to allow for more space and the templates of lights that are available to anchor in with ease and grace.

You may begin to feel quite a bit of pressure at the very back of the head. This region is what I call the higher mind. And also in what I refer to as the mouth of God or the ascension chakra. That is the space where the neck and the head, where the curvature is in the back. You may begin to feel quite a bit of tingling there as well.

This is pathways of light that are trying to open between the mind and the nervous system. The nervous system needs to be upshifted to be able to truly handle the

new oscillations of light coming through, running through your body. The frequencies we say - and we use the term higher quite often – this is because it is a more rarified and a higher oscillation of light that is integrating into the system. And so the nervous system does need to upshift to be able to handle it. A lot of times I use the terminology ‘moving from a 110 to a 220’ or ‘220 to a 440’. We need to be able to run more frequency and hold it. So the pathways of light down the nervous system and actually through the body need to be rewired or upshifted, insulated to be able to handle this with ease and grace. Take a nice deep breath.

Again bring your consciousness into your heart if you would and allow your heart space to open. Bring your awareness into the space, fully connected to your divine essence as much as possible in this now moment. You may actually feel some pressure in the back of the heart region. This is because we’re opening up the heart space to allow the flow and connection with your true essence to flow in from that particular portal of light. You may be feeling like the cells in your body are shaking just a little bit. This is perfect and divine. If you experience this, and especially many of you may be feeling this in the next several days during your dream state. You may wake up in the middle of the night and feel your body shaking. This is because cells are releasing the denser frequencies, the energies and the information that are not in alignment. It will shake out. It really feels like you’re shaking. So allow for the new light to embody.

So this is your experience. It’s perfect and divine. Remember if it’s too much, you may always ask your higher self to slow the flow of light in.

[Tone]

I work on many levels at once and so I’m giving you the highlights of what I’m seeing happening for the soul group that is listening in this now moment. There’s quite a bit going on with the base chakra and the sacral. Those two chakras again holding quite a bit of fear still. And this is something that is upshifting. This is something that it’s releasing planetary-wise in these amazing times.

So there is another level of release that is available. I’m going to go in and release as much as the patterns within the DNA structure from the lineages of both your father and mother’s side that’s held within your codes of DNA. And so I’m going to go in and do what I refer to as the cellular flush. This is going to be a very gentle cellular flush but it’s to allow the codes that are innately in your cellular structure, your DNA, from another lineage associated with fear and fear consciousness to release at a deeper level. It’s time and we’re ready. Take a deep breath.

[Tone]

Some of you may be experiencing the feeling of almost like a centrifugal force of energy spinning around you. That is perfect. That is divine. That’s helping to remove the templates of lights that are obsolete. You just don’t need them anymore. They’re from years ago. It’s gone. It just doesn’t serve you. We want to clear the field and your matrix to be able to download, bring in, integrate the templates of light that are operating in the much different level. These templates of light allow the light frequencies in the consciousness to move through your systems and bring it into

your daily reality with more ease and grace. Let's just take another nice, deep breath.

[Tone]

Take a deep breath and bring your awareness into your heart and into your base chakra simultaneously. Make sure that your connection desire is stable. And again we may be feeling quite a bit going on in the crown region of the head, around the side of the head, down by the ears, tingling effervescence like bubbles. Again this is just helping to open up the passage of light and you may be feeling quite a bit of tingling right at the entrance of the fourth eye as you're opening this up to the highest potential for you at this time, if this is your desire.

As I continue with the cellular flush, again this is going into the subatomic levels of the cells, deep into your cellular structure and just infusing that with light. Again very, very gentle flush, helping to remove any of the lower frequencies especially associated with the fear consciousness.

And again this is not necessarily just your expression and your understanding of fear. We're moving it through the ancestral lines throughout all time and space. We're actually working with many of the layers of all of your alternate and parallel realities as well. This is something that's happening. I've not done this on a live call before at this extent, but the timing is imperative. And for those of you who are willing to be this vehicle of light, we're moving it through because of the times, because of the actual specifics that are happening on the planet, spirit is directing me to be a facilitator for this at this moment.

We're moving at through all parallel realities and parallel expressions and alternate expressions that you are simultaneously experiencing in this moment. And what we're doing... This is beautiful. This is beautiful. But what we're doing is we're allowing that frequency essence, the actual signature frequency that has been embedded in the cells, embedded in your grids, and even more beyond that, helping to shift the planetary... That's consciousness grids as well. This is beautiful. This was unexpected but I'm slowing in the now moment with what's available. You're all very conscious and aware and this is a fabulous opportunity if you choose to participate. You always have freewill choice.

[Tone]

And at this time we're going to bring in a frequency each... Each energy, each emotion has a unique signature frequency. They are bringing in, steaming in from the higher consciousnesses, higher consciousness realms, the frequency band of joy.

That's the one that I'm seeing coming in. That's what spirit wants to bring through at this point, bringing in the essence of joy. And so after I bring this into your physical vehicle, as I bring this into your matrix, what is happening is that frequency, like you are an orchestra, like you are an octave, like you are your own signature frequency symphony of light - which you are, by the way. This particular tone, this note, this frequency is getting rewoven into your matrix at a stronger percentage, at a stronger



rate. What this is going to do is allow you to tap into that frequency, not as a consciousness, but actually as an energetic moving through your systems with more ease and grace. That essence of joy replacing and infusing that joy with replacing the energy that was pushed out of the cellular structure and the grid system that was holding fear.

This is gorgeous. This is fabulous. Take another nice, deep breath.

[Tone]

Just let that stream in. It should feel wonderful. And if you're not feeling it, I hope you have a knowing at some level of your soul. This is the frequency oscillation to help you stay in a state of joy. That's beautiful.

Take another nice deep breath and just allow all of this to anchor in. This is all we're going to do today so bring your consciousness awareness back into your heart. Bring your full awareness into your body. Bring your awareness and ask to just have a knowing or a sense of all the shifts that are happening in your field. Note that this work will continue. You will feel the effects of this energetically for about 24 hours, and the effects for the next 72, perhaps a full week.

Bring yourself fully back and open up your eyes. Fully come back into your body if you're not there already. And before we say anything else, I just want to say thank you for being the divine vehicle and allowing that to flow through you if you chose to be in service not only to yourself but really for all of humanity. I didn't see that one coming, Darius. That was beautiful.

Darius: Yeah. This was very powerful. I was here just feeling it. I've got to say this first of all, unlike anything else I've ever felt before, which says a lot because so many different energies we've shared here. This was incredibly unique and incredibly powerful.

I want to hear. I'm going to tell kind of what I felt and then I want to hear what people felt as well. What was going on? What happened as we were all plugging into this new vibration of energy? You can share with us at [www.youwealthrevolution.com/now](http://www.youwealthrevolution.com/now).

You know, the first time I heard some of these frequencies I didn't just hear them with my ears. I felt my body do something. I felt my shock go through my body. It's like I felt my cells actually hearing it. It was very interesting and it just continued as you kept doing that. And I felt a lot of electricity in my back. I felt a lot of vibrating in my hands and I felt like... Now my hands are shaking actually. I'm looking at them and they're just shaking. I mean, what does that mean? Did I receive something that I was supposed to receive?

Raquel: Absolutely. That's exactly the kind of reaction in the physical world a lot of people were experiencing. Remember when I said: you'll start to feel... you may feel your cells actually start to shake and vibrate. This is the releasing. This is the releasing of the stuck frequencies that have been within the cellular structure which allowed... Because there's new light pouring in. There's a higher oscillation. Less diluted. Less diluted light coming in, okay. And yeah, you can feel it. And with the sparks down the nervous system, down the back, down your spiral column...

Darius: Yes, the back. Yes, the spine. That was exactly what I felt. Exactly. Wow. Okay. Good to know, because that's... What I felt was first like a shock of electricity but it wasn't just like... It was like it was coming from inside. It wasn't like it was coming from outside. It's like inside. And then I just felt like... now there's a shaking and there's just sort of like a lightness but there's like a lot of energy.

Very, very interesting. And so those cells now, what's happening with them? Are they taking in more light? Or are they taking in more oxygen? What are they doing?

Raquel: Probably right now at this moment they're releasing. They're letting the older frequency go, okay, because the whole idea is embody light, embody light, embody light. Because light is your essence. Light is the information and the wisdom that's coming in from the higher realms. And you cells... We know cells hold memories. This has been proven scientifically. You have cellular memory.

And what we're doing is we're releasing the lower frequencies that are held in that memory and replacing it with the light. So first you've got to get rid of the lower densities...

Darius: Right.

Raquel: They've to release out of your body. They have to go somewhere, okay? I mean, it needs to go because we're still in physical. This is a very physical process, because I want your physical body to be in condition, to be ready, to be functioning at the highest level so you can embody your own divineness and be connected, tapped in with this information.

Get your direct connection from your higher self and do move into remembering who you are. This is what it's all about right now, getting everybody up to speed. My job is to get all the light workers up to speed so they can do their job so we can get this down, so we can help humanity in an entirely new way that we are all destined to do together.

Darius: Amazing. People are already sharing. Keep sharing at [www.youwealthrevolution.com/now](http://www.youwealthrevolution.com/now). As you do share, as you do share, you open up the space for more and more people to give weight, give credibility, give knowingness to what they felt so they can validate the truth of what just happened here. So the more you share, the more you encourage other people to share and that's exactly what we do here.

So we've got a bunch of people writing in sharing. The comments are just flooding in. I'll share a few of them. Someone said: 'That was awesome.' Another person said: 'I could feel a chill and feel my heartbeat in my head and then low vibrations in my hands, especially one over my heart and feet.'

Another person, Julia... Julia actually lost contact. I know her signal went out.

Paula said she got joy and got in floods and floods of goosebumps. Then joy came in. 'It was so beautiful, like streamers and silver. I love this. Thank you so much for the glorious experience.'

Another person, Jane, said: 'My bowl is now empty and waiting to receive. My body is buzzing in anticipation.'

Marguerite said: 'My arms and legs have been shaking all through the transmission. I had tears coming out of my eyes.'

A lot of people feeling a lot of different things.

Another person wrote in and said: 'My body started shaking out all of the crud. The frequency was beautiful.'

Another person, Laura from Spokane, Washington, said: 'Wow, that was the movement I must be needing. I'm on this call live so I planned to be doing another activity at this time. I kind of feel like I did turn left and go exactly where I was supposed to be.'

Raquel: Yes.

Darius: Yes.

Raquel: Yes, yes, yes. Beautiful.

Darius: Wow. Now, another person... We've got tons of people calling. Annalisa's in Peru and she says: 'You know what? I felt energy and heaviness at my ear and my throat and my hand, but the left side only.' And she says: 'Out of the blue, I visualized a man that I do not know.' She's just wondering what that might be or what you feel. What's going on there?

Raquel: Well, first of all if you're feeling it on one side versus the other, that means that the divine masculine and the divine feminine frequencies, your left brain versus your right brain, your analytic versus your intuitive and creative are not in balance.

We are in a time in cosmic history. It is time to rebalance the divine masculine and the divine feminine. The divine feminine is a piece that has been missing whether you're in male or female format, okay? And these frequencies... We need to go beyond the thought process of what male and female mean. We have a lot of connotation around those terms in this reality. But it is different frequency oscillations that are trying to balance within the body. So if you're feeling it on one side and not the other, that's going to give you a clue of perhaps what kind of things might come up for release in the next few days.

That's another key piece of this. As you go through this process and if you continue on and work with the transmissions that I have available, you need to learn and remember - not learn, remember to be the observer.

You're going to have all kinds of things come up for review. These are things that are locked into your systems that you probably thought you got rid of. But that ex-lover that is living in drama or fear, or that person who stole money from you 25 years ago and was still walking that root. You know, we went in real deep in the root, that base chakra. That may come up... You may have those memories and go: 'What the heck. Why is this here again?'

Again, celebrate it. 'Oh my good golly, that was still lodged. It's time to release it.'

Darius: Yeah.

Raquel: Be the observer. Bless it, know it and understand what's going on at the different levels. Stop and go in from the mastery level of the observer. Understanding, yeah, I'm going to do an experience, but wow, this is really coming from a much different and broader perspective. And so we can look at, you know, we need to be the masters.

How many tools do we have in our toolbox? We got a lot of them. Time to bring them out, use them.

Darius: Beautiful, beautiful explanation. It makes complete sense. Lorna said: 'Darius, I felt a lot of energy moving throughout the process. I'm feeling rather sublime. Now there's a stillness in my being and in my field and as I came out I am now experiencing a deep emotional release. Some sadness.' And she says: 'Thank you, thank you, thank you,' because of that deep emotional release that she is feeling.

Another lady, Lisa, said: 'I had flashes of light in my eyes. The top of my head was full of pressure. What does mean?' Is that her crown or that point that we were about - the fourth eye?

Raquel: Well, anytime you're having pressure in... When I'm working in the head region, a lot of people do feel a lot of pressure going on, because I'm deep into the synapses and the wiring and the brain to open it up. And so it does feels: 'Oh my gosh, my head feels heavy.' And, I mean, it feels like a pressure almost on... like somebody pressed their hand on your head. That's normal. That's a normal response.

Darius: Well, we are getting today just a ton of people with a lot of really interesting things happenings and so the comments are still flooding in. I want to share... You know, there's much more to this. I mean, in terms of what we did during that 10 to 15 minutes, what did we do and then what else is there to do? I mean, there's obviously more multidimensional cellular light activations to do and heart and body activations and emerging into feminine energies and the heart and much, much more. Tell me about some of the deeper work and what else there is that we can do.

Raquel: Well, we did about 15 minutes and I put in together what I feel I hope the people resonate with a very, very, very beautiful passage – Special Offer. What we've done, I've got the first series... I've got three theories here really is what's going on. It's over 20 hours of this kind of activation. 20 hours of this. And I do recommend, if anybody is interested in doing this package, you do need to give yourself time to integrate. This is not something that you spend the weekend listening to. This is a very physical process.

So these transmissions of light are designed to be listened to about once every week for the regular transmissions, the hour-long transmissions. But just to give you an idea the topics, the overall themes, of these different one-hour transmissions that I have available. *Pineal Activation, The Next Level Of Functionality*. So that particular transmission goes in and has a very strong focus on upshifting and upgrading the pineal gland within your body.

I have another one that's an hour long - *Adrenal System Body Support*. This goes in and works with the adrenals. We are living the fast life, let me tell you. Our adrenals, besides the fact of the 3D world we live in and the instant this and the instant that.. You know, we're running around. We have a very, very busy life. On top of all of that we are in the process of upshifting this body and we've got all of these light codes that are wanting to come in.

So the adrenal are quite tapped at this point. They're very stressed out. And I highly recommend people to pay attention to their body and if you need other support for the adrenals, think about that, look at that. But this particular one-hour transmission works for the adrenal system in the body to get the body to upshift to be able to handle all of this with more ease and grace.

I have another one that goes into a full hour. It's called the *De-purification of Base Energy*. This goes very deep, working with the base energies and then releasing everything that is available for you in that base chakra, going beyond the 15 minutes of what we did here today.

Darius: Wow.

Raquel: Another one of those is the *Authenticity Codes*. This one actually brought in codes to help you step into a more authentic life, bringing in that connection and those codes to help you remember and step in to who you are as a divine being of light, what you came in for – the authenticity of who you are – so that you can get the balance between this world that we know now and all of... We talked about it earlier.

Some of us feel out of alignment. Some of us aren't feeling like we're doing what we came here to do. These authenticity codes help to open up to realign you to what you truly came in to do. It helps to open up the memory.

I have another one called the *Infusion of Compassion*. It's beautiful work. These are one-hour long transmissions. Like the 15 minutes we just did, only there's six hours of it.

Darius: Wow. I want to do this: I want to share where this is. This is an incredible offering for our You Wealth community and for people that really feel like there's something that just is not coming forward. They've been at it; they know there's something bigger that is waiting to be activated and they want to begin that now, you know, just right now. It's time.

It's at [www.youwealthrevolution.com/shift2013](http://www.youwealthrevolution.com/shift2013).

Let's go through some of this because there's 20 hours of multidimensional cellular light activations. One of the things we didn't talk about is how people can upshift their divine vehicle in just four minute a day. That's one of the first pieces on this. Four minutes a day. Something they can do to really upshift that, correct?

Raquel: Yes, absolutely. And I call it my daily infusions of light, and this is something I do in the shower every day.



Darius: A daily light infusion. Okay.

Raquel: And this is a co-creation. I want to make really clear this is not affirmation. This is co-creation with the trillions and trillions of conscious cells within your body. This is what I call my morning manager where I go in and I talk to my body. I communicate with the consciousness of my cells and explain to them and tell them what I want done.

For example, one of the lines, you know, I consciously balance and harmonize my left and right brain hemispheres and ask that all neural pathways of light appropriate for my awakening to activate in accordance with my highest potential. That's one of the statements that I say every morning. I'm co-creating. This body is my vehicle. It is conscious as well. It is the housing for my soul and my divine essence. The cells are conscious. Start communicating with them at a totally different level.

Darius: Four minutes a day. I'm sorry. I was just going to four minutes a day and you literally are able to communicate and in essence like really activate sort of like within the cells. Wow. I love that. I love that so much, because I feel like so many people wake up and it's sort of like we're just speaking all of this frustration to our body instead of activating the divine light that we are deep down.

Raquel: And so I call it the *Co-Creating of Your Divine Vehicle of Life*. It's four minutes. I have it in a PDF and an mp3, recorded, in the first person so that you can listen to it and memorize it really. And then I caution saying that, because I don't want you to memorize, because then you'd just go in to saying the words.

This is actively paying attention. When you talk about the left and right brain hemispheres balancing, you need to pay attention - Oh wow. Okay, the synapses in the brain are firing. I know what's happening. I understand this. I'm consciously asking for it. Okay?

It just helps you. When you do all this work and when we're pushing our bodies, we're pushing our bodies to reactivate and wake up, so it's very prudent every morning to pay attention, to have that conversation, to infuse it in, to ask. One of the lines in this as well, one of the co-creations that I talk about, is to ask for all the downloads that are available, all the light codes download that are available. So instead of once a week... Let's steam it in every day. Let's get what we need every day. Let's keep bringing this in. Let's just keep asking and setting the space and co-creating with the body so this is a continuous process instead of something I think about on Saturday, you know.

Darius: Wow. I love that. I love that. I mean, it's really opening up that connection because the more that you do this, the more of this integration... I mean, these codes, I would assume like... You know, it's like this is a whole evolutionary process. And you talk about also in here expanding our natural abilities and gifts, the assistance to see, feel and hear and experience energies on a whole another level. Let's talk a little bit about that. So there's a point where when we activate, we begin to see things completely different. Things becoming different, correct?

Raquel: It does. It does. And the more light quotient you hold - and they call it 'light quotient'. So the amount of light you're holding within your physical body and matrix. Once your light quotient starts to get to a certain level and you get enough cleared out and you're upshifting and the wiring starts to happen, these natural gifts come online.

And one of the things that my clients really like about my work is that I do pretty much give a blow-by-blow about what's happening during this activation, because people will write in and go: 'Oh my gosh, I was seeing this and I was feeling this and then you said this.' And it's confirmation. They're like: 'Oh my gosh, I got it. That's what she was doing and I saw it right before.'

So that confidence level that you start to really... You have this new level of confidence in what you're seeing and feeling. And so that's one of the things that my clients really love about my work is because I do give the blow-by-blow, like I was doing in the transmission today. You may begin to feel this in your body at this point, or at this location. And people will have begun to before I say it and there's the confirmation. And so that just brings your gifts more online. The more you know the 'Ooh, I got it. That's right. Okay, I can trust that,' it brings it online quicker and with more ease and grace.

Darius: It's at [www.youwealthrevolution.com/shift2013](http://www.youwealthrevolution.com/shift2013). And there's a lot other stuff here. Item Two is *Immersion Into The Divine Feminine Energy Series*. These are activations for journeys of awakening for men and women but it's a feminine awakening of energy. Tell me about that and what's important. You talk about the grandmothers of new and the guardians of energy, the divine feminine grid of light and the time it was anchored, and how we can really plug into this. Tell me about it.

Raquel: Well, we could spend a whole another hour of this. Darius. It's a very, very exciting and very important piece.

Darius: Okay.

Raquel: But as we come into this shift, as we come into this shift, as we're moving in consciousness, as I was just saying with the woman down in Peru, part of what is really important in this time and age is the emergence and the expression, bringing into our consciousness and reintegrating the aspects of the divine feminine.

Those levels of compassion, of living and co-creating, all of the things that we associate in this reality of the feminine - the cooperation, the compassion, all of those kinds of aspects that are part of bringing the balance.

We've been very much masculine-oriented - fast, drive, drive, drive. And instead we are moving into a consciousness level with the cooperation and the compassion that we can all win. It doesn't have to be a win or lose. We can all benefit. It can be a win-win-win for everyone involved.

And that consciousness, that whole approach to living in this reality, in that state of consciousness is what we're doing. This series goes deep. This series is phenomenal. I've gotten so much feedback from those who have experienced this... And this is an experiential. Again this is absolutely... 13 days of deep, deep energy work, realigning, rewiring the circuitry of your system to be able to really act,

experience, have the experiential of that level of the divine feminine essence frequency that holds that understanding with compassion. Not from an intellect but from an experience and living that level of compassion where that becomes natural to you. You don't have to sit there and go: 'Oh wait. I need to be compassionate.' It's part of your matrix.

Darius: Right.

Raquel: So you shift. *And* what's so beautiful about it as well is there's a whole new grid system. We talked about the mass consciousness grids of light. We talk about the grids around the planet. Hopefully many of your listeners have an understanding of what that is.

On June 6<sup>th</sup> of this year, the foundational pieces of the new divine feminine consciousness grids of light began to anchor for this new cycle. This allows you to begin to tap into those frequencies as the foundation. If we think about... You know, we have to build the foundation, the energetic structures, before it comes into manifest reality.

Darius: Absolutely.

Raquel: So the grid structures are starting to come in place, which helps people be able to first upshift their own vehicle and then be able to hold that new frequency, hold that new level of consciousness, actually embody it.

Darius: There's so much here. It's really exciting. It's at [www.youwealthrevolution.com/shift2013](http://www.youwealthrevolution.com/shift2013).

Another person wrote in – Julie said: 'The process got my energy rolling through my lower back and legs, expanded my heart chakra. I am so glad I listened to this.'

So many people are writing in. Another thing that you have here is well that I think we definitely need to talk about is the *Authenticity of The Heart Series* which has, in addition to that, some bonuses as well, the vow-break - how to break vows on the principle that everything is energy and each emotion has its own energetic signature.

Let's talk a little bit about the *Authenticity of The Heart* piece and then the vow-break, and I guess more specifically those energetic vows that we take on.

Raquel: Well, the *Authenticity of The Heart*, again another 13-day series. These series that I put together, it builds. One day builds on the next, then builds on the next, then builds on the next. And again I'm talking about the energetic structures to hold the consciousness, the energetic structures within your body, that motherboards and the CPU chips, if you want to talk about computers.

There has to be the hardware, the mechanism for the consciousness to hold and run, okay. You have to have the energetic structures in place to allow the consciousness to have a place to be and operate from. And so this series... Another amazing journey. 13 days of activations bringing in, streaming in. There's a whole new energetic structure that actually emanates from your own heart, that is a grid

structure like a sacred geometry that comes from your own heart, that opens up and allows and comes into fruition into your fields, which allows, once again...

It's all about getting us into the heart. It's all about living from the heart space. It's all about being authentic to who we are as multidimensional beings of light in this reality. And I'm not saying going around and saying: 'Oh, I'm a multidimensional person and this is my reality.' No. I'm talking about living your truth in this 3D reality and affecting, positively affecting all those around you because you are operating from that level of truth and energetic signature. Beautiful.

Darius: Yeah, beautiful and so true. The vow-break... Really quickly you can talk about that. We have these energetic vows. How do they work in our life? What do they keep us from being and doing? And then how do we begin to release them?

Raquel: Well, this is a really beautiful, beautiful vow-break and I have to tell you the story on this one. I had it. I lost it. 15 years I couldn't find it. And I finally sat down and begged my higher self to give me this vow-break back. Because I tried others and it just didn't seem to work.

This vow-break works on, again, the idea of frequency signature. We come in in this lifetime, we bring in things from past lives, future lives, parallel lives. We are a multidimensional being. We insist in many realms, many layers, many expressions and when we come in we often bring in a lot of junk and we sabotage ourselves and we think we're doing the right things and - boom, boom, boom. Why won't this work? And once again talking about the foundational energetic structures.

You know, if you're trying to run 220 on a 110 outlet, it doesn't work. I don't care. The structures aren't there. And so with the vow-break you may be trying to shift things in your life and inside the mechanism, inside the programming is this virus. I'll call it a virus because we understand that terminology again, this medical virus, but it's a computer virus.

It's sabotaging all of our efforts and we don't even know it's there. Because we've been working on, say, everything surrounding guilt. Well, guilt has a lot of names in this reality. There's a lot of other... sort of this thesaurus. What else comes up with guilt? It may be another signature frequency of guilt that you haven't worked on. That might be the sabotage.

And so when you do this vow-break you work on energetic signature frequency. And so I recommend that people keep a journal and get your thesaurus out and you start going through – okay, what's the words associated with guilt or self-worth or self-sabotage or feeling unworthy?

Darius: Right, right.

Raquel: And you go through and you find the words and you work with it. You work with it with your higher self. You'll know when you hit the right one. But you go through and you do a signature frequency out loud vow-break. It's very important to say this out loud because the frequency moves through the throat chakra and out into reality and it moves into the dimensions easier.

So I'll just say this out loud. I'll give you the idea. This is the foundation of it. I declare null and void all agreements, contracts, vows and belief systems that I have known and unknown regarding whatever you're working with.

Darius: Wow.

Raquel: I declare it null and void in this incarnation and all incarnations across space and time, all parallel realities, parallel universes, alternate realities, alternate universes, our planetary system, all source systems and all dimensions.

We're covering the span and we're breaking the energetic streamed light frequency that's held in your signature. And then – gosh - what you find... You have to go through quite... It's work. I'm telling you it's work, okay, but it's a tool to use. And when you hit the right one – you feel it. Just like when you felt your cells move when we were doing this, you feel it release in your field. And then – whew - guess what? Those things that you've been trying to do that you just sabotaged right and left, you just couldn't make happen, when you release that signature frequency in your field it no longer blocks you.

Darius: Amazing. There's so much here and so much, you know, not only removing the frequencies but activating the light codes, downloading a new transmission of light, really connecting to sort of the inter-dimensional frequencies that are trying to reach you that you are trying to reach as well. All of it in conjunction with what we did here today is just an astounding offering for You Wealth. It is at [www.youwealthrevolution.com/shift2013](http://www.youwealthrevolution.com/shift2013).

And there's much more here. I'm just going to run through it. We're totally out of time but there's a bonus – *Daily Infusions of Light*. So you can understand the four-minute exercise to work with the consciousness of the body and awaken. This is a daily communication with trillions of cells in your body to become more active in your total awakening. The vow-break is another bonus. There's a multidimensional upshift of your organs and glands so you move in to get support in the next level of awakening, and a sample of Raquel's book *She Travels Light* - that's a great title - and much, much more. Plus the other items that we talked about - the multidimensional energy activations, the emersion into the divine feminine energy, and the authenticity of the heart.

There's just a huge... A number of people said: 'Things are easier. My life seems easier. Things are flowing better. I woke up feeling better. I have so much energy moving. Today I feel great. My heart is open. I feel more self-love' That's what Allison said.

Another person said: 'Today's session was brilliant. I feel like I now have the highest potential to do what I'm here to do.'

All of this is coming in. This is what this is about. It's about bringing you into that energetic space where those things are not difficult any longer. You can do it. And it's at that page. I want to share. It is a huge package. \$1,153 value. It's 88% off. It's 127.



Is this instantly available now for people? Will they be able to get access to these right now? And if so, where would you begin? What will be the first thing you would start with?

Raquel: The first thing I would do... Absolutely it is available. It is out there. You can go and purchase this right now. The first thing I would do is the very first activation within the *Heart And Body Collection*. The deep purification of base energies. That's where you begin.

Darius: Perfect. Perfect.

Raquel: I've gotten more instruction on how to work with these and what to expect and what to do with your body, but begin at the beginning.

Darius: Okay. We had one question come in from Francine. She says: 'Who is this for?' - which I think is a great question, because she may be wondering, okay, how do I know this is for me versus something else? It's a great question. Who is this for?

Raquel: This is for anyone who in their heart resonates with what we've said, that felt the energies, that feeling called to this. You know. You know in your heart if this is right for you or not. This opportunity I hope will resonate with most who are wanting to step forward on their journey to really get connected. This is about connecting with your higher self.

Darius: Yes, I love it.

Raquel: So anyone who really, really feels like that's what their next step is, they feel that this is a piece that might really help shift them, that's who it's for.

Darius: Beautiful. Beautiful. Well, Raquel, thank you very much for being here and sharing. We just have a ton of comments, a flood of comments from people really feeling huge shifts and transmissions and activations. So I love that.

Thank you, Belinda and Paula and Lisa and Anise and Ellen and Julia and everybody, Jenny that's written in and hundreds more.

Any final things, Raquel, that you feel coming up that you just want to share with the group? I'll let you have just a quick moment to say that and share any messages that need to reach this amazing audience of enlightened light workers.

Raquel: Well, I want to say first and foremost, thank you, thank you, thank you for being here on the planet and on the call. But on the planet. And remember that you are a part of the massive soul group of lights light. We are here together to really, really, really concretely shift the consciousness of this planet and I am really wanting and so honored to be here to be able to help you realize and come into fruition of connecting with your higher self.

I come from a space your higher self is your highest authority. That's what you want to connect into. That is what you're searching for at this moment in time, to get connected with your truth. That's what I'm really here for. That's what I'm offering as a way to help you connect in so that you could feel fully connected to your higher self and get on with what you're here to do, because we all feel the urge, we're here

together, remember we're here together, remember there's a bigger picture going on. We're just at the first onset breath of this new cycle and we're here to make the difference.

Darius: Thank you so much, Raquel. Beautiful words and incredible activations. Just amazing. Thank you so very much for being here and sharing the space.

Raquel: My pleasure.