



# Embodying the Cosmic Crystals

## MORGANITE

Rachel SPENCER

## INTRODUCTION

This series of Light activations is designed to enhance your body's ability to utilize the frequency of Morganite for physical, mental, emotional and spiritual expansion.

Each activation is overseen by YOUR Higher Self, bringing in exactly what is appropriate for you in the NOW moment. This allows your body to infuse this frequency based upon your current state of being, while expanding into new levels of connection aligned with your unique path of awakening.

We are infinitely connected to the Cosmos. As we evolve and expand our consciousness, our ability to navigate higher streams of Light consciousness becomes more and more fine-tuned.

For each of these 7 days, a PDF explanation and MP3 activation arrives via email, approximately 20-25 minutes in length, to listen to at your leisure. It is best if you can listen during the 24 hour window. However, it is not required, as you need to follow your own intuition and guidance as to what is appropriate for you.

This is an experiential series. All that is required is a deep desire to love yourself as you are in the NOW moment, a willingness to listen to your body and Higher Self, the courage and determination to act upon your guidance, and to breathe into the expansive opportunities which are your birthright as a Divine Being of Light. Thank you for sharing this journey of Light with me...

# PREPARING FOR THESE ACTIVATIONS

These are NOT required, only suggestions...

Throughout the next 7 days I suggest the following things to enhance your experience. If you do not have access or the desire, please know you will still receive all the energy. These suggestions are just ways to help your body integrate with more ease and grace.

1. If you own a piece of Morganite crystal, please clear it energetically prior to beginning the series. Morganite is a relatively inexpensive crystal, however, please do not feel like you have to have a physical representation to receive all the amazing upgrades and energy!
2. I recommend having Himalayan Sea Salt, liquid or homeopathic Silica, or Fiji Water available to ensure you have enough electrolytes in your body, and stay hydrated.
3. I recommend washing your sheets and sleep clothes a couple of times during the series, as you release density (lower frequencies) during your dream state. If possible, add a handful of sea salt to your regular wash.
4. Take a few sea salt or mineral salt baths during the series, if this is something you enjoy. Or even baking soda baths (1 cup per bath). This helps your body detoxify naturally and with more ease.
5. Keep a journal of your dreams, emotions or patterns that are surfacing, and anything else of interest. This will help you reflect later on how much you've shifted!

I hope you enjoy this series!

Raquel