



# Embodying the Cosmic Crystals

## ROSE QUARTZ

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## Day 1

Activation: 26:00

Throughout the next 7 days, our intention is to prepare, upshift and infuse our bodies with the cosmic frequencies of Rose Quartz. Rose Quartz has always been associated with love in all its forms, the heart (physical and emotional) and the Divine.

We begin this seven day journey with an invocation or prayer in Light/Ancient Language to prepare your body, mind and spirit to receive this powerful frequency of Light. The frequency upshift with Rose Quartz is coming directly from the Divine Mother / level of purity and love.

As you listen to this activation, allow yourself to energetically travel into Gaia, immersing yourself within the crystal structures of Rose Quartz still physically in the earth.

As in all my series, the Architects of the Divine Vehicle are overseeing this process. This is an intelligence / group of evolved souls who designed the human form prior to any intervention or distortion. It is through this knowledge and blueprint which our current vehicle is returning to an expanded and more highly functional state.

Remember, your Higher Self is always directing what is perfect and aligned for you in this now moment.

Breathe and remember that you are Light.

Raquel