



Embodying the Cosmic Crystals

ROSE QUARTZ

Raquel SPENCER

Day 2

Activation: 25:00

This activation opens up your physical and energetic bodies to approximately 10x your normal experience in this hologram, allowing for access to the sub-atomic level of your matrix of Light.

Each crystal holds its own unique crystalline structure and signature Light wave. During this activation, we begin to repair distorted functionality within your body to “reprogram” the frequency of Universal Love at the adamantine particle level, syncing your signature frequency to the highest level of the Divine Mother Love signature possible.

You may feel extremely expanded and perhaps distorted during this process. You may feel the sonic wave move through you, almost like an MRI experience, as it identifies the distortions throughout the many thousands of layers of your body and fields.

Please make sure you are completely grounded to the crystalline core of Gaia, her heart frequency and in harmonic resonance with her prior to starting this activation.

I recommend drinking water that is charged with Rose Quartz over the next 24 hours (if available), as your muscles and tissues may require a physical reference point.

As always, take care of your body with proper hydration, nutrition and movement.

Raquel