



Embodying the Cosmic Crystals

ROSE QUARTZ

Raquel SPENCER

Day 3

Activation: 25:58

Once again we expand your physical and energetic bodies by approximately 10x your normal experience. Opening up the quantum “space” between your cells, the frequency of the Rose Quartz provides the blueprint from the higher realms to unlock a new capacity of communication with your body consciousness.

Working at what I would best describe as a binary level of sonic waveforms, the frequency of Rose Quartz permeates deep, like a combination lock and computer code, to open pathways of Light.

There may be times within the next few days where you feel like you’re in a rotating hologram, where places and people you know seem unfamiliar momentarily and then quickly feel normal again.

Like a crystalline lattice, the Light pathways and structures are “rewiring” which often brings momentary disorientation in your outer reality. This is perfect and is nothing to be concerned about.

When the body is undergoing such rapid transformation, you are dropping density during your dream state. Therefore, I highly recommend washing your sheets after listening to this activation (within the next 24 hours before the next activation if possible) with a handful of sea salt and 5-7 drops of Lemon, Lavender or Rose essential oil in with your detergent.