



# Embodying the Cosmic Crystals

## ROSE QUARTZ

Rachel SPENCER

### Day 4

Activation: 24:40

Prior to listening to this activation, please:

If you have access, please place a drop or two of Rose essential oil in the palm of your hand. With your ring finger, dab a small amount on your third eye, the back of your neck, your high heart (thymus) and heart chakra. Then rub your hands together and gently inhale. This will open up your system to access the Rose Quartz frequency more effectively. Olfactory is a powerful memory trigger.

If you do not have access, that is fine - I bring in the frequency of the Rose Oil during this activation.

This activation works to actively open up the communication centers in your brain and nervous system to infuse the Cosmic Rose Quartz frequency. Set your intention to simply allow any visions, memories, snippets of information to flow without the need to analysis or understand at this time. In other words, simply be the "observer."

The more you can get out of your own way and receive this activation, the deeper the integration will be for you.

Please consume 8 oz of the Rose Quartz infused water in the next 24 hours. I would also recommend adding a pinch of Himalayan sea salt in your water, drinking Fiji water OR taking silica tonight prior to going to sleep. This is to assist with the crystalline connectivity at the cellular level.

I also recommend writing down anything you do remember after the activation, as small as it might be.

Enjoy...

Raquel