



Embodying the Cosmic Crystals

ROSE QUARTZ

Rachel SPENCER

Day 5

Activation: 25:33

This activation continues the upshift of your ability to receive wisdom and information from Rose Quartz. You may experience flutters within your physical heart as another recalibration commences.

In addition, the Cosmic Rose Quartz frequency penetrates deeper into your body, releasing patterns and memories which are ready to be upshifted into a purer level of emotional intelligence and Light.

Allow the information to flow without the need to analyze, keeping “out of your head and in your heart.”

Your natural gifts flow forth; there is no need to figure anything out. As you embody this level of the Cosmic Frequency of Rose Quartz, it becomes a part of your energetic matrix.

Once again...prior to listening to this activation, please:

If you have access, 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. Then...

- sit silently
- interlace your hands by putting your palms together, moving your right hand over your left hand, turning your left hand to be palm to palm, then interlace your fingers
- Then rotate your hands while interlaced upward to rest gently at your high heart level
- place the tip of your tongue to the roof of your mouth
- close your eyes and focus on your pineal gland and
- hum the "Om" sound for approximately 1-3 minutes
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Raquel