



Embodying the Cosmic Crystals

ROSE QUARTZ

Rachel SPENCER

Day 6

Activation: 25:41

Many of you are crystal masters, with a deep intuitive knowing of how to work with the frequencies crystals provide. Many of you are grid workers, infusing higher levels of Light into the planetary grids around the globe for humanity. Many of you are both and so much more....

This activation amplifies your natural skills, pulling from past lives where you preformed as an adept or specialist with the crystals.

You may experience many sensations through your body, as you become a living conduit for this elevated frequency to begin anchoring onto the planet.

Simply allow the energy to flow, once again without the need to analyze it. You do not need to become anything, you already ARE. It's simply the activation of your Divine Vehicle which allows for the remembrance and access to occur.

Relax, receive and allow the Rose Quartz to heal and renew you on all levels of your mind, body and soul.

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, all 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

Raquel