



Embodying the Cosmic Crystals

ROSE QUARTZ

Raquel SPENCER

Day 7

Activation: 25:30

This final activation of the Cosmic Rose Quartz brings a powerful download of information and Light.

Taking on the form of a sphere, tetrahedron, a star tetrahedron and then a crystal skull, the “Mother Crystal” of Rose Quartz celebrates the “return” of this level of consciousness for humanity.

This download / activation will take several days to integrate. I highly recommend keeping a piece of Rose Quartz in your bedroom while you sleep. Continue to use the Rose essential oil to heighten your ability to process and infuse this frequency (or simply call in the essence if you don't have the physical oil).

Consciously ask the frequency of the Cosmic Rose Quartz to move through you out into your physical experience enhancing your ability to hold this level of Light.

Follow any and all intuition to work with this crystal for healing and increasing the frequency of love and compassion on the planet.

Thank you for being YOU and most of all, remember you are LIGHT!

Raquel