



Embodying the COSMIC ELEMENTS *ETHER*

13 Day Activation Series

Raquel SPENCER

Day 2

Transmission: 29:30

Music: [Deep Inner Space - Chris Deuel](#)

This activation begins the “exercise” of remembering and tapping into the vastness within your center cell: the single individual cell that is at the center of your heart chakra; the single cell which is within the portal, connecting you to your Higher Self, Source energy and All That Is.

Allow your conscious mind to move beyond limiting beliefs and expand with this exercise. Realize that within this single cell is enough space for an entire universe. To reference a popular movie, (in [Men In Black](#), the universe they seek is on “Orion’s Belt”, the collar of a cat.). It opened up the concept for the masses.

I distinctly remember as a small child playing in the sand on the beach in Southern California, at the age of 4 KNOWING that one grain of sand could hold an entire universe ... long before the [Men In Black](#) movie presented this concept).

Deep within, you remember this truth, as well. Allow your imagination to assist you as you enter into this space consciously. Let the music support you. Set the intention (as I have in the recording) that when the music ends, you come fully back into this perception of reality, into your body with ease and grace, with full memory of this experience.

Raquel