



Embodying the COSMIC ELEMENTS *ETHER*

13 Day Activation Series

Raquel SPENCER

Day 5

Transmission: 31:41

Music: [The Space Between Spaces - Sean Maher](#)

The practice of stillness is essential when tapping into the vastness of the void within. The ability to co-create with the cosmic element of Ether requires skills and mastery, already held within you.

This practice is not a form of meditation, which is also an important component of spiritual awakening. We are working to develop the skill and ability to go beyond meditation into the still point before the impulse, before the thought, and produce the initial energy.

This is something that comes with time and dedication. The ability to clear the mind, slow down the body's natural processes and connect within is the "prerequisite" to access the void within.

This is an experiential energetic series. Articulating what is transpiring is becoming more difficult by the day...

I highly recommend taking time, prior to each activation, to reaffirm your desire for spiritual integrity, mastery and conscious creation. As you do so, the gateways open even more, allowing the experience to materialize more fully in your waking consciousness.

As with all of my work, you may be experiencing detoxification symptoms within your physical body. I recommend taking the concept of "Your Body Is a Temple" to the next level. I also recommend washing your bedding within the next 24 hours to clear the energy you are releasing during your dream state.

Breathe and allow yourself to go deep into the void of your own heart!

Raquel