



# Embodying the COSMIC ELEMENTS AIR

13 Day Activation Series

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## Day 1

Transmission: 28:23

Music: [QualiaPlus - Solfeggio 3D - 417 Hz](#)

We begin our journey into Cosmic Air. Throughout these 13 days, we step into a new level of embodiment of our own essence, our life force and source energy.

Our bodies are made of the elements; we are comprised of the same adamantine particles that comprise the universe. Air is the conduit for life. It is literally the breath of life and fuels our ability to be in physical form. We can last days without water, but we can only last minutes without Air.

Ancient language and Quantum Light and Sound begin to unlock the portals within the lower chakra to prepare our body to hold a new level of our essence.

Deep penetrating sound waves break up density held at the cellular level. It may, at first, seem jarring and unsettling. Breathe into it and allow your cellular memory to come alive. The sounds trigger a chain reaction to release deep patterns being held in your body.

As we upshift our body's ability to be a higher frequency conduit of cosmic wisdom, space must be made to accommodate the energy.

Throughout this entire series, it is important to pay attention to your breath (even more so than normal). Before listening to each activation, it is highly advisable to spend 2-3 minutes solely focused on breathing. Watch within your mind's eye the Light energy move through your body as your lungs fill and your abdomen expands. Consciously activate your prana as the life force and connection to your Higher Self that it is.

As always, I highly recommend supplementing your diet with deep nutrition during such intense energetic work. This includes super greens (powders are easiest), protein and lots of purified water. Follow your heart and listen to your body, it communicates what it needs and wants, if you ask!

Raquel