



# Embodying the COSMIC ELEMENTS *AIR*

13 Day Activation Series

*Raquel* SPENCER

## Day 2

Transmission: 28:31

Music: [Sean Maher - Whale Wisdom 2](#)

The clearing and expansion of our base chakra continues. The deep quantum tones are a catalyst as the bottom half of our physical body seems to disappear within this activation. This level of expansion allows for profound clearing at the adamantite level of our cells.

Clearing deep planetary and human patterns, the Whales across the globe create an energetic support structure, allowing the release and influx of Light grids to occur.

At times, this may feel strange to be so expanded, but follow your heart and allow this upshift to happen to the level you are comfortable. The Whales hold the planetary records and are true allies in the upshift of Gaia and humanity as a whole.

Breathe and stay as present in your body as possible, while still allowing the depth of this clearing and re-patterning to happen.

As you raise your awareness and frequency, you are a way shower for all of humanity. Allow the music to carry you into an expanded state of awareness and bliss.

Raquel