



# Embodying the COSMIC ELEMENTS **AIR**

13 Day Activation Series

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## Day 3

Transmission: 28:19

Music: [Sean Maher - Floating Temple](#)

Prana is the life force of all living things. As we embody higher frequencies of Cosmic Air, our prana, our life force is enhanced. The frequency of Cosmic Air brings in new levels of creation energy into our physical vehicles of Light. Moving into the sub-atomic, the quantum level and all levels in-between, our spiritual essence is increased within the physical reality.

The expansion of Cosmic Air into our vehicle of Light sparks the cellular codes of conscious co-creation within the sacral. The communication level with our Higher Self amplifies as we begin to expand the conscious connection to all living things.

Connecting with the animal, mineral and crystal kingdoms begins to ignite a new level of understanding and wisdom. As the frequency of Cosmic Air unlocks the codes within your DNA, heightened awareness of our inter-connectedness to all life awakens.

Continue to be aware of your breath throughout the day. Practice deep breathing techniques to increase the oxygen level within your cells. Make sure you are getting enough physical activity, including stretching, gentle movement and something to get your blood pumping (within the limitations of your own body - you know your body best - you're the one living in it!).

Breathe and remember that you are Light!

Raquel