



# Embodying the COSMIC ELEMENTS *AIR*

13 Day Activation Series

*Raquel* SPENCER

## Day 5

Transmission: 29:41

Music: [Sean Maher - Ancient Transmissions](#)

The Light language you hear in this activation is designed to “break” patterns within your subconscious mind. As the frequency of Cosmic Air continues to integrate, the distortion within the interface between the conscious and sub-conscious mind needs to reset.

The higher mind (a region of the physical brain I associate with the back of the head) is a major interface between the multi-dimensional world and integrating that wisdom into the physical reality.

You may feel a bit disoriented during the activation. Prior to starting, please set your intention to be 100% to your Higher Self, wisdom and Source energy. This assists you with relaxing into the process. This is deep energy work that opens up new pathways for new truths to manifest into your knowingness.

Perception is everything. Opening into new quantum understandings is what this series is all about. Allow your heart to open, your body to stay completely anchored in this reality, and your mind to expand to receive your own higher wisdom and Light.

Breathe and remember that you are Light!

Raquel