



Embodying the COSMIC ELEMENTS AIR

13 Day Activation Series

Raquel SPENCER

Day 6

Transmission: 29:17

Music: [Chris Deuel - Deep Inner Peace](#)

This activation goes deep into the reconnection of your higher mind to your cosmic Light. Much like the shifting or replacing of your connection to the planetary grids in Day 2, this activation replaces your connection into the higher mind grids of Light, as it pertains to your cosmic self.

It's essentially tapping you into an entirely new level of your own cosmic wisdom and Light.

To help with the integration, and to assist you with getting your conscious mind out of your own way, two-thirds of this activation is music.

Please remember to take care of your body during this series. Consider adding Liquid Silica to your daily supplements, as it assists with light conductivity at the cellular level.

I highly recommend washing your sheets, adding a few drops of lemon or lavender oil to the wash to help remove the dense energy you are releasing during your dream state.

Pay attention to your dreams and meditations, as new streams of Light connection are forming which ignites new ideas and wisdoms. Make sure to keep a journal during the series to help you recall and notice the shifts that are taking place.

Prana, air, life force is essential to existing in physical reality. Allow the frequency of Cosmic Air to ignite a deeper connection to your Higher Self and wisdom.

Breathe and remember you are Light!

Raquel