



# Embodying the COSMIC ELEMENTS AIR

13 Day Activation Series

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Day 7

Transmission: 28:36

Music: [Daniel Schotsborg - Solfeggio 3D - 396 Hz](#)

This activation goes deep into re-patterning your subconscious mind. As human personalities, we have ingrained patterns that we develop throughout our lives and with which we are often born (within the DNA). These patterns are triggered at an unconscious level by events, emotions, people, places, etc. The Cosmic Air frequency of Light works to “break” and repair the patterns between the unconscious/subconscious mind and the conscious mind.

The mind “chatter” that keeps us limited is nothing more than energetic patterns that trigger the energy to move through a path that is of “least resistance”. Things such as thinking of the “worst-case scenario” or shifting into feelings of unworthiness are simply habits or patterns within the mind circuitry.

During the activation, I specifically mention some of these patterns to “trigger” the pathways. I then follow it with a BOPP to quickly break and release at the quantum level and then follow with Light Language to “repair” the pattern into a higher level of truth and understanding.

Breathe and remember you are Light!

Raquel