



Embodying the Cosmic Elements - Air Introduction

It is an honor and a privilege to facilitate this series of Light activations.

We continue the adventure into the elements that make up the universe, our solar system and our own bodies. These Cosmic Elements are intricately tied to many layers of our personality and physical experience.

We are infinitely connected to the cosmos. As we evolve and expand our consciousness, our ability to navigate higher streams of Light consciousness becomes more fine-tuned.

This series helps to upshift the frequency signature of the elements within your body. The interconnectedness to 'All That Is' amplifies and increases our natural gifts, talents and interactions with higher levels of consciousness.

Each day you receive a PDF explanation and MP3 activation to listen to at your leisure. It is best if you can listen during the 24 hour window. However, it is not required, as you need to follow your own intuition and guidance as to what is appropriate for you.

This is an experiential series. All that is required is a deep desire to remember your truth, love yourself as you are in the NOW moment; a willingness to release that which no longer serves you, and to breathe into the expansive opportunities which are your birthright as a Divine Being of Light.

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