



Embodying the COSMIC ELEMENTS *EARTH*

13 Day Activation Series

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Day 8

Transmission: 29:29

Music: [Lift Off - Sean Maher](#)

As we connect deeper with the Cosmic elements of Earth, the multi-dimensional frequencies of the minerals, vitamins, trace minerals and nutrients begin to integrate into our physical body.

Your body is key to awakening in this lifetime. It is the capacity of the human body to integrate and interpret Light that determines our ability to connect into higher levels of consciousness and connection to universal source energy.

Gaia holds multiple levels of the frequencies of all the minerals, vitamins, micro and macro nutrients, etc. that are needed for physical life. As you begin to integrate these frequencies, your body may shake, quiver and respond spontaneously to this upgrade.

It is essential to pay attention to what you are putting in your body. Bless all food, supplements, water, etc., to help you hold these higher frequencies now pouring forth from the cosmic body of Gaia.

I highly recommend a body scrub or brushing to exfoliate your skin, which is your biggest organ. Use a natural sea salt scrub or natural dry brush to help with detoxification of your body. (This is not appropriate for all skin types and ages, so follow your heart and guidance.)

Continue to take care of your body. Rest, relaxation, rejuvenation, play, laughter and meditation are all key to integrating this energy.

Breathe and remember that you are Light.

Raquel