



# Embodying the COSMIC ELEMENTS *EARTH*

13 Day Activation Series

*Raquel* SPENCER

## Day 9

Transmission: 29:53

Music: [Night Water - Ron Crose](#)

This activation connects us into the natural elements of Gaia. The frequencies and information flow in from the mountains, oceans, streams, trees, flowers, vegetation, rocks, caves, etc., etc., etc.

The experience is almost dizzying and psychedelic in nature. Spinning into a vast flow of images, information and energy, this download may make you disoriented and euphoric at the same time.

Words can hardly describe the experience. Allow yourself to go deep, experiencing the connection to the natural world. If ever I might suggest to “go with the flow”, now is the time.

This is a beautiful and deeply moving activation (at least it is for me).

I do recommend changing your sheets before the next activation, as you are releasing a lot of dense energy. Add a few drops of lemon or lavender oil to your regular wash, or a handful of sea salt to help clear the energy, if possible.

Remember to bless everything going into your body. Ask it to nourish and strengthen your physical body to integrate your cosmic frequency of Light.

Raquel