



# Embodying the COSMIC ELEMENTS **WATER**

13 Day Activation Series

*Raquel* SPENCER

## Day 5

Transmission: 29:35

Music: Sean Maher - Ancient Transmission

Your body is a living super-computer. A deep clearing and purging of embedded emotional structures in your cells is occurring. Allow this to transpire, knowing the process can be - and is - simple, effortless and empowering. This is ancient distorted programming, still held within human DNA.

As we open up the pathways, the cosmic element of water can cause memories, wisdom and knowledge from other incarnations to begin to come into our current awareness.

Wisdom and knowledge held during the times of Lemuria, Atlantis, Mu and other experiences are rising to the surface of your consciousness. The ancient languages trigger memories. Allow whatever comes to enhance your ability to remember the wisdom available for you and the role the cosmic element of water plays in connecting you to All That Is.

Allow the music to transport you into the many, many lifetimes, past, present and future, where you are conscious in physical form.

Please keep a journal of the memories, insights and flashes of inspiration you receive.

Raquel

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