



Embodying the COSMIC METALS **COPPER**

7 Day Activation Series

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Day 2

We are intimately connected to the earth and the cosmos. Our understanding of the interconnectedness of copper within the physical world and our body continues to unfold as we expand our Light.

The copper we consume through food is being upshifted through Gaia herself. As our ability to utilize the micronutrient of copper increases, we become even more connected to cosmic energies affecting her planetary body.

Increasing the efficient use/effectiveness of copper within our physical/metabolic processes is necessary prior to accessing the metaphysical properties of this dynamic conductor of energy.

You may experience a variety of sensations throughout this activation, including zaps of energy through your spine, flashes of light behind your eyes, and even perhaps the taste of metal in your mouth. These are all perfectly normal responses for your body as the cosmic frequency of copper infuses, increasing the amount of electrical energy and Light your body can comfortably hold.

A gentle reminder: It is essential, when doing this level of energetic/physical work, to take care of your body. The basics are: plenty of water, rest and good nutrition.

Breathe and remember you are a Divine Being of Light.

Raquel