



Embodying the COSMIC METALS **COPPER**

7 Day Activation Series

Raquel SPENCER

Day 6

The healing of your physical body continues, as new filaments of Light emerge between the layers of your energy matrix. Embodying the cosmic copper provides the creative energy to establish thousands of new connections amplifying the bio-availability and spiritual availability of this metal.

These new filaments create an amplification of energy within the body's communication network. With the influence of the cosmic copper frequency, the level of information being communicated continues to "over-ride" old belief system patterns, distorted programs and obsolete blueprints, providing the framework for healthier and more aligned energy patterns to develop.

Please make sure you are "watching your thoughts and words." It's imperative to self-correct as often as possible, replacing any limiting thoughts or emotions with heart-aligned wisdoms. The rewiring of your neural and communication pathways happens quickly with your added awareness and focus. Ultimately, it is your ability to stay living from your heart and expanding your perceptions, which amplifies your ability to create from this new expanded state of being.

Once again, a gentle reminder to ground into the crystalline core of Gaia, take care of your body with proper rest, nutrition and movement, and self-correct any distorted thoughts and words. You are the co-creator of your reality. The cosmic copper will enhance your supercomputer to respond to your consciousness more effectively.

Raquel