

# WEEKLY EXERCISES TO CONNECT WITH GAIA

## PART XXV.

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*(Text by Andrea)*

*Here,  
in the spiritual realm,  
in the Oneness,  
we join forces to create  
for the benefit of the light-filled earth plane.  
A space born out of community.  
Human beings -  
become aware of  
your responsibility.  
Look into your heart's consciousness  
and from there into the surrounding world.  
(Gaia)*

(Exercise by Marko)

- You are seated, holding in your hands a piece of the landscape with healthy sweet-smelling earth.
- You stand on this piece of earth, barefoot and so small that you do not reach higher than the arch of your skull.
- Standing like this in your lap, stomp rhythmically for a while so that you connect deeply with the earth beneath your feet.
- Then lift the piece of the landscape you are holding in your hands to the level of your elemental heart - at the lower end of the sternum - and hold it there for a while. As you do so, you become correspondingly smaller.
- Standing like this, look around you. Your head is now identical with the third eye, which is positioned in the centre of the head. This is the eye that has a 360 degrees circumferential view.
- Forget the preliminary stages of the exercise and look into the new world that already exists beyond the thin shell of the excessively material old world.