

WEEKLY EXERCISES TO CONNECT WITH GAIA

PART VI.

to be published on Thursday February 17, 2022

Human Beings –
you are challenged more than ever
to keep and maintain
your connection to the spiritual realms,
beyond being vaccinated or unvaccinated.
(Gaia)

(Exercise by Marko)

1. Imagine that you are one of the multitude of human beings who feel like a toy in the hands of powers that endeavor to take away from us our freedom to be who we are as human beings.
2. Those powers attack primarily our heart and its qualities of love and attempt to disconnect us from our family of ancestors and descendants in the spiritual world.
3. Now imagine in the space behind your back the line of your ancestors, (sisters and brothers from the spiritual world) that extends backward to time immemorial.
4. Feel your position as the first in the line of your ancestors, as the one who is now incarnated and consequently confronting the challenge of the current world of chaos.
5. Be aware of the strength and love with which the line of ancestors supports you.
6. Feel your perfect unity with the spiritual world and your ancestral line behind your back.
7. Bring this quality of unity, strength and love to face and be the world, as an inspiration for human beings to create a renewed human family on Earth.