

# WEEKLY EXERCISES TO CONNECT WITH GAIA

## PART VII.

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The light of the heart  
will illuminate  
the power of the darkness  
and connect us again  
in peaceful togetherness.  
Shed the fear  
of one another,  
you light-filled human beings.  
(Michael)

### *Exercise by Marko*

1. Imagine your heart as part of a new system that goes beyond the heart chakra as part of the ancient seven chakras system.
2. Find within yourself the openness to explore this new heart system, which is composed of three spheres of light and love.
3. First we find the sphere of the elemental heart at the lower end of your breastbone. It contains your beauty and power as a member of Gaia's elemental world.
4. Then we find the second sphere, centered in the fifth chamber of the organic heart. In this sphere our personal archetype is coded.
5. Next we find the third sphere, positioned at the right side of your abdomen. It contains a holographic fragment of paradise – the memory of the era when we were all in tune with the Earth and Cosmos. The third sphere guides us toward a new level of peaceful communion with all living beings.
6. Now imagine the three light spheres dancing in your chest, creating a new multidimensional heart center.
7. How does this feel? Take courage and show your new multidimensional heart center to the beings of your environment and the world.