

WEEKLY EXERCISES TO CONNECT WITH GAIA PART VIII.

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*New things arise in the change of times –
experience the change of soul
during these times, Human Beings.*

*This period allows us
to meet each other
more consciously than ever,
in a new space.*

A space that has never been.

*Get ready to enter it –
purify your souls
and shine in your true essence.*

(Gaia and her beings)

Exercise by Marko

1. Be courageous - step over a precipice onto a sheet of parchment paper.
2. You are extremely frightened of falling down.
3. Suddenly the sheet paper turns into a layer of ice that feels more stable.
4. Soon the layer of ice is transformed into a bridge composed of strong solid paving stones.
5. Walking on these solid stones gives you a feeling and sense of perfect security.
6. Be grateful to Gaia and her mineral beings for providing us a safe path through this difficult portion of our path ahead.