

WEEKLY EXERCISES TO CONNECT WITH GAIA PART X.

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*Human Beings –
in the midst of changing times
it takes courage and confidence
to stand in the place
you have been put
right now.
(Michael)*

(Exercise by Marko)

1. As a human being you are feeling lost in these hectic and chaotic times, as if someone is threatening you from behind.
2. At first you try to escape - but then you find the source of deep inner peace within yourself.
3. You become peaceful. At that moment your elemental heart at the lower end of your breastbone begins to shine.
4. You begin to radiate solar-like rays from your elemental heart with great power and beauty.
5. You find it difficult to believe that there is so much light in your elemental heart!
6. You realize that it is not just your own light shining but it is the love and light of the elemental world as a planetary organism shining through you.