

# WEEKLY EXERCISES TO CONNECT WITH GAIA PART XI.

*to be published on Thursday March 24, 2022*

*Human Being,  
recognise yourself from your centre,  
return home to the place of your essence,  
reconnect with it  
and live a new in harmony with yourself  
and thus, with me.*

*(Gaia)*

*(Exercise by Marko)*

1. Imagine you sit down to meditate – you are not satisfied with the conditions of your everyday life.
2. Then you notice that within you, along your backbone, there are spiraling stairs leading upwards.
3. You feel inspired to follow the stairs upward - but soon the path is blocked with a kind of metal membrane.
4. You gather up your courage and break through the membrane, and step through the opening.
5. You now find your self on another level of existence. There are mountains, air, and a natural environment filled with the buzzing life.
6. You realize that you are not in heaven but have finally arrived within the true and nurturing sphere of life.
7. Find the resonance between the life sphere vibrating around you and your inner essence.
8. Be happy and thankful.