

WEEKLY EXERCISES TO CONNECT WITH GAIA PART XIV.

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*Human Being,
allow yourself to shine once again.
Connect with me,
my elemental spaces,
re-acknowledge me
and allow me to shine through you.
Let us nourish each other once more
and revive our connection
ever anew.
Here in these realms,
am I able
to awaken
your inspiration.
Accept it and embrace it,
live it, show it to me
and to the world.
(Gaia)*

Exercise by Marko

1. Imagine you are walking through a magical beautiful forest.
2. All of a sudden you realize that someone is following you.
3. Turn around. You realize that an ancient woman as old as the Earth is following you.
4. Walk to her - embrace her with the awareness that you are embracing the whole Earth.
5. Be fully aware of - and immerse yourself - in the feelings that emerge within.