

# WEEKLY EXERCISES TO CONNECT WITH GAIA PART XV.

*to be published on Thursday April 21, 2022*

*Human Beings –  
continue to trust your intuition,  
do not deny it to yourselves.  
Walk hand in hand with it  
through all your lives' difficulties,  
currently presenting themselves to you.  
Trust in yourselves  
and also around you.  
Find new ways to trust  
beyond the old ones.  
Create new spaces of trust  
within you and around you –  
with you.  
I need you.  
(Gaia)*

## *Exercise*

1. Imagine ancient goddesses and gods with one face looking forward and the second face looking backward.
2. If you are a woman your feminine face is looking forward and your masculine face is looking backward. How does this feel as an extension of your presence?
3. If you are a man your masculine face is looking forward and your feminine face is looking backward. How does this feel as an extension of your presence?
4. Now allow your partner self facing backward (not just the face, your whole body) to glide through your manifested body to appear in front of you.
5. Look into his or her eyes. Recognize her or him as a much neglected aspect of your being.
6. Finally embrace her or him and integrate him or her into your personal universe.

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