

WEEKLY EXERCISES TO CONNECT WITH GAIA PART XVII.

to be published on Thursday May 5, 2022

*Human Beings,
allow yourselves to feel joy
and the desire for life once more.
Go within to achieve this
and liberate yourselves first.
Seek out the core of your being
deep within
and allow your true selves
to blossom.
(Michael)*

Exercise

1. The decline of our human rights and spaces of freedom all around us should not prevent us from searching for our innermost essence.
2. Imagine that your heart muscle transforms into a simple temple with four walls, a roof, no windows, and a closed door.
3. Open the door and enter into its dark space. You are surprised! Even with no windows the space of the temple is brightly illuminated!
4. Understand and realize that the light of your individual essence is illuminating the space of your temple.