

WEEKLY EXERCISES TO CONNECT WITH GAIA PART XIX.

to be published on Thursday May 19, 2022

*It takes courage and determination,
at this time more than ever,
to maintain the contact with the creative forces
within you - Human Being.*

*Trust in your intuition and our connectedness
and create out of it.*

*Become active,
go your own way,
follow your impulses
arising from our interconnectedness.*

*Nurture our connection.
(Gaia)*

Exercise

1. Imagine you are walking through a narrow gorge.
2. As you walk the stone walls move towards each other and the path becomes extremely narrow.
3. In this critical situation connect to your elemental heart that pulsates at the lower end of your breastbone.
4. As you connect your elemental heart to the lower of your breastbone you experience a deep connection to Gaia. Take your time to feel it within your body.
5. In that moment of deep connection the closing movement of the stone walls halts. Breathe deeply, and turn around.
6. You realize that behind you the stone walls have closed together - and that there is no path backward any more!
7. You turn forward and see that in front of you the stone walls have moved apart and that the path in front of you becomes more and more open.
8. Take this opportunity and walk towards your freedom!