

WEEKLY EXERCISES TO CONNECT WITH GAIA PART XXII.

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*Human Beings,
you can only liberate yourselves
by ever more turning
to the spiritual realms,
away from the materialistically focussed thinking and living.
We are awaiting you.
(Gaia and her Beings)*

Exercise:

1. Be aware that most of the time we look into the manifested world in front of us.
2. Now shift your awareness backward so that you are present within yourself - but you are still looking in the direction of the world in front of you.
3. Then turn around *within your body* so that you are now looking now towards your back space - while you are still within your body space.
4. Now step out of your body into your back space and look at the causal world - formerly called "spiritual."
5. Enjoy its dimensions and beauties!
6. Then move into your usual state of consciousness.
7. You may experience your consciousness has shifted, especially if you repeat the exercise.
8. Do the exercise as often as possible during the free moments of your day.