

WEEKLY EXERCISES TO CONNECT WITH GAIA PART XXIII.

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*Human being –
learn to return to calmness,
quiet your mind,
get out of all the distractions
of the outside,
into the connectedness
with your soul's essence.
Find stability within yourself,
through your inner peace,
reawaken your spiritual consciousness
and experience and live
our connectedness
in the spiritual realm.
(Gaia)*

Exercise:

1. If you sit upon a chair imagine that the chair is standing upon a calm water surface. You can also stand upon the water surface.
2. Feel your feet touching the water surface that is so calm that it functions as a mirror.
3. High above your head the atoms of the air Element connect in such a way to constitute a large mirroring layer.
4. Be aware that you sit or stand between two mirrors that reflect each other.
5. Specific spatial conditions come into existence while you sit or stand between the two mirrors.
6. They enable you to explore those subtle dimensions of yourself that otherwise may be hidden to your perception.
7. It can be also that some shadow aspects of yourself will show.
8. In this case use sounding or violet color to transform them or hold them for a

while between your palms.