

WEEKLY EXERCISES TO CONNECT WITH GAIA PART XXIV.

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*Human being,
build your inner temple,
erect and stabilise it
out of your abilities and talents –
and respect your body,
which is your home during this life on earth.
(Gaia)*

Exercise:

1. You are about to build your temple.
2. Imagine yourself kneeling at the side of a planting plot in a beautiful garden.
3. Have seeds in one hand and the other hand free for planting.
4. Each seed represents one quality
that you would like your temple to be built of.
5. Decide which of those qualities you do associate with each seed that you put
into the warm moisture ground.
6. Wait in silence for few moments.
7. Now rejoice of the temple that grows out of the ground.
8. Take the temple into your inner world and be aware
that your body is the temple that you build.