

WEEKLY EXERCISES TO CONNECT WITH GAIA PART XXVII.

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Human Beings –

Reconnect,

amongst each other, everywhere, at all times,

with that which surrounds you.

Dissolve the separation –

first in yourselves,

then in the outside.

(Gaia)

Exercise:

1. Love is the strongest bond of connection.
2. Imagine seeing in front of you a stone that you love, or a tree, a mountain, or a beloved person.
3. Send a bond of love to surround that person, mountain, stone or tree. You can do it several times.
4. Then allow the magnetic power of the bond of love to pull that stone, person, mountain or tree through you to be present at the back of your heart.
5. Afterward you can now allow that stone, tree, person or mountain to enter your heart space – and enjoy!