

## WEEKLY EXERCISES TO CONNECT WITH GAIA PART XXVIII.

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*Human beings,  
remain in the confidence  
offered by your unshakable bond  
with the spiritual realm –  
based on the connection  
with your essence.  
Grow into the connection  
with your essence  
and become active in your lives.  
Out of this  
your environment will expand,  
if only you raise your vibration  
through the connectedness  
with your essence.  
Amen  
(Michael)*

### *Exercise:*

1. Be aware that the spiritual world, the world of ancestors and descendants, is not just above you but it is all around you as a deeper layer of reality called “causal.”
2. Now feel the sphere of the spiritual world around you and make contact with your soul essence stored in the memory of the spiritual world.
3. Allow yourself to be in resonance and renew this bond. Lovingly hold your soul essence in your heart.
4. Then ponder how to bring the quality of your soul essence to your life and environment.