

## WEEKLY EXERCISES TO CONNECT WITH GAIA PART XXIX.

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*Human Beings,  
unfold your Selves,  
and your gifts,  
discover your abilities  
and bestow them upon each other.  
Offer them to me –  
together we shall heal.  
(Gaia)*

### *Exercise:*

1. Pay attention to your feet and sense what you feel under the soles of your feet. There are coded paths that you should walk in this life. Feel their quality.
2. Then give attention to your hands. In your palms are written the gifts of creativity that you bring to this life. Feel their quality.
3. Next be attentive to the highest point above your head that you can reach. Here you will find written the potentials of your spiritual growth. Feel their quality.
4. Now imagine that you share the light of your gifts with your environment, with your beloved friends and family, and with Gaia.