

## G A I A • T O U C H

### Body exercises dedicated to deepening relationship between human beings and the life of the Earth

Gaia Touch exercises were inspired by elementary and other beings of different sacred places of the Earth. They offer them to fellow human beings to help us to attune better to the multidimensional nature of our home planet and its beings, belonging to different levels of reality. The exercises represent a combination of body movements and imaginations, a kind of Yoga dedicated to cooperation with Gaia and her consciousness.

I started to perceive and formulate the Gaia Touch exercises one by one after the year 1998 when the Earth transformation process started to reveal itself. By Earth transformation I do not mean the shadow side only identified as climate changes. According to my perception it is a process through which new conditions of life are emerging upon the planet and a new more subtle space and time structure. I believe that the Mother of Life decided to set these changes into motion to prevent the vital capacities of the Earth to be destroyed. To be able to continue enjoying the beauty and creative challenges of this planet we have to adapt to changes – not just spiritually but also bodily.

The purpose of the Gaia Touch exercises is to stimulate personal development in order to be able to attune to the new emerging reality individually as well as collectively.

Gaia Touch exercises are a form of cosmograms, which means a form of the universal language which can be perceived not just by human but also by other beings of the Earth and the universe. Their authentic

power is generated by the consciousness and beings of those sacred places that inspired them – they are usually mentioned in the commentaries to single exercises. The exercises work also in the opposite direction. By performing a Gaia Touch exercise one supports the given place and its beings in their striving to reveal the true identity of the place and to support its unique service to life.

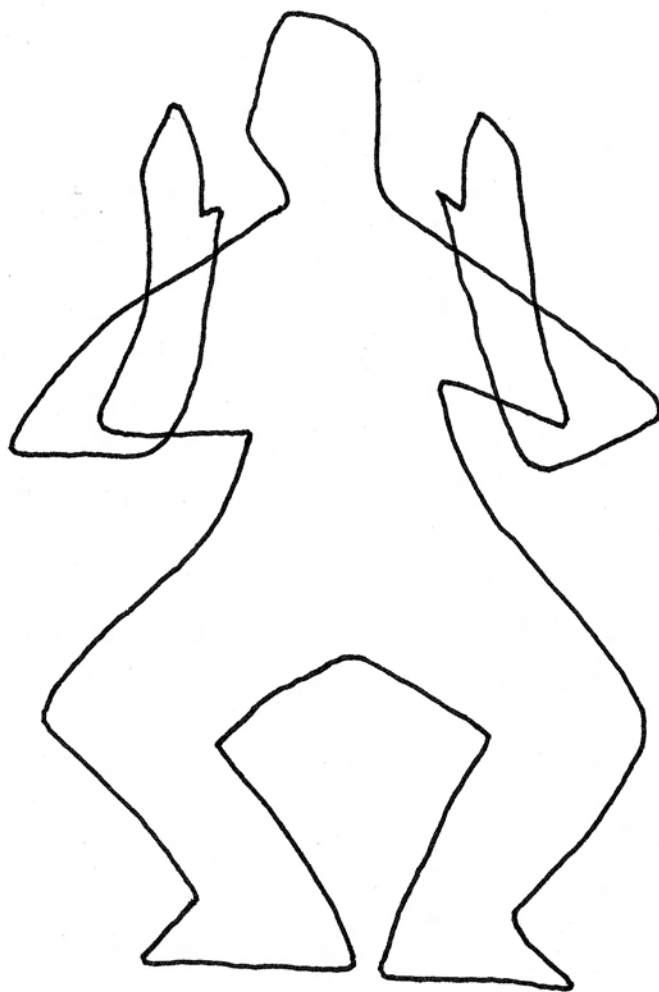
I see Gaia Touch as part of a large planetary movement set in motion to create a new kind of civilization upon the Earth which I call “Geaculture”. This is why at the end of the set of cards Geaculture Manifesto is added.

It is important to know that Gaia Touch exercises work through interaction between the body movements and our capacity of imagination. It is not needed to have always in mind the background of the given exercise while performing it. Yet it needs to know what the purpose of the given exercise is and which are its moments that need to be supported by our imagination.

Enter the world of the given exercise without projections and allow yourself to be carried by its wings. I hope that more and more people world wide will join Gaia Touch movement and that groups will form to perform the exercises on permanent basis, sharing their experiences and dedicating to relevant themes. Following this aim together with my collaborator Peter Frank from Hagia Chora School of Geomancy and others from LifeNet we organize trainings for those who would like to integrate Gaia Touch into their daily life or would like to organize the mentioned groups.

I give thanks to all collaborating with the Gaia Touch movement and wish you excellent experiences.

Marko Pogačnik, Slovenia, September 1<sup>st</sup> 2013



# Crete Exercise to Strengthen the Relationship with Gaia

- 1) Start upright and centred in your heart.
- 2) Bend your knees to sink closer to the Earth. This symbolizes that the cosmos is getting closer to the Earth.
- 3) Holding this position, lift your arms, half angled, until your palms reach the height of your throat. Your elbows stick out a little bit on every side. This symbolizes that the Earth is getting closer to the cosmos.
- 4) Rest for a while in this stance and imagine that your hands and knees are holding a column of white light, which is anchored at the centre of the Earth and reaches high up into the heavens.
- 5) Repeat this exercise a few times, and observe what is going on inside while you are standing upright.

This body cosmogram came about in 1999 on Crete, when I was looking at Minoan figurines of the goddess and suddenly was shaken by a feeling that inside these figurines there is a holographic piece of the goddess herself. Through that resonance the possibility exists that doing the exercise you are touched by the divine presence of the goddess.



# Star of David Cosmogram for Balancing Heaven and Earth

1. Lift your angled arms over your head; bring together the fingertips for building a triangle. By this triangle you create a connection with the cosmic powers above you.
2. Lower your arms slowly until they face down diagonally and stretch them out. Now let the cosmic powers, which have accumulated, flow into the Earth.
3. Then bring together your hands, keeping the elbows out and form a triangle directed downward to connect with the forces of the Earth.
4. Straighten your arms slowly and lift them, until they show diagonally upward. Let the forces of the Earth, which have accumulated, flow into the universe.
5. Then again build a triangle over your head and connect once more with the cosmic forces ...
6. Repeat this exercise a few times, until you gain the feeling of being attuned with the Earth and cosmos. Observe silently what has been done inside of you.

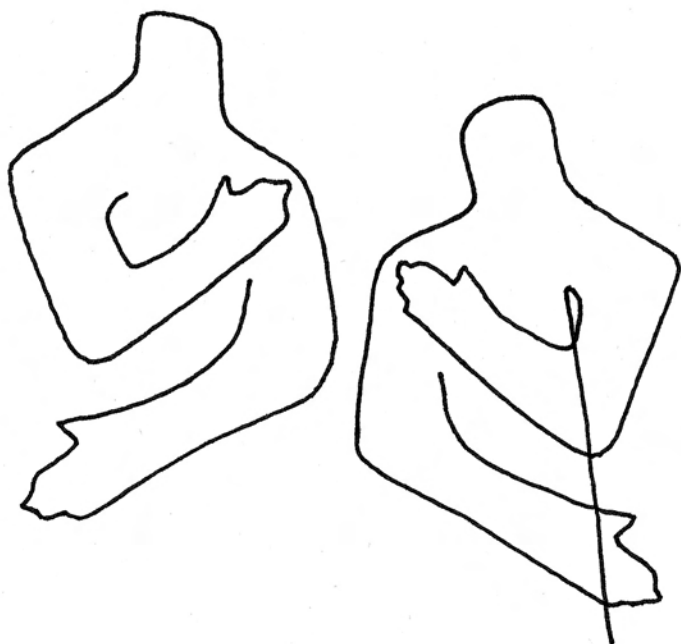
The Star of David-exercise is an example, how through resonance with a cosmic archetype (Star of David) it is possible to dive into cosmic relationships and to be touched by their wisdom. The inspiration creating this cosmogram came to me in Dachau, Bavaria, when I was working, together with a geomancy group on the healing of the wounds, which the well-known extermination camp from the Nazi epoch has left behind.



## Crete Exercise for Connecting the Front and the Backspace of the Body

1. Lay your right hand on your right hip, the palm directing towards the back. This enables you to connect with the powers of the back.
2. Imagine that you hold something round and cold, for example a snowball in this hand.
3. Lay your left hand on your forehead, the palm directing to heaven.
4. Imagine that you are holding something warm and shiny, for example a small sunball in your hand.
5. Concentrate on connecting simultaneously the warmth of the manifested world in front of you and the relative coldness of the causal (potential yet not manifested) side of your being behind your back and stay in tune with both.
6. After a while you can change the role of both hands.

This body cosmogram also comes from of the Minoan culture of Crete. In one of the museums I was observing the figurine of a youth in this posture. Suddenly I became aware, that therein is represented an exercise, by which people of the former goddess-culture got in vivid contact with the creative forces of Gaia, to renew the happy character of their culture and their own being again and again.

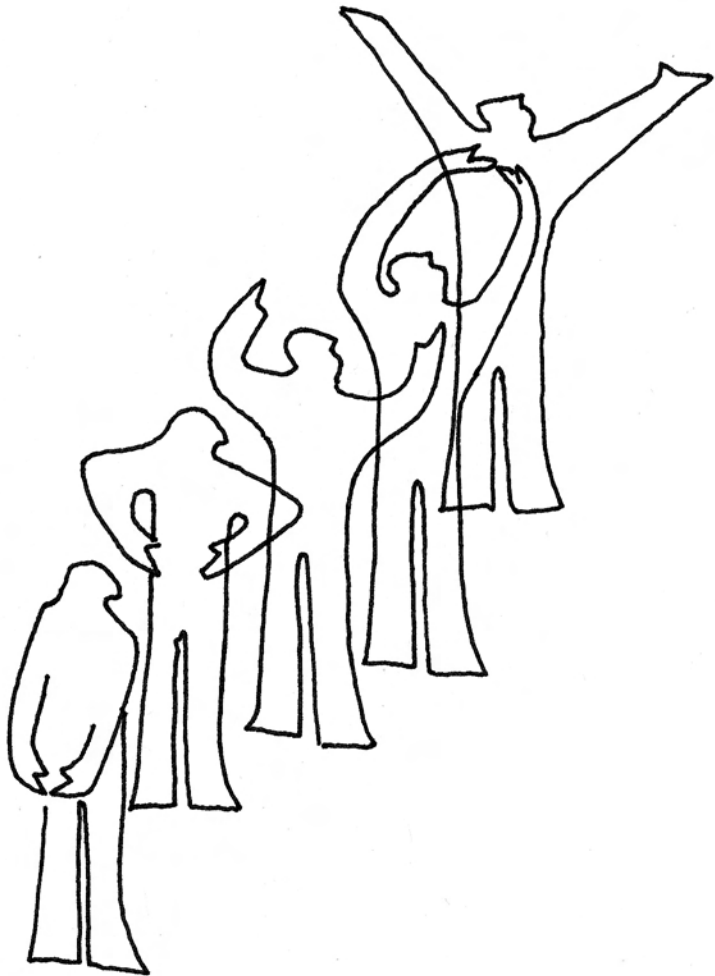




# Crete Exercise for Balance between Female and Male (Yin–Yang) Principles

- 1) Stand, or sit upright. Lay your right hand on your left shoulder and your left hand at the back of your right hip.
- 2) After a while change the position of the hands letting them describe a wide bow. Now the left hand is wandering up to your right shoulder and the right hand on the backside of your left hip.
- 3) After a while change the position of the hands again, to find the inner balance, etc.
- 4) In the moment you get the impression of finding the balance, you can spread this quality out into the surrounding atmosphere, wave like.

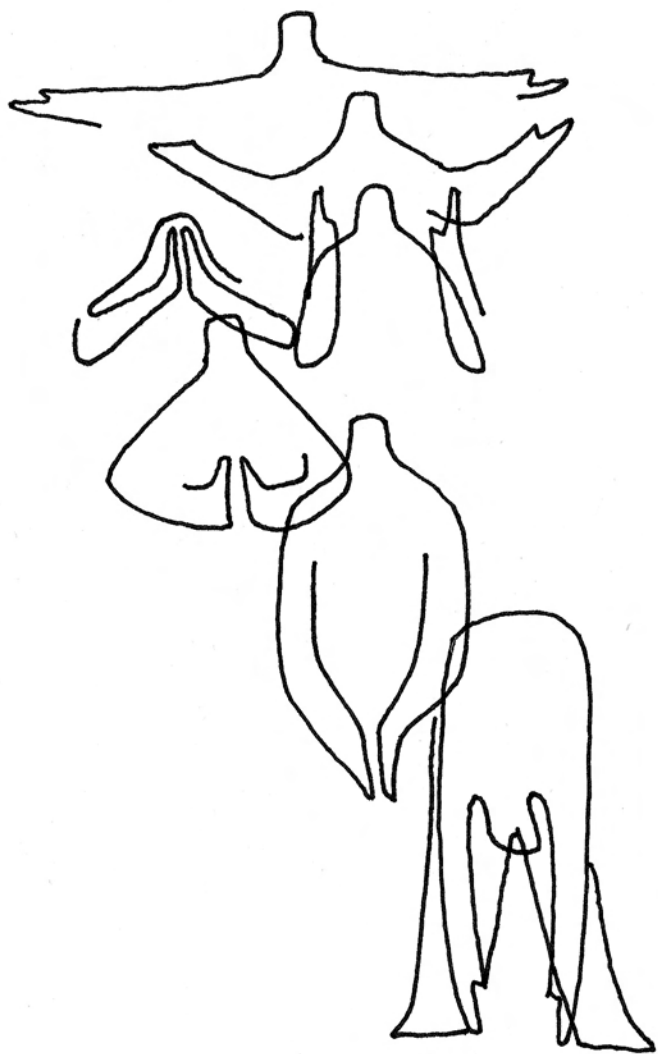
The inspiration for this exercise also comes from Crete, from a Minoan figurine made of bronze with its cryptic gesture. Only after trying it with my own body and becoming aware of the effect, did it became clear that the gesture is related to a matrix through which you get in resonance with the cosmic quality of balance.



# Basel Exercise for Transforming the Elemental Forces of the Earth into Creative Impulses

- 1) While standing reach with your hands into your backspace and bring them together above your bottom, in the way that the middle fingers are touching. Imagine that from there you establish a contact with the elemental forces of the Earth core.
- 2) Then guide your hands laterally along the body upward, until the middle fingers of your hands touch again, this time in front of your body and above your head.
- 3) While moving with your arms upwardly, bow your head backwards so that your throat-chakra gets liberated.
- 4) Now, when your head is bowed back and the hands are building a circle in front of the throat, you should become aware that the elemental forces of the Earth are being transformed into creative powers. Symbolically they could be called “creative powers of the word”.
- 5) After some moments you should open your hands and stretch them out, thereby the creative powers can flow boundlessly into your environment to support the creative processes of our home planet.
- 6) Subsequently guide the arms laterally down and straighten up your head, to be able to redo the body exercise. It should be repeated a few times.
- 7) Rest for a while after finishing the exercise with closed eyes, to feel what has developed in your body.

The so called “Basel-exercise” was inspired by the symbol of the town of Basel, the basilisk, a form of dragon. Looking at a bronze statue of a basilisk, those power spots appeared in front of my inner eyes, which are playing the crucial role in this body cosmogram. I was shown how the centre of the elemental forces at the tail of the basilisk communicates with its larynx.

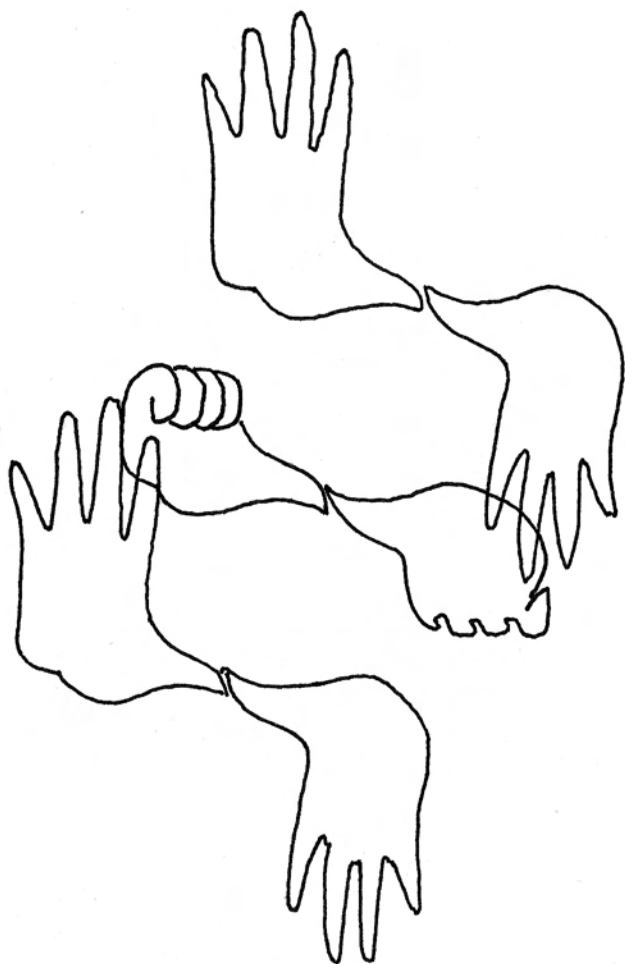


# Manhattan Exercise for Grounding of the Head

- 1) Bow to the front, so that you almost touch the earth with your hands stretched out. While doing so imagine that with your hands you are reaching down to the core of the Earth.
- 2) Get up slowly and while doing this imagine you raise the connection with the core of the Earth along the vertical axis upward. Your hands are held together at the palms.
- 3) The fingertips are pointing downwards, until you arrive at the height of your chest. At the level of your heart rotate them to start pointing upwards.
- 4) Lift up your hands further without a pause. As soon as you have reached the height of your face, rest for a moment holding the prayer gesture in front of your third eye.
- 5) After a while stretch out your arms horizontally to the left and to the right as wide as possible. Doing the gesture imagine that in effect you are extending the field of your consciousness from within.
- 6) After that you bow towards the Earth again, and the exercise starts from the beginning. Repeat it a few times.

This exercise was revealed to me during my preparation for a workshop, which I held in the year 1999 on the island of Manhattan, New York. Because of being rooted deeply in the core of the Earth the granite body of Manhattan is capable of carrying an extremely heavy city structure on its shoulders and yet nourishing highly creative cultural layers.

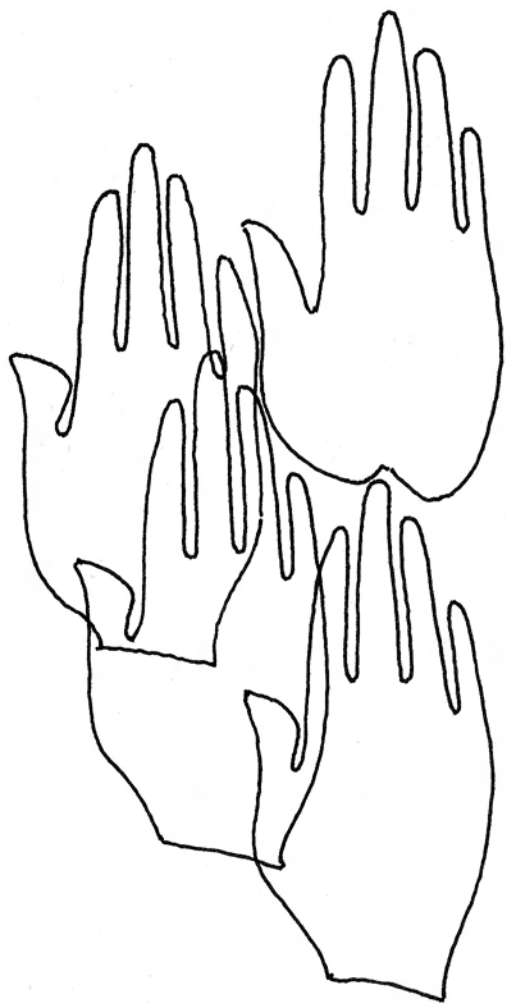
Through this exercise the possibility is offered to us by the spirit of Manhattan, to ground our mental activity, while “our head” is opening up to the whole spectrum of cosmic reality at the same time.



# Hand Exercise for Grounding and Anchoring in the Cosmic Whole

- 1) Lay your hands next to each other in front of your heart centre. One hand faces outwards with the palm open and the fingers stretched upwards. The other points downwards with the palm turned inwards and fingers stretched downwards. Only the thumb tips of both hands are touching each other.
- 2) Imagine that the four fingers, pointing downward send out rays of light which enter deeply into the body of the Earth. At the same time the four fingers pointing upwards send rays of light high up into the universe and there they are touching stars. Remain in that anchoring position between heaven and Earth for a moment.
- 3) Next, fold the four fingers of both hands into fists centred in front of your heart chakra representing the midpoint between heaven and Earth.
- 4) Open your fingers again, as described above, to reinforce the anchoring in the heavenly arch and in the depth of the Earth.
- 5) Continue for a while with the alternating rhythm of centring in the heart while anchoring in the depth of the Earth and the width of the universe.

Your hands are representing a form of microcosm in relation to the macrocosm of the body. That's why the exercise done by the hands can be seen as complementary to the body exercises. What is done by the hands impacts the whole body.





# Hand Cosmogram to Dissolve Blocking Limits

- 1) Position both hands in front of your chest, holding the hand edges in that way, that the inner side of one hand points to the left and its back to the right – the other hand vice versa.
- 2) Start with circling the edge of one hand around the edge of the other hand, while they are continuously touching each other. Like two millstones, they are circling around each other.
- 3) After a while reverse the direction of the circling.
- 4) To strengthen the exercise, you can imagine taking the circling “millstones” into your heart and continue “milling” there.
- 5) It is not advisable to perform the “milling” exercise too long, rather to pause in stillness and feel what the exercise has induced within you.

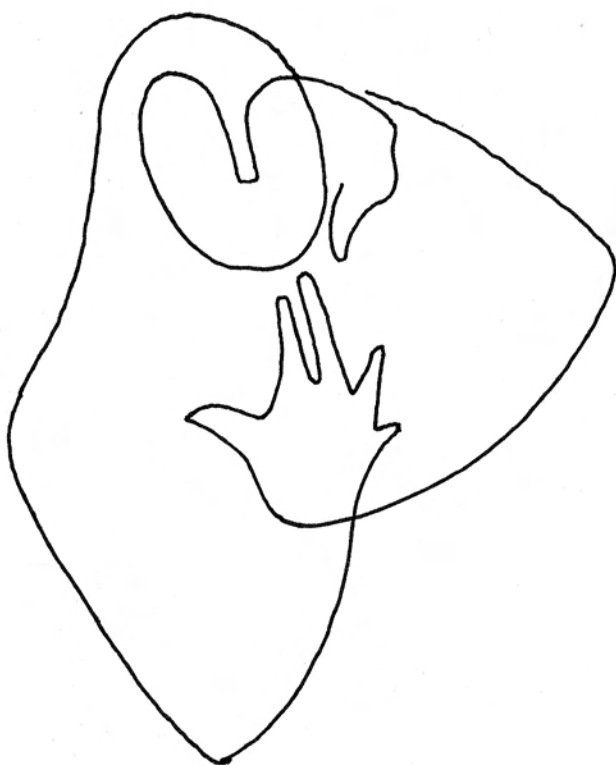
The hands are built similarly like the whole human body. With the help of the inner sides of the hands, the human being becomes active. In contrast the backside of the hand seems to be useless, but it is no less important. It is from the backsides of the hand where the fine movements of the fingers are controlled. Accordingly the backside of the body represents the causal level of the human being, where the archetypes and codes of our essence are stored. This hand cosmogram was inspired by high elemental beings at the nature sanctuary of Meissner Mountain near Kassel.



# Hand Exercise to Experience Space beyond Usual Manner

- 1) Start with both hands put together as in the conventional prayer gesture.
- 2) After that the hands are bypassed until the forearms are crossing each other and the back of the hands are touching each other. In that same moment the resonance of that change is causing the environment to change its poles as well. You may choose to close your eyes in that moment to experience the space which vibrates beyond the habitual time/space structure.
- 3) The “pole shift” should be repeated a few times successively, while installing a short pause between each change to perceive the difference.

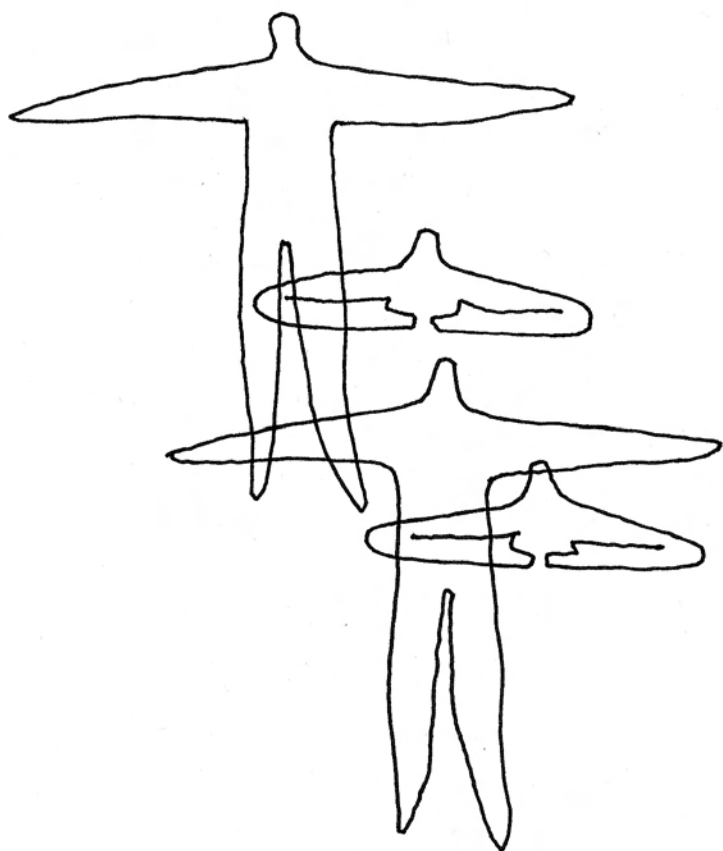
Human beings are used to considering the “front side” of life exclusively. Almost no attention is paid to the causal realms which in the minds of people are presently still located in the invisible areas – i.e. behind our back. Yet the causal realms are exactly the ones which are of greatest importance for a healthy and meaningful development of humans and all fellow beings.



# “Lilia” Cosmogram to Connect with the Spiritual World

- 1) Find the little hollow below your throat and touch it with your forefinger and your middle finger of one hand. It stands for the creative powers of the elementary world in which the embodied human takes part.
- 2) Lay the fingers of the other hand at the hairline of your neck. It is the point of your skull which is in resonance with the world of the ancestors and descendants, the so called spiritual world.
- 3) Be aware that both spots, marked by your fingers, get connected by your attention. In this way a bridge is built up through which the embodied world is connecting with the spiritual world.
- 4) Plunge into the kingdom of silence.

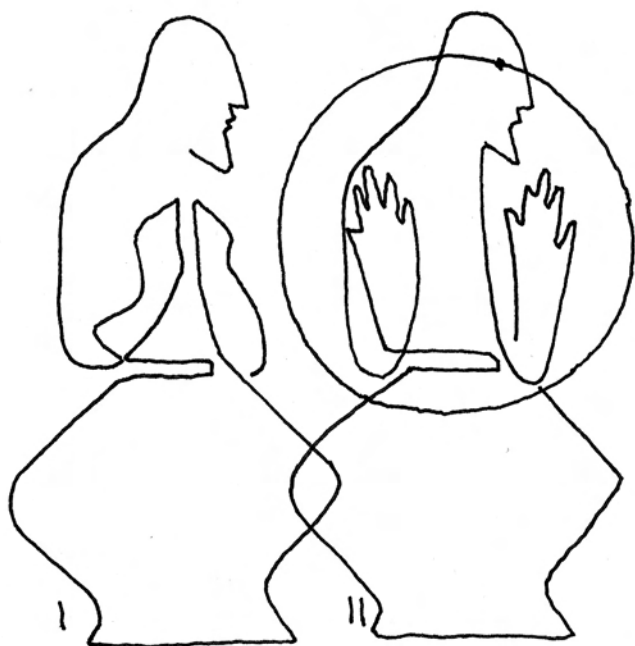
This exercise was inspired by the posture of hands at a sculpture of the sculptor Wäinö Aaltonen, which is exposed in Turku, Finland. The beautiful representation of a woman is called “Lilia.” Other sculptures of Aaltonen also show that he knew much about the language of gestures.



# Bogomil – Gesture to Focus in the Centre of your Heart

- 1) Stretch out the arms to both sides, so that your body shows the form of a cross.
- 2) Bend the arms at your elbows, so that your palms come to rest on your chest.
- 3) Be aware that the divine is not only vibrating in the width of the universe, but is also present in the kingdom of your heart. Feel this quality inside.
- 4) Repeat the gesture a few times to deepen the experience.

The body exercise was inspired by the ancestors of the Bogomils in Bosnia, when we were visiting the Bogomil necropolis at Radmilja with a Hagia Chora geomancy group. In a certain moment my hands were lifted to form a cross and then folded inwardly. When this happened I heard a voice saying "The Christ is within you." Bogomils, as a parallel movement to the Cathars, denied the right of the church to represent Christ in general. They summoned people to find the renewed Divinity, called "Christos" in the western tradition, within them..

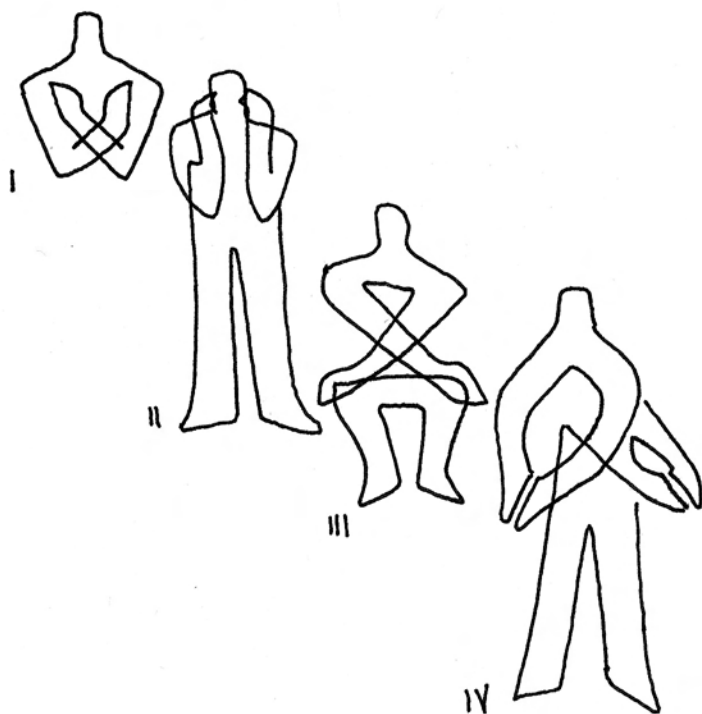




# Santiago di Compostela Gesture of Opening the Heart

- 1) Keep your hands held upwardly in front of your heart chakra forming the praying gesture.
- 2) When you are ready, start opening your hands very slowly, like a door is opening up.
- 3) Arriving with the back side of your hands at your chest, when it can not go any further, continue the opening of the door in your imagination, until your gate is swung open completely in the back.
- 4) Now the light of your heart shines freely into the world, to bless life inside and around you.
- 5) The exercise is finished by going back to the initial prayer gesture, which counts as a thanksgiving and closing the door.

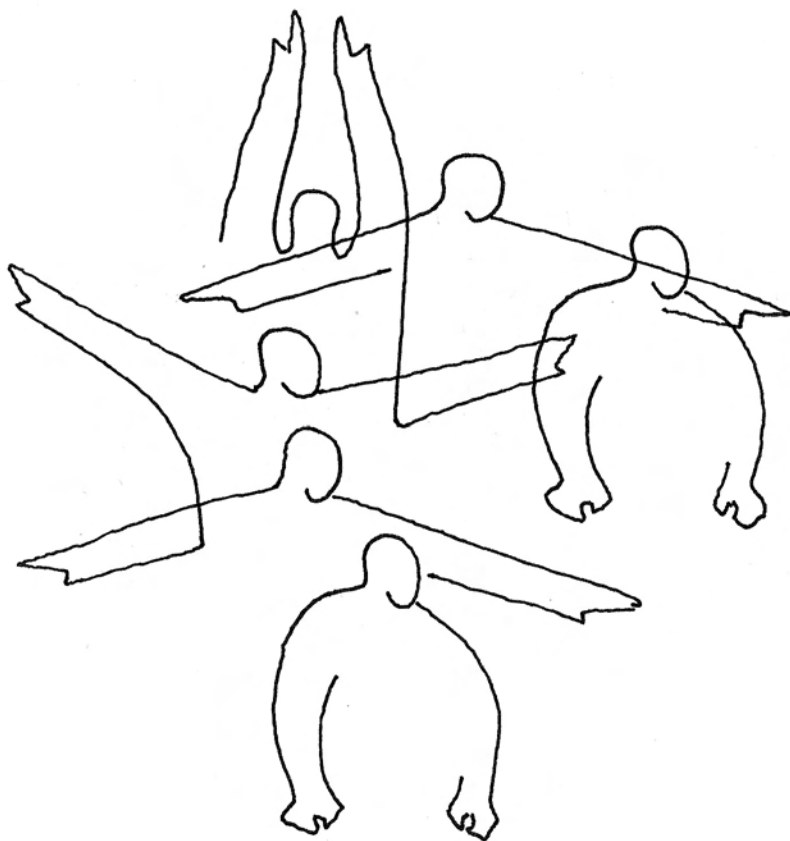
This body cosmogram was born after, with a geomancy group following the much known pilgrimage route, we arrived in Santiago di Compostela. In front of a crucified Christos figure inside the cathedral I became aware that the cosmic power, represented by Christos is devalued by the crucifix representation. Next I was prompted to look the representations carved upon the medieval portal of the cathedral, where Christos is to be seen with a heart opening gesture and not hanging dead upon the cross.



## Body cosmogram to connect with the powers of the four elements

- 1) This exercise refers to the chakras of the four elements within our body.
- 2) We are starting with the water element by rubbing, for a while, with the hands crossed touching the two points on our chest below the clavicles. There two chakras of the water element are located.
- 3) Afterwards we move to the element of fire. Now we rub the earlobes for a while, because the fire-element chakras are situated there. The hands do not cross this time.
- 4) Next is the element of earth. The corresponding chakras are located below the knees. Tap with the hands crossed on your kneecaps.
- 5) At last we come to the element of air with the chakras in the middle of the palms. To activate them, one should clap once in front of the body and once more behind the back.
- 6) Then start again with the element of water. Repeat this exercise at least three times.

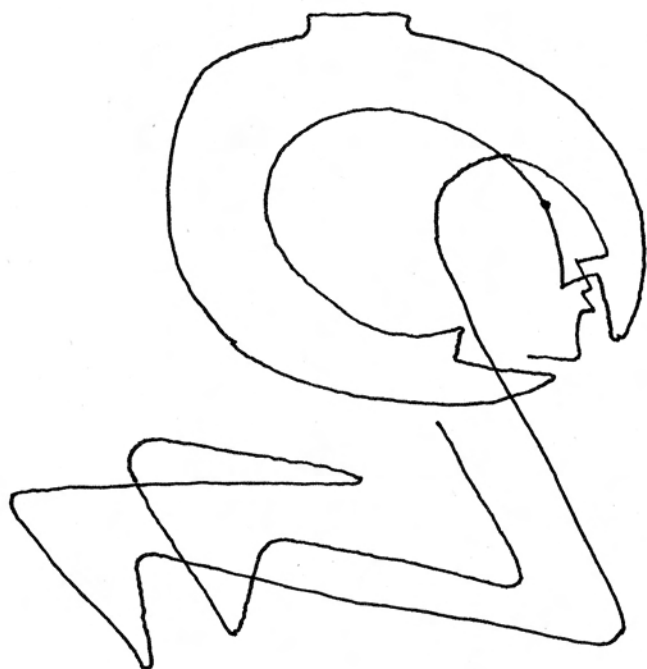
This exercise relates to the chakra-system of the four elements, which I described in my book Sacred Geography. It is about a circular composition of chakras, which is centered in the space of the heart. Around the heart-center four spheres of chakras are situated, which maintain the balance of the four elements within the human body. The circular system can only be seen if hands and legs are stretched out.



## Humpolec – cosmogram for balancing between matter and spirit

- 1) Hold your arms stretched out downward, slightly bound to your body. Imagine that you are concentrating the forces of the Earth, by clenching your fists very strongly with your hands. Repeat that three times, as if you would pump the earthly energies into your body.
- 2) Then lift your outstretched arms slowly by your sides. The hands are now open, the palms are directed downward. The arms are lifted until they are parallel to each other over your head to form a “channel.” The palms are still facing the outside and the arms are extended in height parallel to each other.
- 3) Imagine for a moment, that the cosmic powers are flowing through this “channel” into your body.
- 4) Now move slowly down with the arms outstretched in such a way that you form a circle around your body. During this process the earthly and the cosmic forces are being melted in your heart space into unity.
- 5) In this way you come back to the first position and start anew. Repeat this exercise a few times. Afterwards rest in silence and be aware of what is going on inside your body.

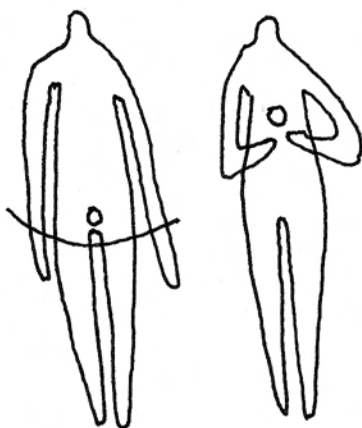
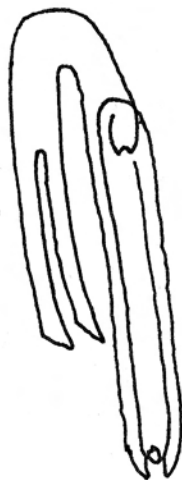
This body-cosmogram was conveyed to me in Humpolec, Bohemia, by the spirit of that landscape, which was formerly called Sudetenland, nowadays Šumava (Bohemian Forest). It is about a landscape, which is taking part in the grounding-system of Europe.



## To overcome the restricting power of the mind

- 1) Sit down in silence for some moments. Relax by breathing in and out a few times.
- 2) Imagine that your head is a sphere of light.
- 3) After that imagine that you are grabbing this sphere with both hands and bring it down carefully to the level of your heart.
- 4) It is important to perform the corresponding gesture that starts with hands positioned on both sides of your head, moving them down parallel towards the chest as if holding the head.
- 5) Keep the sphere of the head in the middle of your heart-space, until it becomes as light as a soap bubble.
- 6) Now the sphere will lift by itself and unite again with your physical head.
- 7) Give thanks and trust from now on in your multidimensional intelligence.

This exercise comes from my experience in the Basilica of Saint Mark in Venice, when my head was lifted up as by itself and positioned into my heart-space.





## Body-cosmogram to connect with the center of the Earth

- 1) Imagine reaching very deeply downward until you are touching the center of the Earth.
- 2) Take a little piece of the essence of the Earth in your hand and knead it into a tiny little ball. Imagine it as a seed, in which the qualities of Gaia are imprinted.
- 3) Raise yourself up while imaging that you carry the seed upwards.
- 4) Hold it silently for a while in the area of your belly. The seed needs a little time and your full presence to be able to germinate.
- 5) Then lift the little seed up to the level of your heart, open it, like a seed is opening and distribute its qualities throughout your aura field, into your surroundings and the world. The seed is becoming a plant.

The purpose of this exercise is to strengthen your connection to Gaia, the soul and spirit of the Earth and to facilitate the loving dialogue between Gaia, the creator of all life and mankind.



I



II

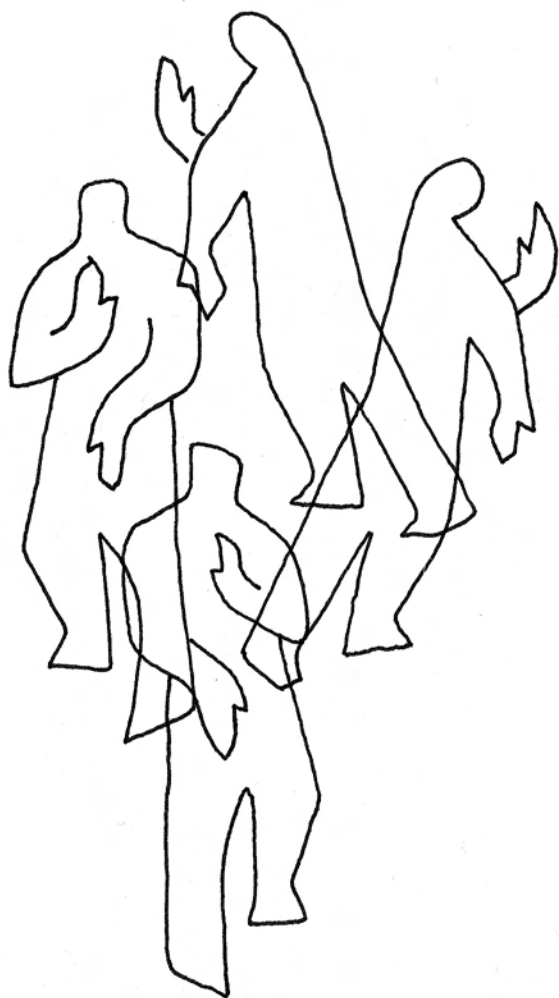


III

# Gesture to experience the new enfolding living space of the Earth

- 1) Spread your arms out to both sides and imagine that you are touching the space in front of you at its edges (drawing I).
- 2) Now move your arms towards each other very slowly, until that point is reached, where they meet. This part of movement relates to the structure of the old linear space (II).
- 3) Rest for a moment in this pose. Symbolically the visible aspect of the place is being reduced down to “zero” during this process.
- 4) Then continue with the horizontal movement, so that the arms start crossing more and more. Let your sight become “soft” (without focusing) and look inwardly through this “inverted” window which was built by the crossing arms (III).
- 5) To look inwardly, in this case, means to obtain a sense of the new quality of space which is being built up. You might also to get insights into the new structure of space. You can obtain that as long as you are one with the proposed movement of the hand – and centered in the heart – not in the head.

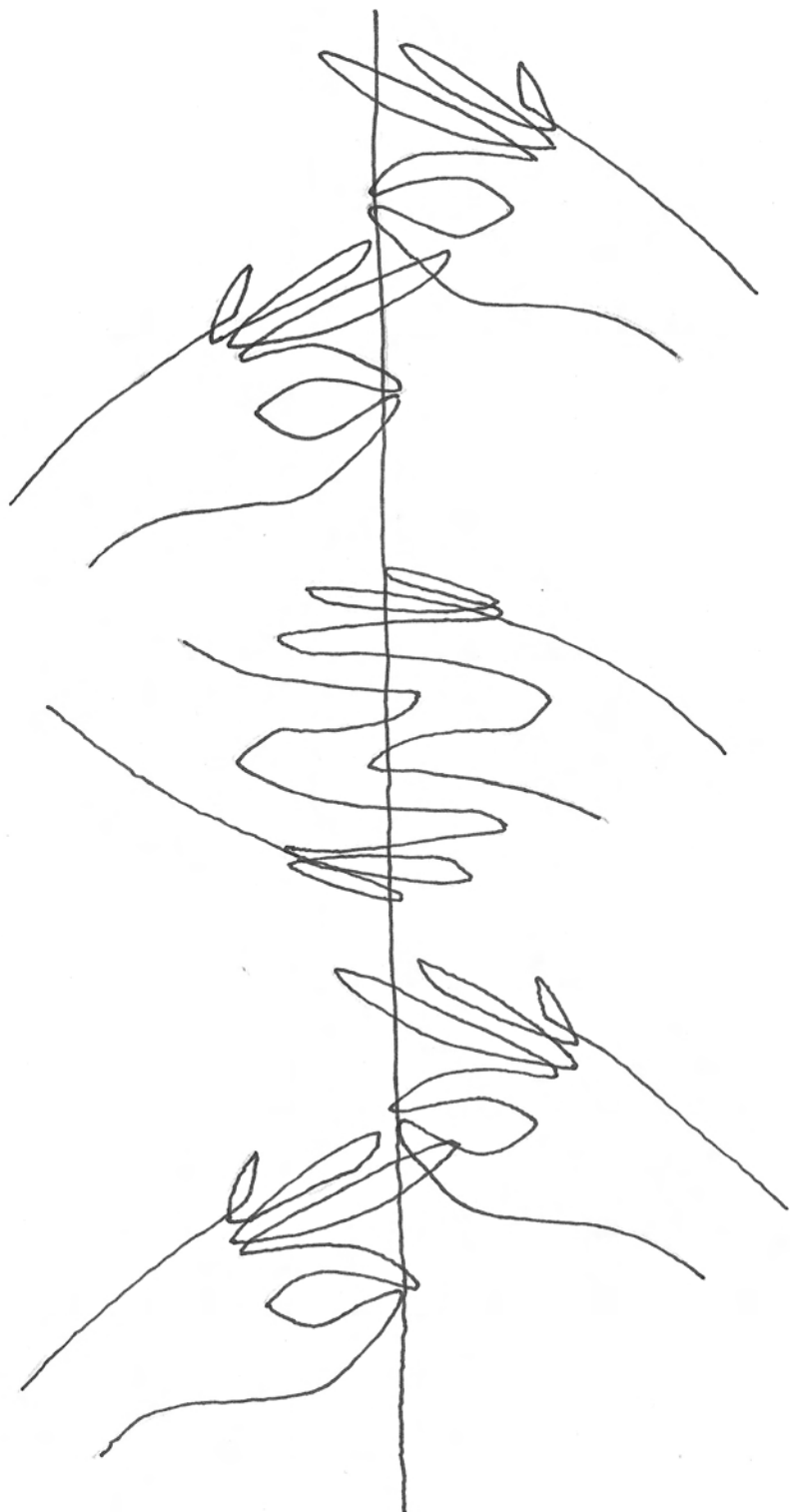
When I speak of the newly evolving space of the Earth what is meant is the structure of a pluridimensional space which has been, according to my experience, evolving since the spring of 1998. Because of that new structure of space a living environment is coming about which does not only facilitate the materialized level of reality, but also some other dimensions which could not appear as part of our manifested reality until now. (Take a look at my book Gaia´s Quantum Leap).



# Ritual to support the transformation of the Earth space

- 1) Perform the ritual in a natural, or in an urban landscape.
- 2) Position one hand upright in front of your chest with the palm directing to the side. The tips of the fingers connect to the cosmic realms ("the upper worlds"). Hold the other hand pointing downwards in front of your lower body, the palm directing to the side. Connect to the earthly realms with this hand ("the underworld").
- 3) While keeping the one hand up and the other down, imagine that you are holding a fine membrane of rainbow colors between your hands. The membrane is so large that it reaches to the edge of the horizon in the form of a wide arch. The membrane does not only touch the space above the Earth surface, but enters also into the Earth. Thus the membrane is circular; one half is rising high over the ground, while the other reaches deep into the Earth.
- 4) In this process it is important that the big round membrane is not only carried by the hands, but also by the edge of your heart area. That is because the heart knows the touch of the Divinity and by this the truth of that very instant.
- 5) Now you start turning with extreme care to the right. Take the rainbow-colored membrane along, so that the atmosphere over and under the ground has to go through the membrane. Take advantage of your imagination to make sure that indeed every inch of the atmosphere takes part in the gliding through the membrane as you keep turning.
- 6) The ritual is finished, when the rainbow-membrane has been lead through a circle of 360°. It is good to repeat the exercise in the opposite direction.

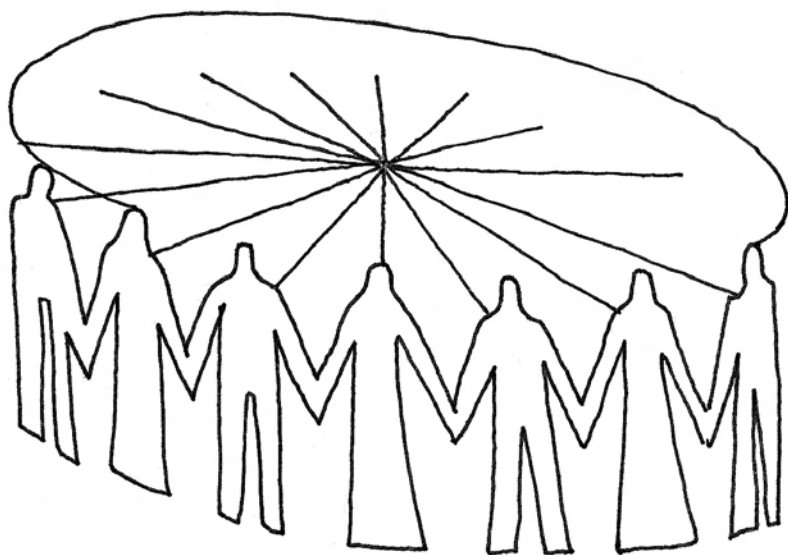
The meaning of this ritual is to provide knowledge about the ongoing change of space and time to beings and extensions of your environment that are caught in the structures of the old over-materialized space and time frame. This helps them to be able to follow the process of Earth transformation.



## Weaving the thread of peace

- 1) Hold your hands in front of your chest. Thumbs and ring fingers of each hand are touching each other.
- 2) Then move both hands upwards and downwards respectively in a rhythmical movement. The upper hand is moving downwards and the lower upwards.
- 3) The movement is only possible by the two fingers opening up in that moment, when the hands are about to meet each other.
- 4) Keep on with the movement for a while, and then dive into the silence which has built up.

This holographic exercise of weaving the invisible tread, by which you can promote peace, was shown to me by a group of dwarfs on the island of Srakane in the Adriatic Sea. I had asked them "How would it be possible to keep peace in the times of the expected deep changes within and around us?"

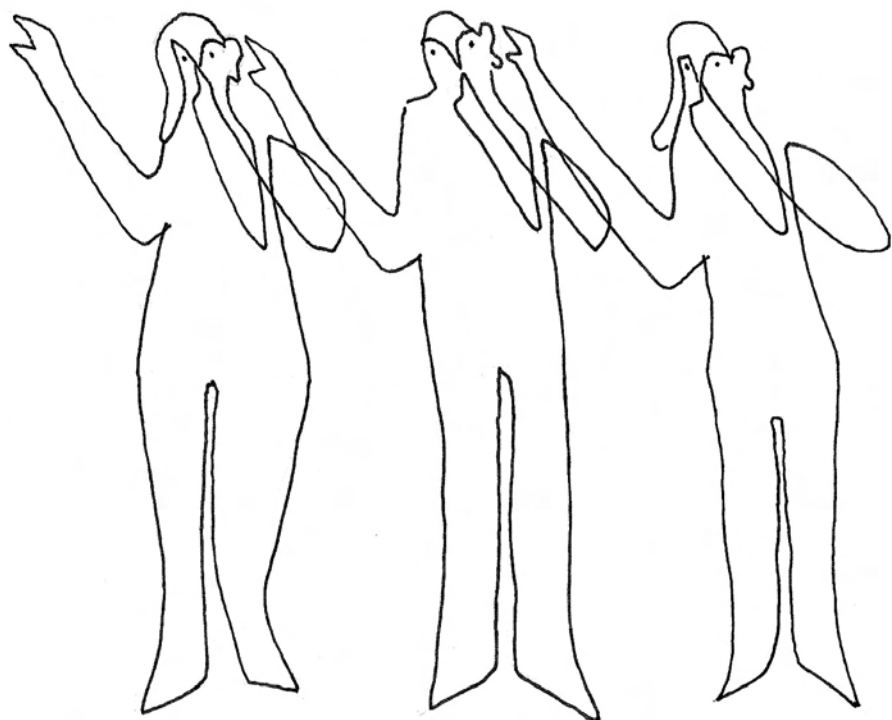




# Group Exercise for the Balance between the Individual and the Group

- 1) The group forms a circle.
- 2) Release the hands, as every participant is as first supposed to attune by herself/himself.
- 3) Feel your personal connection with the Earth core. Follow the beam of the gravitation down to the Earth core, the centre of the Earth cosmos.
- 4) While following the path of the gravitational beam through your body, connect also upward to the stars of the heavenly arch. Imagine being connected through fine threads to several stars above you. In this way you generate levitation force which is holding you upright.
- 5) Through the interaction of the gravitation and levitation powers you can find out where your personal centre is currently located. If necessary, re-centre it in the area between solar plexus and the upper part of the chest. Commonly it should be located at the level of the heart. If it is too low, pull at the levitation threads to lift it, if too high activate the gravitation force.
- 6) Afterwards group members hold hands in order to form a community of free individuals. Hold the hands in such a way that both thumbs point to the left. It means that the left hand receives while the right hand passes on. As a result a female polarised circle is formed with an anti-clockwise movement of energy.
- 7) Now every participant focuses a gold/green beam from her/his heart centre into the middle of the circle. Direct them in a way that the beams of all participants meet at the centre of the circle. Touching each other the beams create a miniature sun at the centre of the group that sends out its powers far enough that the whole circle bathes in its aura.
- 8) Feel the perfect balance between yourself as an individual and the group and allow this impulse to touch human family which still struggles with proper proportion between individual and common purpose.

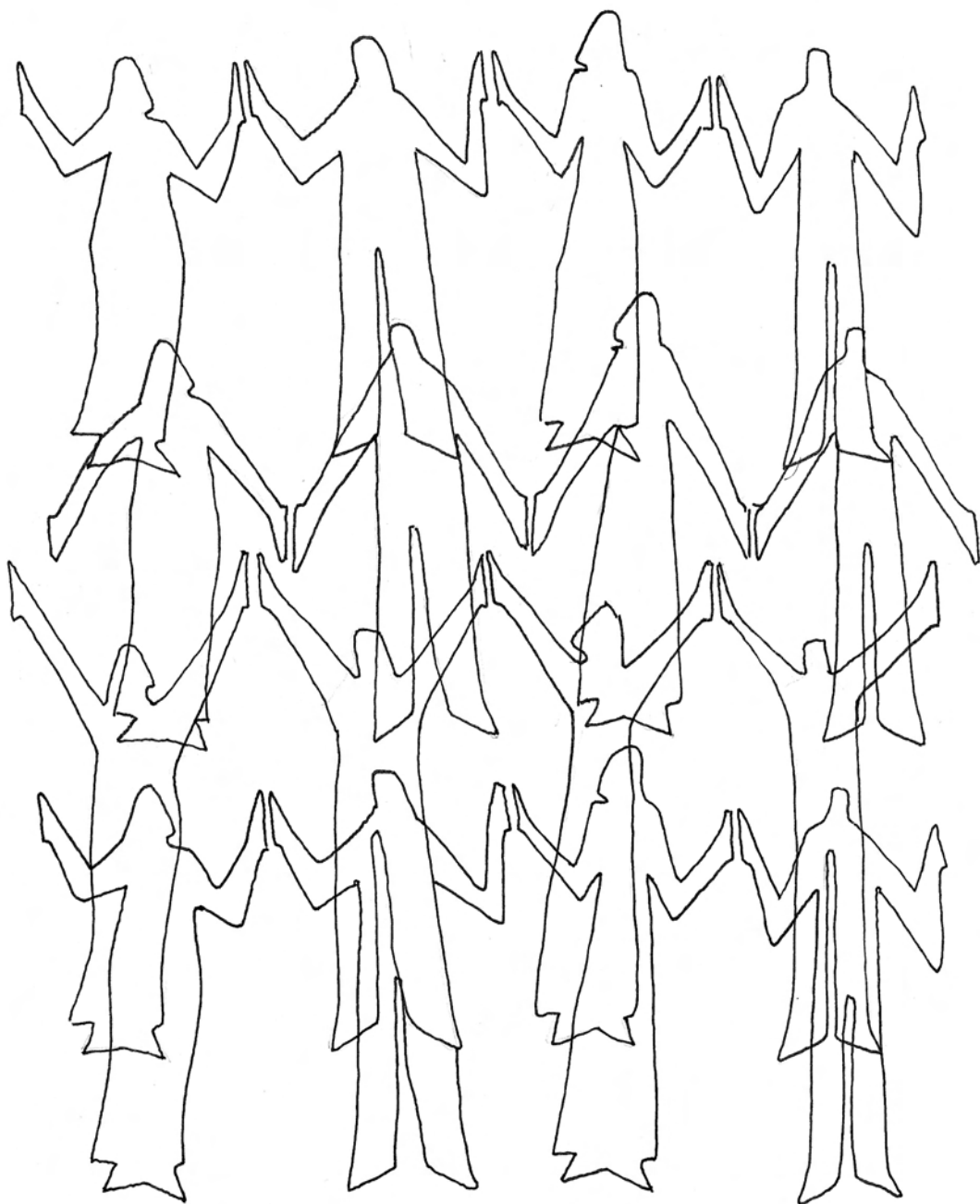
The proper balance between the free individual and the collective, of which one is part in the given moment, is decisive in the new phase of development of humanity as well as our society.



# Group Exercise Dedicated to the Relationship with the Animal World

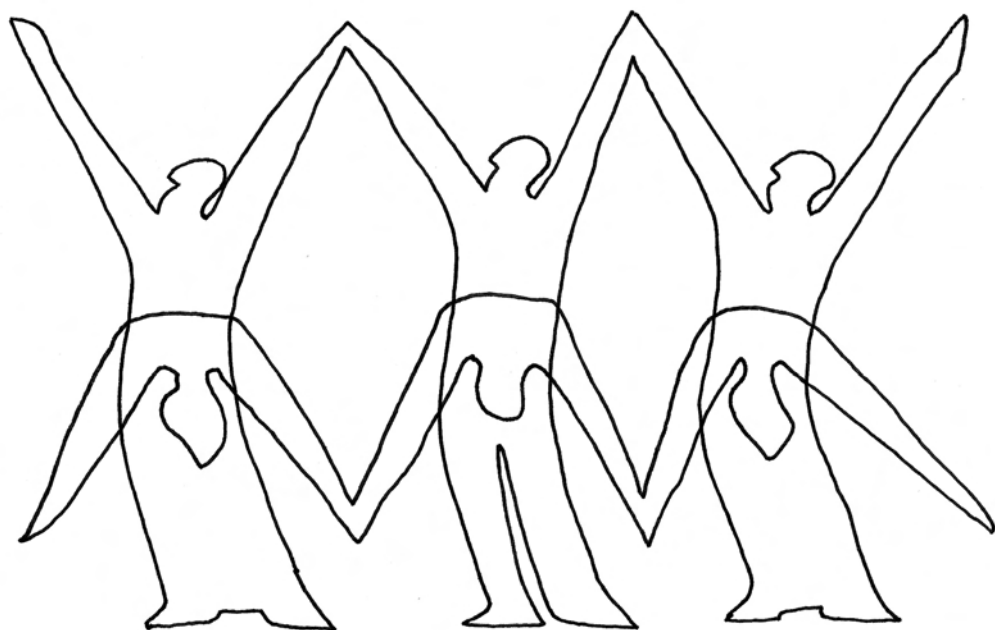
- 1) The group is standing in a circle.
- 2) The relationship to the animal world is affected through the resonance with some of the chakras that the human body has in common with the animals. One could call them chakras of our animal body aspect.
- 3) As the animal world does not know the advanced individualization as we do, the resonance with the animal world is created by acting together as a group.
- 4) Every participant gently touches the uppermost crease of the ear of her/his left neighbour. Gently rub the crease of the ear. At the tip of both ears, there are chakras of our animal body.
- 5) Simultaneously each participant in the circle rubs the tip of her/his own nose with her/his index finger. At the tip of the nose there is another chakra of our animal body aspect.
- 6) Be aware also of another chakra of the animal body that is located at the end of the imaginary tail.
- 7) After certain time, change the direction of the rubbing of ear tips from left to right.

If you want to experience and deepen the relationship to your own animal body and the animal being within, you can perform the same two gestures at your own ears and nose and hereby let yourself be inspired to tap into your own animal aspects, or animal beings around you.



# Group Exercise to Relate to the World of Elemental Beings

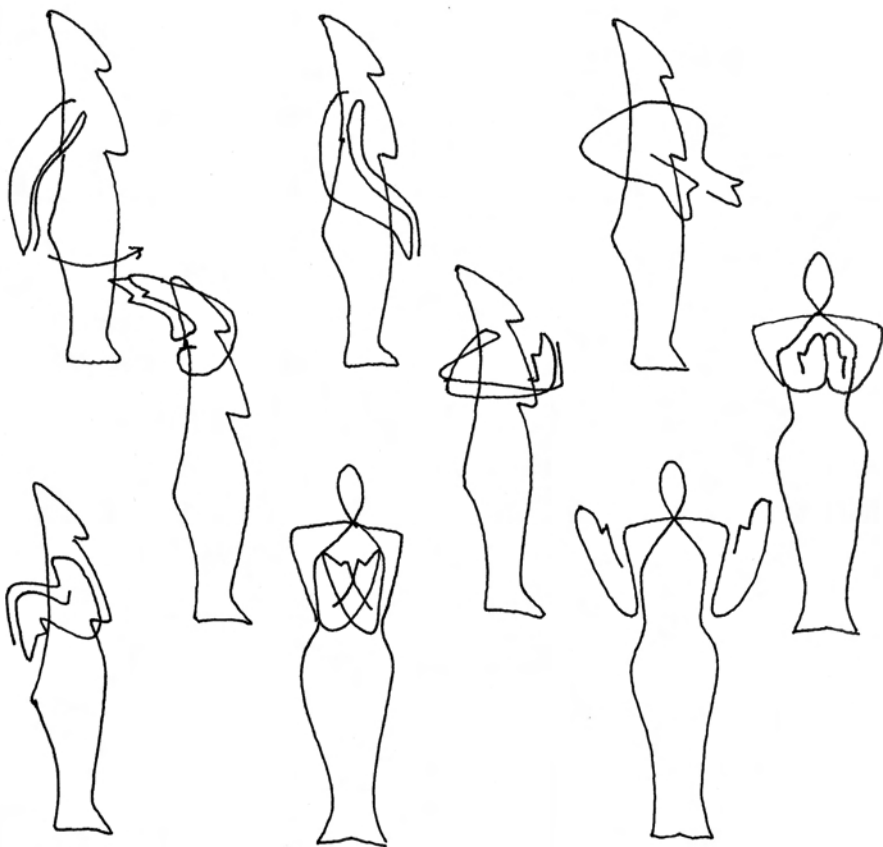
- 1) The group is standing in a circle. The participants should touch each other by bringing the palms of their hands together in a very sensitive way.
- 2) First, hold the hands together at the level of your shoulders. This represents the so called “middle world” where elemental beings are serving life and the beings of the Earth.
- 3) Afterwards, stay in an upright position and move the hands still touching downwards, so that the finger tips point to the centre of the Earth. By this, the contact to the sphere of the elemental world within the Earth body is created, the so-called “underworld”.
- 4) After some time, solemnly move the hands still touching upwards and rest some time in the “middle world” again.
- 5) Afterwards, move the hands still touching further up in order to get in contact with the “upper world”. By this, a crown of the fairy world will be erected.
- 6) Now get again into contact with the “middle world”. Go on with the exercise repeating the gestures few times. During the whole ceremony, stay standing upright in the axis of your body.
- 7) In order to finish the group exercise, you can clap your hands for a short while to the hands of your neighbours.
- 8) However, if you want to experience the newly created relationship with the elemental world of Gaia, it is better to dissolve the circle in silence and the participants take some time to feel the quality created...



# Group Exercise of the Relationship with the Spiritual World

- 1) The group is standing in a circle. Hold hands in a way that the thumbs are pointing to the right side this time. So the right hand receives and the left hand passes on. The power moves in a clockwise direction.
- 2) Now the group bends forward and deep down with the hands pointing towards the Earth's centre and the hands lifted up. In this way, we honour the spiritual world that inhabits the interior of the Earth.
- 3) Afterwards, the group slowly straightens up and moves the hands high up to the sky, still holding hands, bending backwards as far as possible. By this, the celestial level of the spiritual world is honoured.
- 4) Again bend deeply forward. Repeat the movements several times. The arms should always be stretched, even when lifting and lowering the hands.
- 5) At the end the group stays still, standing in a circle for a while with hands released in order to experience the contact with the spiritual world inside oneself (the angelic world, the world of ancestors/descendants – including the spiritual core of the Earth).

The five group exercises can also be used as opening or closing rituals when a group meets, or is working on a common target.





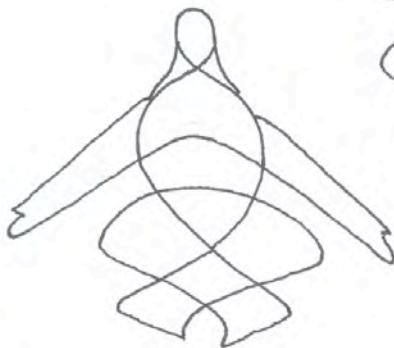
# A Ritual to Honour the Presence of the Soul Dimensions

- 1) The ritual starts at the level of your loins. Both hands form an inverse prayer gesture at the coccyx at your back. With this form of the prayer gesture, the backs of the hands touch. By this, we create a contact with the primeval power of the Earth's soul. Afterwards, move your hands to the front along your loins in a circle and form a "regular" prayer gesture with the palms of your hands touching in front of your sexual organs, pointing the fingers towards to the Earth's centre. This represents the transformation of the Earth's primeval power into the creative power known as the sexual power of the Earth and the humans. Then open the prayer gesture wide in front of your abdomen lifting it to the heart level in order to enable the outflow of the elemental powers as emotional qualities.
- 2) In the second phase, the ritual continues at the level of the head. Fold your hands in a prayer gesture above your back behind the head in order to connect to the frequency of the spiritual world. Then move both hands simultaneously down passing consciously the area of the throat in order to symbolize the transformation of universal into the individual consciousness. Afterwards, fold your hands in a prayer gesture in front of the thymus chakra (home of the individual soul, halfway between the heart and throat chakras). Next, open your hands in front of the thymus chakra like a book opens in order to honour the wisdom of the soul.
- 3) The third phase of the ritual takes place at the level of the heart. Move both hands around the area of your heart to your back. Form a "regular" prayer gesture at the back of your heart with the tips of your fingers pointing downwards. Tune to the cosmic power of the heart. Now bring this quality to the front by your arms folded as a cross in front of your chest, the palms of your hands positioned inwardly. This symbolizes the synthesis of the individual heart power with the quality of the cosmic heart (the heart of the universe). Finally, open both hands outwards in a gesture of blessing to let the quality of love shine into the world.

This body cosmogram can be performed individually as well as in a group. If performed in a group, persons stand in a circle, however everybody performs the gestures by him/herself in order to honour the individual position of each person within the community.



1.



VII.

# Connecting to Gaia, the Mother of Life and to Sophia, the Mother of the Universe

- 1) This personal ritual can be performed sitting or standing. Hands are held in the form of the prayer gesture in front of the heart centre.
- 2) In a given moment start to open hands in the direction downwards as far as reaching deep into your back space. The palms are open in the direction forward.
- 3) By holding them behind your back at the level of cocchix you are connected to Gaia, the Mother of Life.
- 4) Afterwards hands should return to the prayer gesture to invite her presence into the centre of your being.
- 5) Then lift the prayer gesture to the level of your throat to connect to Gaia's Mother, the Mother of the Universe.
- 6) Open the prayer gesture with hands high and wide to touch the presence of the Mother of the Universe. Her name is Sophia – the wisdom of eternity.
- 7) By bringing hands together into the prayer gesture in front of your chest, also her presence has been anchored in your heart space.
- 8) Through the encounter of both aspects of the feminine divinity within yourself, you touched upon the secret of the life's origin. You touched upon the archetypal atom of life pulsating within each living being.
- 9) Finally open hands holding them close to your body so that the reverence for the source of life and the awareness how precious it is, can shine into the world.
- 10) The gestures should be repeated few times before you dedicate yourself to the experience silently.

It is needed to perform the ritual again and again to keep the spark of life alive upon our home planet. It is the exaggerated rationality of the modern human being that tries to capture the secret of the source of all existence to govern life in its own distorted way. As long as we do cherish the source of life within our own being there is no threat for its integrity. Do not fear! Rejoice in the pristine beauty and strength of the archetypal atom of life.