

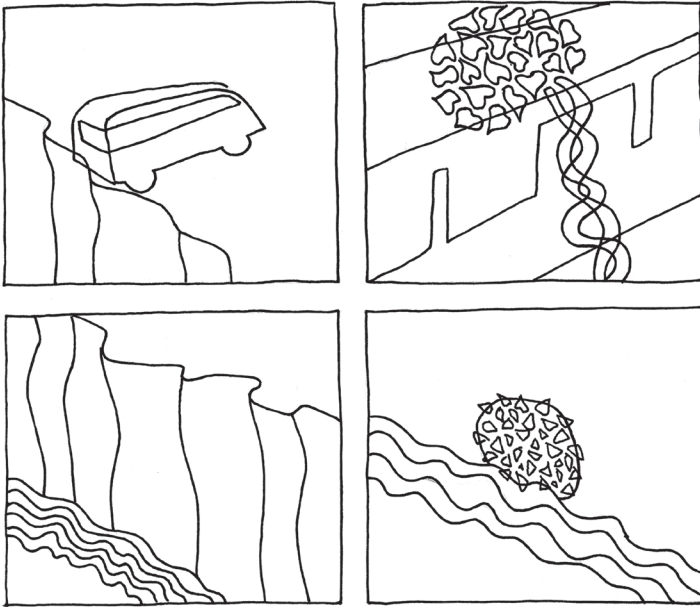
## Unexpected dimensions of the planetary change

A few years ago I had a dream that vividly portrayed the situation pushing our civilization toward the brink of an abyss. As often happens, in my dreams I am with a group of tourists traveling in a bus cruising upon the planet Earth. I see this as a symbol of the masses of people moving upon Gaia's planet, disconnected from her essence.

*The bus stops in a large parking lot. When leaving the bus, I realize that even though the parking lot is empty, the driver has parked the bus too close to the edge of a canyon overlooking a mighty river far below. I find the driver irresponsible in his parking choice. Even more surprising, I realize that on top of this ultramodern white bus is growing an intensely green, thick ivy vine. How can this be?*

*On returning to the bus we realize that the bus has disappeared. The driver had parked it too close to the edge of the canyon. We look down the canyon wall to see the bus upright with water to the level of its windows in the rushing river. The driver declares that the bus is engineered for such a situation and runs for help. But meanwhile, we see that the water of the river is rising, lifting the bus and carrying it away. Now the bus is under water—only the beautiful ivy on its top is proudly riding upon the waves.*

The dream is clearly urging us human beings to realize that the natural catastrophes and repeated political and economic crises surfacing during the last two decades cannot be solved with the means that caused them. We find ourselves at the threshold of unprecedented historic changes of the Earth, its landscapes, and its beings. We need to realize that the bus of our dreams is no longer following the planned tour route. It is being carried now by the river of life, gliding upon a surprisingly different level of existence, as indicated by the green ivy riding upon the waves.



The explanation I perceived for the surprising situation in which we find ourselves is that recently the planet Earth has begun to move the focus of her evolution from an age dominated by the element Earth toward an age of the element Air. The Earth element is one of extreme materialization of all forms of manifested life: landscapes, stones, rivers, plants, human beings, etc. We all are created with distinct and relatively fixed forms. The element Air, however, represents an age governed by the quality of consciousness, or the quality of all-connectedness, of freedom of expression and multidimensionality. The streams of the Air element are free to move wherever the inner call guides them.

As a result of this transition process, we see on one side the natural environments collapsing, while on the other, it is possible to perceive a new kind of space structure appearing at the subtle levels of existence that can be understood as the future constitution of the planetary environment. The parallel breaking down of social and political security presents a call to change our human attitudes toward nature, the Earth, our fellow beings, and even our own essence.

We are experiencing the natural evolution of the Earth through the four elements. One can imagine the first Earth epoch as the age of the Fire element, the creation of Gaia—the Earth soul—manifested in light particles. The geological interpretation of the Fire epoch is the formation of the molten planet Earth. This epoch was followed by the age of the element of Water, when all aspects of planetary life appeared as information stored in water drops. The Greek philosopher Plato gave it the name “Atlantis.” The biblical image of a Great Flood covering all cities and human cultures can be interpreted as planetary life manifested in water crystals. Even now the human body is mainly composed of water.

The present epoch of Gaia’s incarnation, our densest form of existence, associated with the process of materialization, is the Earth element. We reside there now, together with plants, animals, and stones, embodied in physical form. The mechanistic culture of the twenty-first century represents its densest possible expression. The continuation of materialization to its conclusion will result in a lifeless planet, with a density too great to support life. Before this happens, we need to open our minds and our hearts to the lofty and freedom-furthering epoch of the Air element.

To be able to present an exercise that helps tune us to the epoch of the Air element that will govern the incoming age, I first need to make you aware of the creative power of your hands. (This is discussed at length in my book *Universe of the Human Body*. Human hands are a fractal—a holographic piece—of Gaia’s creation. A gift of which humans are mostly unaware!

The four fingers stand for the four Elements and their evolutions:

- Index finger represents the Water element and the evolution of plants.
- Middle finger represents the Fire element and the evolution of animals.
- Ring finger represents the Earth element and the evolution of minerals.
- Little finger represents the Air element and human evolution.

Yet the four fingers (the four Elements) are of minimal consequence if they do not cooperate with the fifth element, represented by the thumb. The thumb represents the so-called elemental worlds of Gaia, which move her creation from within. Now we are ready for an exercise.

### **Gaia Touch Hand Exercise to tune to the new epoch of the Air element**

- Representing the old body of the Earth based upon the element Earth, the hands should form a closed sphere in such a way that the tips of the corresponding fingers, including the thumbs, touch each other. We have formed a closed sphere that has a one-dimensional character like the ball of the Earth seen as a material object spinning around the Sun.
- To proceed toward the new body of the Earth, which is multidimensional, we need to rotate one hand clockwise and the other counter-clockwise simultaneously (the finger tips touching), until we arrive at the following finger composition: Both small fingers touch the tips of the thumbs. The other three fingers are directed toward the open space at the left and right. Instead of a closed ball representing the old space of the Earth, we have an open multidimensional structure allowing the breath of the Earth and the universe to glide through.
- The connection between the thumbs and the small fingers stands for the new driving force behind human evolution and the evolution of Gaia. The connection represents the power of consciousness (small fingers), coupled with the inspiration of the primordial—causal, archetypal—worlds of Gaia (thumbs) that move life processes upon the Earth from within.

