

## The healing of Gaia is your healing

By Dora Inés Grosso García



**Gaia:** is the name given to Mother Earth, this name comes from Greek mythology, she was considered the goddess of fertility. Gaia is an interactive system whose components are living beings and ecosystems.

Today we remember and commemorate the interconnection with the earth, with life. When we consciously connect with Nature, we create a fusion with Gaia Mother Earth, providing benefits for physical, mental, emotional health and to restore balance.

We are in contact with the planet, every fraction of a second, everything that keeps us alive comes from Gaia: the air, the water, the earth, the sources of energy and heat. It is natural to have fascination for life, for the sun, for the cycles of the earth, we are organic, soft, it is the essence of what we are. **We live in love with the perfection of nature, of flower, of water.**

The invitation is to be present here and now, breathe consciously, think, feel and know that the air is nourishing and vitalizing you, that water is hydrating you, the same with food, the nutrients that contain and give you energy, health, joy. We are united to Gaia, we are one.

It is for this reason that we heal when we connect with the earth. To release stress and fatigue, we listen to music of nature, sounds of water, rest in the meadow or on a surface of wood or cotton, visit parks, swim in the sea, climb the mountains, or go out to breathe the air of the garden where we live and observe the stars and the sun.

We also have plants, rocks, crystals, metal, water sources and landscapes in our homes, apartment or office. We relate to Gaia consciously, sensitively. It is the way to enter the frequency of the earth, for this we create conscious connections, anchored with Gaia, feeling its vibration, its unconditional love.

The human being, the earth, the stars and the galaxy are all united, we are one. If we bring that energy to ourselves, we balance and also harmonize everything around us.

We heal physically, emotionally and mentally, with the vibration of color, of sound, of aromas, of temperature, we are sensitive to all these processes, the energies of the creative source of our body are the same as those of the earth, the plants and the animals, including the elements.

Mother Earth is alive and also needs to receive gratitude and care to heal, everything must be in balance.

This is the message for this moment, all the disciplines of health return to the natural, let us reflect:

### **How much do we care for the planet?**

It is according to how much we take care of ourselves.

We already have it, now learn it, take care of it, thank you. Love is still the solution, compassion with the earth and with all life is reflected from the compassion and unconditional love you have for you, for your pet, for those you love, for your idea of God.

Thank you for continuing to love and loving everything around you. **Love is the antidote to save life and its balance.**

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