



Seeds of Wisdom 13-Week Email Course

with Elka Eastly Vera, M.A.

Week 8 — Gaia

Read... Reflect... Respond...

Week 8 — Gaia

{ Read }



Keywords for **Gaia**

*mothering; nurturing; health; wholeness;
physical reality; sustainability; bounty;
balance; reciprocity; unity; sacred earth*

A Pagan priestess may tell you that Gaia is a deity from the Greek pantheon. A Jungian psychologist may say that Gaia is an expression of the Great Mother archetype. A biologist might know Gaia as James Lovelock's theory of the Earth as a single, unified organism.

We can imagine the priestess, the psychologist, and the biologist each gazing upon our blue-green planet from their unique points of view. They would find common ground in the idea that Gaia is the living spirit of the Earth.

Gaia is a bountiful home to a diversity of life. She provides nourishment; in turn, we must care for her well-being.

As a wisdom theme, Gaia is an invitation to focus on basic things, like health. Recognize what nurtures you, and cultivate that. Notice how you are giving and how you are taking. Strive for balance and reciprocity.

Consider your relationship with the concept of “mother.”

When you see the image and read the text, what wants to be included in your awareness?

What symbols, words or phrases stand out to you?

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{ Respond }

What can you put on your altar to symbolize your understanding of Gaia? (See the course email for ideas.)

Sketch a picture of one of your symbols.

What, if any, insights arose as you paused at your altar during the week?
