



## **LifeNet-Network for Mutual Inspiration between Earth and Humanity**

**Meditation of the Month September 20<sup>th</sup> 2016 – October 20<sup>th</sup> 2016 –  
Proposed by Marko Pogačnik and LifeNet**

### HOW TO MEET THE CHALLENGE OF THE DISINTEGRATING WORLD

During the last period of this year the disintegrating processes (being part of the Earth changing process) have reached a new level of intensity. The structures that are holding the body of our world together are dissolving. This has a strong effect on the way how people and nations behave. There is more of aggressiveness, more fluctuation and more despair. Because of disintegrating inner borders the negative emotions very easily spread and sweep people's good intentions away.

The purpose of the meditation is to offer a possibility to meet the challenges of the rapidly disintegrating world structure. To give space to individual input, the meditation has no fixed form but represents a bunch of proposals that can be worked out in different ways.

1

Of basic importance is to hold connection to the presence of Gaia, the creator of the new Earthly cosmos. Be aware of her focus positioned deep down in your pelvic cavity. From this focus of Gaia's presence her aura is spreading in a radial way to reach upwards to the level of the heart and equally to all sides. Explore the relationship between Gaia's presence within your body and within the body of the Earth.

2

Be connected to the archetype of the human being as a member of Gaia's family of life. Feel that matrix pulsating behind your back and skull centred at the level of your throat. Be aware of it as a source of permanent inspiration towards reaching the new level of existence. Explore its connection to the heart centre and the way how it can manifest in the daily life through its interdimensional portal.

3

All the efforts to stay in peace and connected can be in vain if the quality of the water Element within the body is missing. Physical water cannot substitute it. Meant is water as the Element of fluidity that is absolutely needed in the times of permanent change. Flow with the changes! Even more important is water as a being of love and compassion. One can imagine drops of water distributed everywhere among the cells and minerals of the body. Imagine perhaps a lake and your body breathing in its watery quality while breathing out your love for Gaia's creation.