



LifeNet-Network for Mutual Inspiration between Earth and Humanity

**Meditation of the Month April 20th 2017 – May 20th 2017 – Proposed by
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TO UPDATE YOUR INTEGRITY

Facing a period of fundamental changes it needs to uphold one's inner peace and integrity of one's being. Here is a proposal to remind us of this need:

- Imagine that at the horizontal level two circles are crossing within your heart space, one coming from the left and the other one from the right. They can represent your divine parents, or perhaps Gaia, the Goddess of the Earth meeting cosmic Sophia, or simply the yin and yang principles.
- While crossing each other they create a mandorla, an almond shaped geometrical form sacred to the Goddess.
- In your imagination you should lift the mandorla in the upright position so that it embraces your space of the heart. How does it feel?
- You can further imagine that the mandorla within your heart space represents a keyhole (the eye of the needle, an interdimensional portal). Go through that portal into your back space as far as it feels right to reconnect with your divine essence.
- Coming back to your heart space the mandorla arches should expand so that they embrace your whole being. How does it feel? If you feel the space and time quality around and within you, did they change?
- Finally the quality experienced should be distributed to share it with all other beings.