



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

**Meditation of the Month November 20<sup>th</sup> 2017 – December 20<sup>th</sup> 2017 –  
Proposed by Marko Pogačnik and LifeNet**

### **TO EMBODY THE NEW UNIVERSE OF THE EARTH**

The Earth can be imagined as a cluster of autonomous spheres evolving around the divine core of Gaia, the source of life. Yet according to the holographic principle the core of the Earthly universe is positioned not only at the centre of the Earth's cluster but also at the core of each of her worlds and each of her beings.

The purpose of the meditation is to experience oneself at the centre of the newly reorganized Earthly universe as well as at the centre of the human world - it comprises the world of the embodied human beings and the one inhabited by the human ancestors/descendants also.

- Be present and dive into your silence.
- Become aware that the cluster of the colourful spheres of the Earthly universe is centred within you. Find the focus of its presence within your body.
- If needed work on its proper centring – focusing in your heart centre or perhaps at the point of the perfect presence deep within the temple of your belly.
- Be present there and be aware of the Earth's spherical worlds (or your individual body spheres) evolving around your chosen centre.

Another possibility is to experience oneself at the centre of the mentioned two hemispheres of the human world. They should be again interconnected.

Be for a while the interconnecting link between them and contribute to the ones of the human family.