



LifeNet-Network for Mutual Inspiration between Earth and Humanity

**Meditation of the Month January 20th 2018 – February 20th 2018 –
Proposed by Marko Pogačnik and LifeNet**

THE LIFE GIVING ROLE OF THE ANIMAL WITHIN

The network of life embodied within matter is a precious gift of Gaia that should not get lost in the whirlpool of the present Earth changes. It is the cosmic role of animals to keep the network of life vibrating upon the Earth. In the distant past human beings lived long eons integrated within the family of animals. Since then, with the help of the animal within, we are able to enjoy life as incarnated beings.

In the conditions of the gradual breaking down of the present world structure we as human beings need consciously to connect to the thread of life and its network (LifeNet! Lebensnetz!) to be able to keep open the possibility of our further participation in the development of the Earthly cosmos.

To experience the presence of the animal essence within us and to support the animal kingdom in the role of sustaining the network of life upon the planet, I created the following exercise. It is a new Gaia Touch exercise. Use the drawing as a help.

- Stand upright with the feet positioned opposite as usually. The heels are as wide apart as possible and the knees touch each other. It is the key to enter that archetypal (causal) level where the animal essence within the body is focused.
- In this position of the legs you should lean forward to imitate the horizontal nature of the animal body. The hands should be thrown forward to represent the front legs. Stay for few moments in this position.
- Then move into the upright position to consciously reintegrate the animal essence into your causal body. The feet are still positioned with the heels apart but the knees do not touch each other.
- Finally change the position of the feet to normal and feel yourself as a human being facing the beauty of the manifested life.
- Repeat the exercise three times and then stay for few moments in silence so that the information can settle within your body and consciousness.



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