



LifeNet-Network for Mutual Inspiration between Earth and Humanity

Meditation of the Month April 20th 2016 – May 20th 2016 – Proposed by
Marko Pogačnik and LifeNet

TO CONNECT WITH THE MATRIX OF THE HUMAN BEING

One can understand the human being as a cosmic idea evolving in the womb of Gaia. This means that at the background of each human being pulsates the archetype (a pattern, a matrix) that is common to all of us as human beings – without contradicting the individual pattern.

The contemporary human civilization is by all means pushing forward the individual matrix of the single human person to hide from us our true essence coded within the matrix of the multidimensional human being.

Not connected with the essence of the human being as human being, the individual person can easily collapse to become an egocentric monster. Examples do not need to be listed. To avoid the tragedy it needs to become aware of our common archetype and integrate it in our body consciousness. Here are some proposals:

1

- Imagine standing or sitting upright that several inches under your feet pulsates the archetype common to us as human beings. Being coded in the memory of Gaia, it can be visualized as a pattern similar to a rosette or mandala.
- After a while let rise the archetype (the matrix) through one of your feet the body upwards, sucking it into its cellular organism.
- Feel the matrix of the human being present within your body consciousness.
- How does it feel? Share the Quality of connectedness with the essence of the human being as human being with fellow human beings.

2

- Be aware that behind your back the matrix of the human being that is common to all of us is coded in the causal levels of your subtle body.
- Imagine it as a colourful rosette or mandala.
- Work on integrating it into your body and consciousness.

3

- Imagine that a being identical with yourself is leaning at your back. You touch back to back with your transpersonal self.
- When the moment is right, let your transpersonal self glide through your body to appear in front of you.
- Look into his eyes and work of re-establishing a link with “him”.