



LifeNet-Network for Mutual Inspiration between Earth and Humanity

Meditation of the Month November 20th 2018 – December 20th 2018 –
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GIVE ATTENTION TO THE CHAKRAS OF HANDS AND FEET!

In the western tradition, the pair of chakras at the palms of the hands and the soles of the feet is identified with the stigmata, the crucifixion wounds of Jesus the Christ. Beyond their mythical connotation they represent subtle centres of the human body highly important in the processes of creation, blessing or healing (the hands) and grounding (the feet). Imagine the chakras of the feet and hands in the form of a symmetrical rosette (mandala) composed of many coloured pieces representing different qualities.

1

- Let us start with the feet and the grounding system. You can sit with feet right-angled and the soles parallel to each other - or stand.
- Imagine a thin silvery ray passing vertically through the centre of your soles connecting the infinity of the Universe with the centre of the Earth.
- While passing through the centre (chakra) of your soles, the rosette starts to glow in all its colours sending out rays of light so that a sphere of light forms around your feet.
- Be present and enjoy for a moment the new way of being grounded.

2

- Hold your hands in the position of blessing at the level of your heart and the palms turned outwards.
- Imagine a thin silvery ray passing horizontally through the centre of your palms connecting the causal (archetypal) realm behind your back with the life organism in front.
- While passing through the centre (chakra) of your palms, the rosettes start to glow in all their colours sending out rays of light so that a sphere of light forms around your hands.
- Now you can start to create whatever needs. If blessing a place or a being extend rays in the given direction. If there is a need to transmute a situation you can colour the rays with violet possibly moving with the coloured light through and around the given place or a being.

3

- Do not neglect the subtle creative capabilities of your body. We will need them to meet challenges of the approaching dramatic age of the planetary transformation.
- Find also your own way how to use the chakras of the feet and hands as creative tools.