



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

*Meditation of the Month February 20<sup>th</sup> – March 20<sup>th</sup> 2019 –  
Proposed by Marko Pogacnik and LifeNet*

### TO BE READY FOR A RESET OF LIFE SYSTEMS

The conditions upon the planet are getting so difficult that we can sooner or later expect Gaia to perform one or more resets of her life supporting systems upon the planet. This way better circumstances would be created for the further development of the inevitable Earth transmuting process.

The following exercise can help to get ready for the possibility of a radical turn upside down of the global space. The relationship to a plant as a most subtle living organism is complemented by the connection to the dragon powers that represent the unshakable foundation of the Gaia's universe – the foundation that cannot be endangered:

Be present and in peace. Sit down and choose which small plant you want to hold in your lap.

Fold the hands in the form of a cup holding the chosen plant. Be aware that its roots together with a clump of fertile earth are included in your imagination.

Then be aware that behind your back at the level of the hips there is a horizontal flow of Gaia's dragon power heading simultaneously in the direction left and right. It feels like a thin but powerful beam of lava.

The goal of the exercise is to merge the subtle and wet quality of the plant with the strong and fiery presence of the primeval power of Gaia – without that the elemental essence of the plant would be burned.

The merging goes on at the centre of your belly space where there is the focus of your perfect presence while embodied within the manifested world.

Hold the emerged quality as long as needed or as long as it gives you valuable experience.

The exercise can be supported by following kind of breathing:

Inhale the quality of the plant, leading the breath to the centre of the belly. Exhale there to fill your pelvic cavity with the plant essence.

Then inhale from the dragon power behind your back and exhale into the space of the pelvic cavity.

Repeat the breathing few times and then look how the synthesis of both qualities comes into being. Distribute its quality around your body as a nourishing and protective sphere.