



LifeNet-Network for Mutual Inspiration between Earth and Humanity

**Meditation of the Month April 20th 2019 – May 20th 2019 – Proposed by
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TO BE GROUNDED IN THE NEW SPACE

The burning down of a millennium old oak forest of 1200 oaks that covered the Cathedral of Notre Dame can be understood as a sign that should not be overseen. Those oaks represent the highest achievement of cooperation between Nature and Human culture that the past age has ever reached. The Cathedral could exist as a Cathedral only after Gaia has offered an oak forest to complete its space.

There is no way back any more. We should learn and make the effort to exist in the new space that Gaia and her elemental and sub-elemental co-operators have created to secure that life of the Earth, its landscapes, beings visible and invisible and human culture can continue to exist in its beauty and vividness.

The Meditation of the Month is a possibility how to attune to the new space of reality.

- Imagine yourself sitting or standing within a soap bubble which is large enough so that you feel comfortable within.
- Observe for a while the reflexion of light upon your bubble that disperses in beautiful colours.
- Then step backward so far that you touch with your back the inner surface of the bubble.
- Continue walking extremely cautiously backward without damaging the surface of the bubble.
- Then in a moment the bubble turns around (inside-out) so that you find yourself within another etheric space – as if it would be a second bubble.
- Become aware of the new space of reality and its qualities. Do not fall out again. If this happens, the exercise needs to be repeated.