



LifeNet-Network for Mutual Inspiration between Earth and Humanity

**Addition to the Meditation of the Month March 20th 2019 – April 20th
2019 – Proposed by Marko Pogačnik and LifeNet**

Dear friends of the LifeNet!

Only after we have sent the Meditation of the Month I became aware that the Meditation could be important also for the personal health or stability if the so-called “5th Stigma” is included, the one that complements the centres at the feet and hands.

Christian tradition knows a fifth stigma positioned at the right side of the thorax at the level of the pointed breastbone’s end. This centre is part of the composition of the chakras of the five Elements, this one being related to the element Water.

This chakra of the Water element represents an interdimensional portal through which Gaia Sparks can enter into the inner spaces of the human body to work there regenerating or healing. The process follows the conscious breathing:

- Breathing in you should attract Gaias Sparks to enter your body through the mentioned interdimensional portal - through the fifth stigma. (The portal prevents rubbish to enter your body.)
- While breathing out you should lead Sparks through the organs of your body or specifically there where their service is needed.
- Through the next inhale lead Gaias Sparks towards the stigma and through the following exhale return them to the environment.
- Now the next in-breath follows...