



LifeNet-Network for Mutual Inspiration between Earth and Humanity

Meditation of the Month August 20th 2019 – September 20th 2019 –
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TO SURVIVE IN THE CONDITIONS OF INTENSIVE EARTH CHANGES

The Earth is walking her path of changes with great speed while humanity in general has no idea what is going on and consequently its collaboration with Gaia is weak and slow. This contradictory situation may cause humanity to find itself temporarily in a space deprived of needed life forces and creative inspirations. To get ready for such a possible situation we should start practicing now.

The following meditation can help to open the channels needed to receive and integrate into the body and our environment primeval powers of the Earth and the Universe. They can serve elemental beings to “feed” all of us with the needed life energy and with spatial conditions needed to continue living our life in a creative way – and to continue collaborating with Gaia following her and our intent to create an age of peace and overall integrity upon the planet.

1

- Start by opening to the primeval powers of Gaia. Imagine that a double vortex is spinning around your coccyx.
- Now the two components of the vortex go slowly apart and together again. Repeat this opening of the door a few times. Between the opening and closing there is a short pause.
- During one of these pauses you should inhale the primeval (dragon) power-and-consciousness from the core of the Earth. Lead it up to the centre of the elemental heart which pulsates under the lower point of the breastbone.
- You should exhale it from the same point so that the breath loaded with the primeval powers of the Earth passes the sphere of your body and continues into your environment.
- Repeat this exercise a few times.

2

- Now open the highest point of your skull. Imagine that the bones composing the skull slide apart as the continental plates do at times. The opening that comes into being is natural for young children, known as fontanel.
- The bones slide apart slowly and then close the opening again. Do this a few times. Between the opening and closing create a short pause.
- During one of these pauses you should inhale the primeval (spiritual) power-and-consciousness from the core of the Universe. Lead it down to the heart centre.
- From there you should exhale it so that the breath loaded with the primeval powers of the Universe passes the sphere of your body and continues into your environment.
- Repeat this exercise a few times.
- Give thanks.