



LifeNet-Network for Mutual Inspiration between Earth and Humanity

**Meditation of the Month February 20th 2020 – March 20th 2020 –
Proposed by Marko Pogačnik and LifeNet**

BREATHE! BREATHE! BREATHE!

The humanity has obviously forgotten that the breath that we take in is not a flat material object but is composed at least of three layers. The oxygen – the first level – can be taken in without our conscious support but not the other two layers. The consequence of the fact that essence of breathing is forgotten results in heavy diseases as the one just now capturing the world attention.

The geomancy of the last few decades has taught us that we should not look at life force as originating from our environment but as an emanation from the inner Sun of the Earth. In the context of the new planetary space, it is the inner Sun of Gaia's presence that makes the continuation of life upon the planet possible, creating the web of life. While breathing one takes a piece of the web of life into oneself and gives it with the exhale to other beings. This is the second level of the breath, revealing human being as a co-creator of the web of life.

It is also the source of what the religious language calls "the Holy Spirit" i.e. the wisdom of eternity. The third layer of breath enables the breathing person to vibrate in harmony with the cosmic dimensions of the Earth and the Universe.

To add the mentioned two layers to our breath, the breathing process should be accompanied by our imagination. Here is a proposed example:

1. While you breathe in you should imagine inhaling from the core of the Earth and leading the breath not further then to the space between your hips to nourish your inner dragon – the primeval power of life – first.
2. While exhaling, spread your breath at that level horizontally into all directions to stabilize your immune system.
3. With the next inhale lead the breath higher to your heart level to support your spiritual presence.
4. While exhaling, spread your breath at that level horizontally into all directions to open the love power of your heart.
5. With the next inhale lead the breath even higher to the highest chakra point which is as high as you can reach with your hands.
6. While exhaling, imagine that the power of your breath runs along all sides of your body protection membranes down and back to the Earth core.
7. Now you can start from the beginning. While you breathe in you should imagine inhaling from the core of the Earth...
8. After you have done this kind of breathing a few times take yourself time to listen to the messages of Gaia's wisdom captured in the memory of your body cells while you were breathing.