



LifeNet-Network for Mutual Inspiration between Earth and Humanity

Urgent Meditation March 13, 2020 –

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AWAKE!

The challenge that humanity is facing right now is connected to the potentials of our throat on one side and the danger of the heat on the other. The throat is the source of the creative Word which stands for the human capacity to create. To create can mean to create health and peace or cause conflict and destruction. It is time to awake and to realize that human beings inherit from Gaia, the Earth, the fantastic gift to be creative beings as she is. Since human beings in general are not aware of this precious gift and do not act as conscious and loving individuals, some foreign powers (from within and from without) that are jealous of this gift we have, start to undermine it using it for their own purposes that are not written in the Book of life. The vast and powerful community of microbes, old as life is and wise, has issued an alarm. Do we listen, do we understand why – or just act out of fear? The following meditation may help to reverse the trend:

- Be present within the universe of your being. Focus your attention at the point behind your throat.
- See this point as a golden knot that holds together the thin but powerful golden vertical thread that connects to the heart of the Earth and the core of the Universe. Follow both directions with your imagination and make sure that their point of connection (the knot) is focused properly within the “vast” sphere of your throat area. It partly reaches into the space of your head, partly into the space of the heart.
- The sphere of your throat is composed of a great quantity of particles in constant movement: cells, microbes, atoms of life, photons of light, electric impulses, particles of minerals etc. They would disperse if not held together by the cool light of the star that we have previously identified as the point connecting the core of the Earth and the heart of the Universe. Why cool light? The light of the star is cool (look at the night sky) because it is in resonance with the universal truth. (Warm is the light of the heart!)
- The light of the inner star mirrors itself upon all those particles, creating among them a geometric pattern rich with colours and sounds that is in constant movement. Stay focused at this process for a while so that the perfect pattern of your throat sphere can be established.
- Then give attention to the aura of light and colour that has been created during the meditation around your throat area first and then around your body. Finally extend it through the body of humanity as a wave of peace and as an awakening call.