



LifeNet-Network for Mutual Inspiration between Earth and Humanity

Urgent Meditation November 1st 2012

**Proposed by Marko Pogacnik and LifeNet – Network for Mutual
Inspiration between Earth and Humanity – can be forwarded !**

URGENT PERSONAL RITUAL

The disaster caused in the Central and North America by the hurricane called “Sandy” has the mark of a planetary catastrophe. This morning, when I awoke, I saw its influence spreading over the globe. Therefore, we are all called to help. Who needs our compassion are heavily beaten beings of nature, human beings in distress and distorted areas of urban/natural landscape.

For this purpose I propose the personal ritual until now known as “Tear of Mercy”. To give space to the human role in the ritual, I developed it further under the name “Drop of Compassion”. It can be used in any similar global or personal situation, not just in the case of the storm called Sandy:

- Hold the hands upright folded in the prayer gesture in front of your chest and be aware of the purpose of your ritual.
- Create a drop of compassion within your heart centre and take it into the space between your hands.
- Lifting the hands slightly you should open them so that beings of other spheres of Earthly cosmos can add their power and blessing to your Drop of Compassion.
- Then you should tilt your hands directing them towards the goal of your ritual, so that the Drop of Compassion can glide towards it. Follow its path and distribute its waters/information with the gestures of your hands to where the transmuting energy of compassion is needed. It does not matter if the goal lies thousands of miles away: the space is one
- Observe the reaction and repeat the ritual few times during the day or in the days to follow. Feel grateful.