



## **LifeNet-Network for Mutual Inspiration between Earth and Humanity**

**Meditation of the Week November 13<sup>th</sup> – November 20<sup>th</sup> 2012 -  
Proposed by Marta Adamek, Jana Rieger and LifeNet – Network for  
Mutual Inspiration between Earth and Humanity**

### **ENCOUNTER WITH THE KINGDOM OF THE MOTHER**

By the love of our heart, we can connect the power of the will with the maternal existence. From that connection, new holistic impulses of our will can arise enabling us to act in harmony with all principles of life – in cooperation with the earth, the people and all cosmic beings.

The proposed meditation focuses on the impulse in view of the maternal powers to do what is necessary and what we recognize truthful

- Anchor in your heart in full awareness and let it glisten in its full quality
- From there, gratefully start your way in meditation to the kingdom of the mother
- Kindle the light of a lantern within your heart and take it on your way
- Go into the area of your will and let the lantern shine with the love of the heart
- There are three things that are especially important on the path of transformation:
  1. Ask for forgiving and forgive yourself
  2. Be grateful for the love which you always receive and for the richness of experiences of lift that she always gives to you
  3. Ask yourself what you can do right now that is important to do and what you can give from your heart
- Shine with the lantern of your heart and look into the eyes of Mother Earth and listen to her answer
- Embrace her if you want
- Which words, images, symbols and feelings appear within yourself?
- Feel free to do whatever you consider necessary and feel the connection to all friends and beings of LifeNet
- Be happy and grateful for this encounter!