



LifeNet-Network for Mutual Inspiration between Earth and Humanity

**Meditation of the Week November 27th 2012 – December 4th 2012
Proposed by Brigitte Bartel, Martin Krausch and LifeNet – Network for
Mutual Inspiration between Earth and Humanity**

RELEASING OF BOUNDARIES

The Earth is leaving the old space and is currently entering a new dimension. Therefore, many boundaries must be left back or dissolved. The equivalent of those boundaries in the material world are the borders of countries defined by mankind. Many borders separate ethnic groups and serve to keep out or to keep inside. The earth and mankind are caught in those boundaries like a fish in a net which is obstructing their ascent.

Let us therefore help in dissolving those boundaries drawn at will and that are full of emotions. For dissolving, we use the proven way already proposed by Simona and Marko.

- Be focused in your heart centre shining bright with your heart presence
- Visualize the border or borders you want to dissolve like a net or a single cord constricting the earth.
- Take this cord or net and pull it carefully away from the earth with a gesture of your hands.
- Fold the cord or the net up and push the bundle towards a bright infinitely concentrated focus of violet color in front of you
- The bundle gets smaller and smaller, let it glide through the violet micro portal. Trust that the boundary will be transformed on the other side.
- Ask for the transformation of the energy of the boundary so it can be presented to the earth as aid for Her ascent.
- Look if the cord or net has left any wounds on the earth. If you perceive such wounds, ask for their healing. If you feel the impulse, you also can heal the wounds by yourself in your own fashion or contribute to their healing.