



LifeNet-Network for Mutual Inspiration between Earth and Humanity

**Meditation of the week December 11th 2012 Dec. 18th 2012 – Proposed
by Marja Müller, Marko Pogačnik and LifeNet – Network for Mutual
Inspiration between Earth and Humanity**

TO CREATE THE PROPER VISION

At some point we may get confused by the multitude of changes happening within our being and in the world around us. So there is the need to renew our sense of what is going on within the Earth body and within our personal multidimensional body too.

On the other hand there is the need to clarify our vision of the future we wish to co-create, so that we may be able to take proper decisions and proceed with proper actions. In this respect we should feel free to ask for support from the spiritual worlds, not to feel helpless or confused in the face of the ongoing and coming changes.

- Sitting in peace, one should open the hands towards the depth of the Earth. Imagine touching with your hands the core of the Earth being.
- Allow a silent conversation to run between you and the essence of the Earth. Be aware that it may answer as Gaia, the creative Earth Mother, or as the Spirit of the Earth.
- With the gestures of your hands you should lift the vibrations of the ongoing silent conversation into your heart space to feel its essence better.
- Then open your hands upwards and lift them towards the universe above you. Imagine touching the heavenly arch and its star constellations.
- Imagine that within the palms of your hands there is written your request addressed towards the spiritual world and the angelic realms to support us, beings of the Earth, in the difficult moments of transition from one cosmic cycle to the other.
- Give thanks.