



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

### LIFENET MEDITATION CYCLES

Proposed by Marko Pogačnik with assistance of Martin Krausch

Dear friends,

I am being asked how to proceed with our meditation cycle. We have now two possible cycles, the monthly and the weekly.

My proposal is following. Let us continue with the monthly cycles as we do since several years. But since we can expect more dramatic events this year to happen, it would be good to have in reserve also the form of the shorter cycle through which actual developments can be addressed relatively quickly – I mean the Weekly Meditation.

The form of the shorter cycle means that if there is a need or relevant inspiration, within the monthly cycle also weekly meditations may appear for the duration of one week – possibly not at any time but on Tuesdays.

In this case the Monthly Meditation stays valid and should be complemented one week long by the Weekly Meditation.

#### WEEKLY MEDITATION JANUARY 15<sup>th</sup> TO 22<sup>nd</sup> 2013

Some of us are made aware through our perceptions or dreams that the Earth prepares a major planetary event of cleansing/transforming. The cause is according to some perceptions a thick layer of emotional smog that built up around the Earth core as an effect of human alienated dealing with our home planet. It is since millennia penetrating the inner layers of the planet. Because of this layer of emotional smog, Gaia as the inner sun of the planet cannot properly reach the surface of the Earth to lead the transformation processes. – This is a simple way to put it into words for mind to understand.

The proposed meditation should be seen as a help that the cleansing, whenever it comes, would not be too disastrous for the life upon the Earth.

- *Sit in peace and open the upper part of your body towards planets and star systems that are ready to help the process of change our Earth is going through. Absorb their message.*
- *Anchor their impulses in the water element of your body.*
- *Permeate the water of your body with compassion from your heart, understanding that that dark layer originates from human misdeeds and awkward emotions.*
- *Then imagine water flowing into the depth of the Earth through your chakras that are identical with the Christ stigmata – the five stigmata being interdimensional portals. They exist under the feet, on the palms and at the right side of the chest.*
- *As the water of compassion enriched with the cosmic powers of transmutation flows into the depth of the Earth, the dark layer around the Earth core gets into the process of dissolution.*
- *Now the Earth core starts to shine like a star. Its rays reach into the space upon the Earth surface and into the widths of the universe.*
- *As a result the presence of Gaia within all beings, including our human race, in the form of inner stars, starts to radiate...*
- *If you wish to do the work within your body, so the Earth core is positioned deep down at the level of hara and the dark layer that needs to be transmuted at the level of solar plexus. The emotional liquid of your heart enriched with the mentioned cosmic radiation is the source of redemption.*



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These thoughts of my New Year's Letter might be of help to understand the situation better:

### Introduction to 2013

It is very difficult to predict the path of the future, especially in an epoch of permanent changes such as ours. Over the past several months energetic or spiritual circumstances transformed even on a weekly basis. It is no less challenging to step into the space of a new year with a vision of its possible course.

I had two clear dreams relating to this theme, one just before and one after the threshold of the New Year. During the night before New Year's day I was shown the shocking dimensions of the alienation of our present civilization from the essence of our blue planet. At the same time the parallel and intact beauty and strength of the Earth and its beings were shown to me. The underlying message is that the kind of civilization we have built during the last millennia no longer has a future. The phase of its final disintegration has begun. At the same time Gaia is about to introduce potentials and beings into the manifested reality that are capable of laying the foundation for the recreation of the primeval and future life quality of the Earth. I anticipate that the first very practical steps of this process will come into being in the year of 2013.

The second dream from January 3<sup>rd</sup> showed an image of a train standing stopped upon the rails – again an image of present day civilization. The train is made up of a multitude of fragmented and strictly divided compartments. Suddenly we realize that an express train is approaching at a very high speed upon the same rails. Are we facing a deadly collision? People panic. The following then occurs: the feared express train glides through the heavily materialized train. This happens because the express train consists of another much more light and transparent substance which exists parallel to our much denser reality. I was deeply surprised in my dream that two so very different spaces of reality can exist simultaneously upon the same track (within the same framework of reality).

I would formulate the message of the dream regarding 2013 in the following manner. The crisis of our planetary society will deepen. But simultaneously there already exists very real possibilities (and the necessity) to attune to the new level of existence, be it emotionally, spiritually (manifesting relevant ethical qualities) and practically. By practically I mean creating personal and/or public islands of geaculture, where new ways of life and creativity are being manifested and enjoyed. The creation of this new way of being can take place within the current, temporary framework of outdated space/time structures.

Marko Pogačnik