



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

GaiaTouch exercise of the week November 26<sup>th</sup> – December 3<sup>rd</sup> 2013 –  
Proposed by Marko Pogačnik and LifeNet

### POWER OF TRANSMUTATION

In the times of intense changes like ours the forces are at work that ancient cultures identified with the Black Goddess, the Goddess of death and regeneration, in the Christian tradition the Black Madonna. She is loving and terrible at the same time, representing the epoch of transformation that is part of the life cycle.

The attitude of our civilization to ignore the forces of transmutation represents the danger of this moment. We are in the middle of a cosmic change yet the positive aspect of the changes is not recognized. The discussion goes only how to prevent the coming changes.

Which positive aspect do I mean? It is leading us towards awakening the sleeping potentials of human being to become a being of wholeness, a loving being and a co-creator with Gaia. To become who we truly are, the structure of a civilization that supports the matrix of permanent conflicts, false identity of the human being, aggression towards nature etc. has to break down.

Yet, if the cyclic nature of the transforming forces is not recognized, changes end in immense destruction as we are witnessing today. Only the destructive aspect of the Goddess of change is allowed to express.

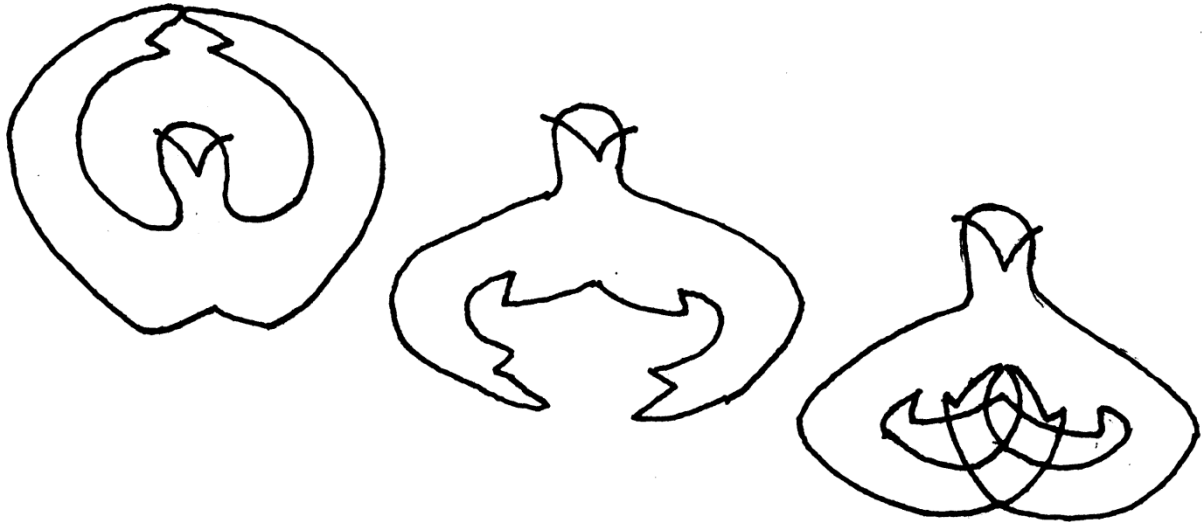
The purpose of the GaiaTouch exercise is to allow both aspects of the transformation process to express in balance with each other.

1. The GaiaTouch exercise starts with forming a circle above your head to honour the cyclic nature of life.
2. Then go with your hands down to form a mandorla-like form in front of your heart centre. As the drawing shows the hands form the mandorla with their back sides, which means that we are dealing with those powers of life that cause destruction. Yet be aware that mandorla represents also the door of birth, the vulva of Gaia giving birth to all life forms visible and invisible.
3. To support the twofold nature of the transmuting process we need to breathe through the mandorla formed by our hands.
4. Imagine while inhaling that you take the breath from the manifested world in front of you towards your heart centre. While exhaling bring it deep into the back space behind your heart centre.
5. Take with the next inhaling the wisdom of your cosmic back space forward towards your heart centre and push it through exhaling into the manifested world in front of you.
6. Repeat this kind of breathing at least three times, then put the hands into your lap and listen.
  - To refer to the twofold nature of Gaia as the Goddess of Change you can inhale the white light from outside (from the manifested life) and exhale it into your back space. Then inhale the black light of the causal world and breathe it out into the world in front of you.
  - To refer to the present situation with the Fukushima/Philippines tragedies (Pacific Ocean noosphere) inhale the elemental essence of Pacific Ocean and bring it to regeneration into the back space of Atlantic. Then inhale the elemental essence of the Atlantic Ocean at your back and exhale its regenerative and healing powers to the Pacific in front of you.
  - Do not forget to do the breathing through the mandorla created by your twisted hands in front of your heart centre.



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The GaiaTouch exercises are cosmograms or rituals that can be performed individually or in groups. You can also develop your own GaiaTouch body language. But in the case of Fukushima exercises see that you stay within the same pattern so that energy is not too much dispersed.