



LifeNet-Network for Mutual Inspiration between Earth and Humanity

GaiaTouch exercise of the week December 3rd – December 10th 2013 –
Proposed by Marko Pogačnik and LifeNet

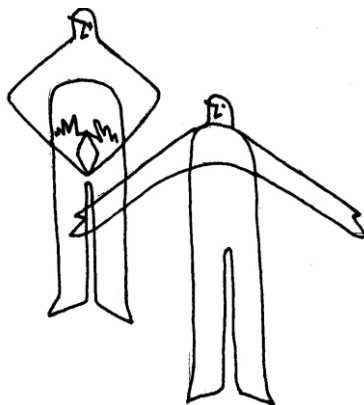
POWERS LEAVING THE EARTH

One way to tell the story is following. During the centuries since the majority of the human cultures ignore the divine essence of our home planet, turning away from the Mother of Life, strange powers settled down in the inter-atomic structures of the Earth as well as within the intermolecular spaces of the human body. This fine dark dust, present everywhere, is directing our evolution and the evolution of the Earth in a false way – namely it is rather consciousness than energy.

Supposedly we learned the lesson that these powers should teach us – at least the ecological awareness is well established globally. My notion is that the time of their retreat has come. Like in the case of the foreign army in the Avatar film, this foreign consciousness seems to be ready to leave for its own star system. Then it will be much easier for human beings to awake to their true essence and recognize Gaia together with all of her beings as our creative partners on Earth.

The purpose of the following Gaia Touch exercise is to give an impulse towards releasing the foreign powers, at first from the Earth and then also from our own body.

1. Be aware of the centre of the Earth below you and the centre of the spiritual world (world of ancestors and descendants) above you. Anchor the vertical axis of your body strongly at the centres below and above you and hold it like this anchored all the time during performing the exercise. Their cooperation is of vital importance.
2. Then position your hands in front of your belly in the form of a spindle (diamond shape) created by the thumb and the index fingers. It is a powerful cosmogram. (The hands look upward.)
3. Move your hands away from your body in the form of an arch three times, each time returning to the spindle position.

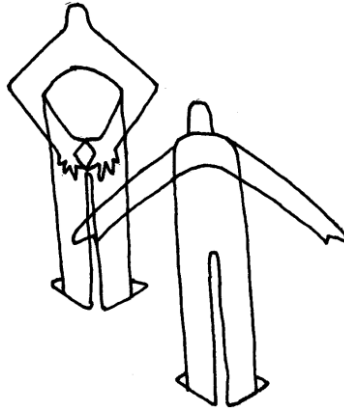




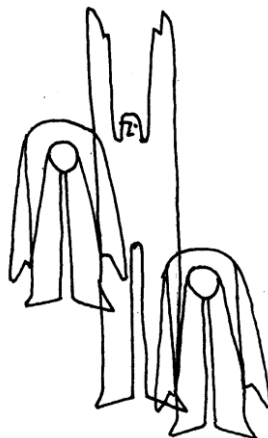
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4. Then do the same at your back. This time the hands look downward.



5. Imagine that you have created a tube reaching towards the universe in the upright and downward direction. You stand or sit in the middle of this tube as a medium enabling the mentioned forces to retreat from the Earth.
6. Make sure that those forces are not moving through but around you! Yet you are allowed to gather experiences of their essence.
7. As next you should command those forces to leave your body. Bow deep down and move with your body and hands upward touching the body at the sides. The movement ends with the hands upright.
8. Then go along the opposite direction of the body towards the Earth. It may be good to repeat the gesture three times to communicate clearly to the body to release the foreign dust using the created tube – either in direction up or downward.



The exercise seems to be complicated, but the drawing shows how simple it is.

Wishing you creative moments with GaiaTouch exercises, I ask you to support us with Peter Frank as we try to create GaiaTouch as a world-wide movement of communicating with Gaia and her beings visible and invisible. The time is ripe, our intuitions visions and hopes to become embodied. The basic Gaia Touch exercises can be downloaded for free in German and English from www.gaia-touch.info

Thank you, thank you for cooperating with this cycle! Marko Pogačnik