



LifeNet-Network for Mutual Inspiration between Earth and Humanity

GaiaTouch exercise of the week December 10th – December 17th 2013 –
Proposed by Marko Pogačnik and LifeNet

THE CREATIVE POWERS OF THE INNER EARTH

Elemental beings of the earth element are acting on two levels. One of them is the Earth surface where they serve creating in each subsequent moment etheric forms for all kind of beings, phenomena, objects etc. so that they would be able to appear as materialized bodies.

Yet there exists a deeper level of earth element's activity focused in the Earth's underground. Beings existing there create the earthly light as a "material" from which the etheric forms of life can be molded upon the planet's surface. We may call those intelligences dwarfs but have perhaps no proper faculty to imagine what their true form is.

They should be left in peace by human culture that does not understand the profound meaning of their service to life. Unfortunately this is not so. Appetites of humans wanting to control life processes are great and supported by a sophisticated technology. So they do reach even to this profound womb of life. Human culture has found false ways to take control over the fundamental beings of the earth element forcing them to sustain such forms of manifestation that are directly opposing the will of Gaia to permeate all beings visible and invisible with life pure and loving.

The breakdown of Fukushima marks a turning point. Gaia does not tolerate any more the misuse of her fundamental powers of creation. To tell it in a fairy tale form, the proposed Gaia Touch exercise announces happy news addressed to the enslaved dwarfs that the spell is broken.

1. Draw with your hands a circle in front of your solar plexus area three times as a sign that you are connecting with the world of elemental beings. (The plexus area is the home of our personal elemental being.)

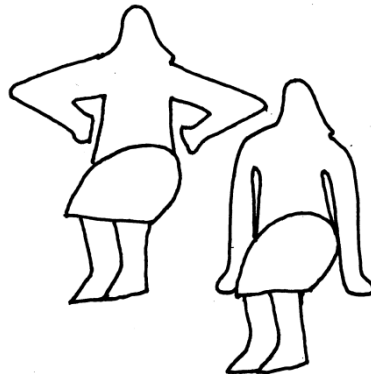


2. Now it needs to clarify that we are dealing with the elemental beings of the earth element. To express it you should clench the fists with hands close to your body at the height of the heart. Clenched fists relate to the relative density of the earth element.
3. On third place it needs to clarify that we do not wish to communicate with the elemental beings of the earth element working upon the Earth's surface, but with those operating one storey deeper in the underground. For this purpose the hands with clenched fists should be moved along the body downwards till they are fully stretched – i.e. till they reach into the underground region.

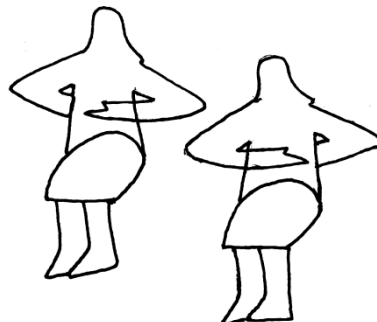


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4. Now it is clear with whom we are leading the dialogue. As next we need to affirm that beings working there in the name of Gaia are free from human projections and any kind of misuse. It should be done with the help of horizontal movements executed few times at the heart level (see 5 and 6).
5. Reach into the space in front of you with the right hand guiding it horizontally to the left.
6. It follows a complementary movement whereby you reach with the left hand behind your back leading it to the right.



7. It is followed by the same movements in the opposite direction. This kind of horizontal rhythmical movements should be repeated for a while. The hands with their palms are always turned towards the body.
8. The exercise should be concluded with a gesture of appreciation of the work of the beings concerned or perhaps with a gesture of invitation that they should enter the realm of human awareness as those who they truly are, again.

Dear friends known and unknown, with this exercise we have safely reached the date of 11.12.13, the date marking the end of a most dangerous time zone. This is it what we could do together to support Gaia and humanity on our common path through this particular phase of Earth changes. We should trust that all will go well from now on – and of course keep repeating some of the exercises if you are inspired to do so. One last exercise will follow to conclude the cycle at 21.12.13, the anniversary of our last year's global meditation. Thank you for collaborating.