



LifeNet-Network for Mutual Inspiration between Earth and Humanity

**GaiaTouch exercise of the week December 17th – December 21st 2013 –
Proposed by Marko Pogačnik and LifeNet**

BLESSING OF GAIA – Additions to the Gaia Touch Exercise

It seems that the short opening of the horizon this week 17th to 21st of December is extremely important before new challenges come in. It is the opportunity to connect firmly with the essence of Gaia and the spiritual core of our planet that the western tradition knows as the Holy Grail. Beyond mythic images it represents the power of Gaia to renew and uphold life upon our home planet. The proposed meditation (GaiaTouch Body Cosmogram) for this week is structured so that all the three basic qualities of the Holy Grail are called to action:

1. Reaching to the coccyx and bringing forward the “horn of abundance” relates to the basic function of the Grail to secure Earth’s fertility and abundance of life. Here it is important, while positioning hands on the coccyx that the four fingers representing the four elements touch each other, while thumbs may touch the body – they come to play in the next phase of the exercise.
2. Lifting hands to receive the blessing of cosmic aspect of Gaia (i.e. Sophia) refers to the saying in the Grail mythos that the ability of the Grail to sustain life must be again and again renewed through cosmic inspiration. When lifting the hands it is important, while arriving high that all the four fingers plus the thumbs touch each other to relate to the divine spirit as the fifth element. Also when brought down into the Grail it is important to reach deep enough towards the tummy region.
3. The power of the heart represents the third aspect of the Grail. It is a special responsibility of the human race to uphold this aspect (!); this is why the personal heart connection plays a role in this part of the exercise.

To make clear that we are dealing with three aspects of the Holy Grail, it needs to recreate the Grail vessel during the exercise three times. This is missing in the text and drawing that we have sent yesterday. So here is the new more proper drawing. You can see that while moving from one sequence to the next the rounded circumference of the Grail is each time recreated with the hands forming a circle.

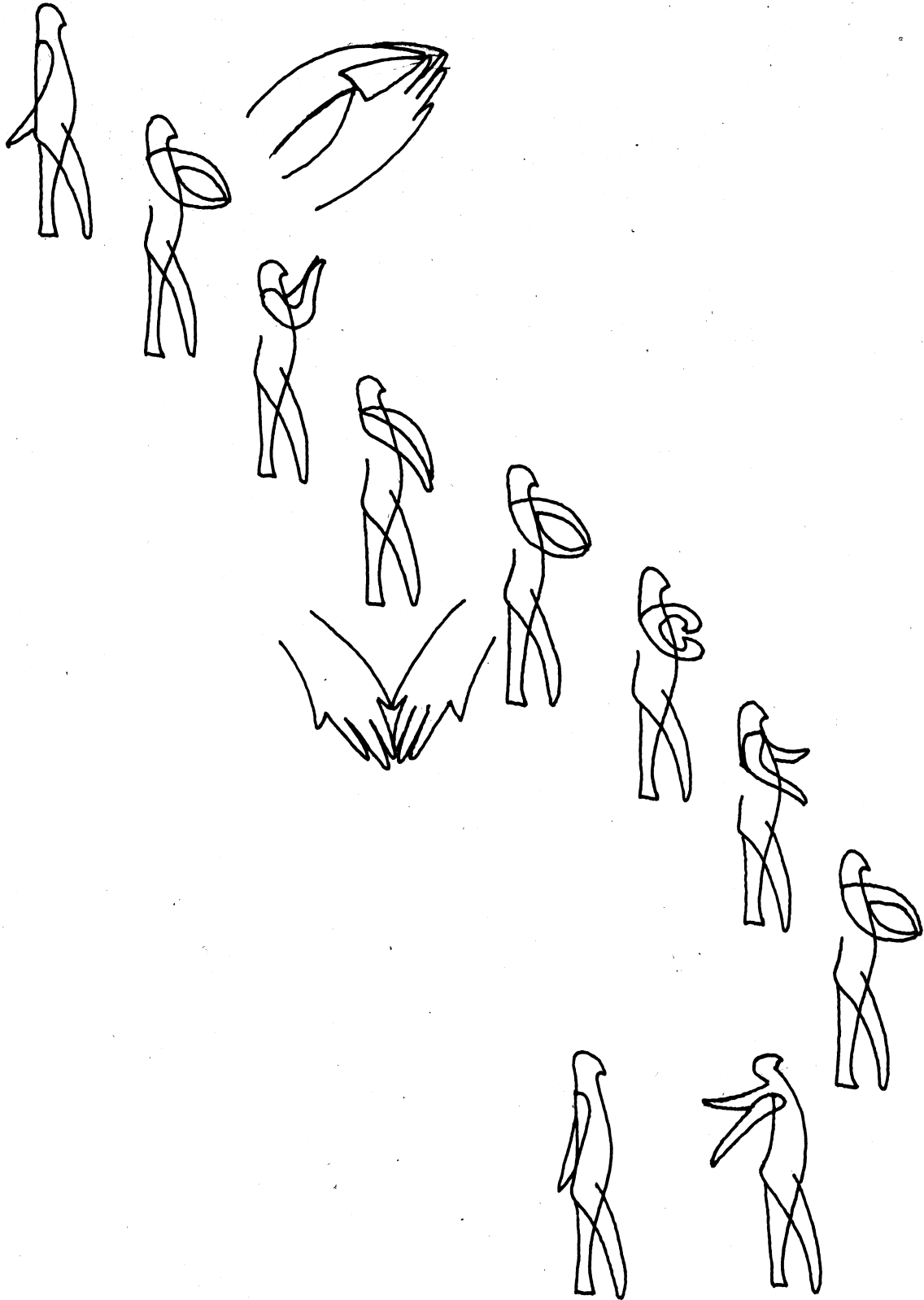
If you have the drawing in front of you, the exercise is easy to be done.

(Drawing attached)



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THE TEAR OF MERCY EXERCISE

Because of the extreme solar magnetic activity in collision with the Fukushima problem the next period may be extremely turbulent. Have the eight Gaia Touch Body Cosmograms of this cycle ready if there is a need for help to overcome difficult situations. Choose the one most appropriate at the moment according to your feeling and trust that they are powerful tools for life.

Besides I would like to remind you of the Tear of Mercy exercise that I have often published. But in the framework of Gaia Touch it got three phases:

- personal compassion,
- asking for Gaia's forgiveness
- asking for divine mercy.

The exercise can be used across great distances if catastrophic situations arise.

1. Lift your hands in the prayer gesture to the front of your heart to take from there a drop of your compassion for the place, the beings in distress or situation to which your ritual is dedicated.
2. Then bowing to the Earth create a bowl with your hands and reach deep into the realms of Gaia, the Mother of Life. Ask for her forgiveness related to what people have done to the given place, perhaps transgressing the law of life...
3. Get up and lift the bowl with the drop of your compassion and the drop of Gaia's forgiveness towards the sky and ask the Goddess to drop a tear of her mercy into the bowl of your hands.
4. Now turn towards the place where help is needed and spill the healing water from the bowl over the place or country in need. It is your imagination that has the power to direct the healing impulse towards where it is needed. The exercise works also across great distances.
5. It is recommended to repeat the ritual three times, possibly each time related to different aspects of the same situation. Try to follow telepathically the path of the "Tear of Mercy" and its distribution. Give thanks.

(Drawing attached)

