



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

**Meditation of the Month May 20<sup>th</sup> 2018 – June 20<sup>th</sup> 2018 – Proposed by  
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### TO SUPPORT EMERGENCE OF THE NEW REALITY

How to characterise the new emerging reality? One of its characteristics is its simultaneous existence within the human being and without in our environment. Not only that there is no boundary between the subject and the object (as demanded by the rational mind), much more: the reality can't even exist if it is not grounded in the inner experience of the spectator – not just grounded but also consciously loved.

The following meditation can help to experience the new constitution of life's reality.

- Find in your everyday life a moment to give attention to a plant, a stone, an animal or a place in the proposed manner:
- Feel it inside of your heart space (it can be also another part of your multidimensional body) and be simultaneously aware of its existence in front of you.
- Both at the same time and without preconditions!