



LifeNet-Network for Mutual Inspiration between Earth and Humanity

**Meditation of the Week October 30th 2012 – November 6th 2012 –
Proposed by Martin Krausch and LifeNet – Network for Mutual
Inspiration between Earth and Humanity**

PREFACE BY MARKO POGAČNIK

The end of the year 2012 is approaching and with it an important threshold on the path of the planetary changes. The processes of transformation intensify. My sense is that there are many things that need to be clarified before the year 2012 ends. I mean first of all those things operating behind the scenery of the manifested life, at the so-called causal levels. This is the reason, why do I propose for the last two months of the year to move from the meditation of the month to the meditation of the week.

Here is the meditation by Martin Krausch for the week starting with Tuesday, October 30th. It will be followed at November 6th by a meditation created by me.

If you have proposals related to these last weeks of 2012, so send them please to these two addresses:

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All the best for now and the future! Marko Pogačnik

SUPPORTING THE CHANGE OF TIME

As we are approaching the climax of the change of time, we witnessed more and more often that beings, both embodied and invisible, but also parts of our own personalities, cannot follow the current changes. They are caught in the old structures of time and space, perceive the changes as a threat, lost orientation and are sticking to the old patterns. This poses the danger that these beings drop out of the current development and they will appear in the new times as opposing forces.

With this meditation, we want to support those beings to return into the course of change so they can participate actively. By this, we also support the process of transformation into the new time as a whole.

- Concentrate on your navel. Step through it as through a gate into a temple of your inner landscape
- Look around and invite beings that are caught in the old structures to show themselves to you. Maybe they appear as being of stone, dried out or in some other way handicapped in their ability to move.
- Turn to the being which attracts you most. Ask it for permission to support it. Respect its answer. If it is not ready, turn to another one.
- When a being has given its permission, lift it up to the space of your heart. Connect with it through a ray of love from your heart, that contains the quality of the new time. Watch how this ray dissolves the stone – like structures and crustifications and the being regains its ability to move step by step.
- Invite it to stretch and to move.
- In the beginning, it will feel somehow unstable on its feet. Take it by the hand and take some steps.
- Encourage it to find its way. Accompany it for some time until it feels secure enough to go on by itself.