



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

**Meditation of the Week November 6<sup>th</sup> to November 13<sup>th</sup> 2012 -  
Proposed by Marko Pogacnik, Simona Čudovan and LifeNet – Network  
for Mutual Inspiration between Earth and Humanity**

### RECYCLING OF TRAUMAS

Moving to the new multidimensional space means that all the past traumas have to be recycled at the personal as well as at the collective levels. We cannot carry old patterns across to the new space and time reality. Circling within the new level of reality they could poison the whole creation.

The purpose of the proposed meditation is to transmute and recycle this kind of patterns when they appear in some way in your personal or our collective life. If there is the intention to recycle the energies and qualities frozen within such patterns, so they will find a way to make their presence known. Watch the signs and then work on their recycling.

I propose two possible paths of recycling. They can be, of course, used also beyond the framework of this week.

#### For personal awkward patterns:

- Be aware of the given awkward pattern positioning it in front of your solar plexus.
- Let the pattern circle for a while around your solar plexus. At this level the solar plexus looks like a water turbine working on dissolving the given pattern.
- Then lead the dissolved pattern through your back space (i.e. causal level) towards your coccyx. While moving through your back space be aware of the power of grace focused there, that makes such a swift transformation process possible.
- In the area of the coccyx you should imagine a bright and infinitely concentrated focus of violet color.
- Lead the stream of the dissolved pattern through that point (it is a portal!) into the pool of the primeval powers of creation. The recycling is done. Rejoice!

#### For collective destructive patterns

- Start by being focused in your heart centre shining bright with your heart presence.
- Be aware of the destructive pattern that called your attention in such a way that you can assume that its recycling is wanted (i.e. agreed upon either in the spiritual world or another responsible world).
- Let it appear in front of you as a quality or through one of its symbols.
- Go towards it with your full heart presence pushing it towards a bright infinitely concentrated focus of violet color positioned in the back of the space in front of you.
- As you push the pattern backwards towards that violet focus, it becomes smaller and smaller till it is so small that it can glide through that violet micro-portal.
- At the other side of the violet portal there are beings responsible for the further process of recycling. Trust them to lead the process to a successful end.