



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

**Meditation of the week December 4<sup>th</sup> – December 11<sup>th</sup> 2012 - Proposed  
by Katrin Mikolitch and LifeNet – Network for Mutual Inspiration  
between Earth and Humanity**

### **HEALING/BALANCE OF THE MASCULINE AND FEMININE WITHIN**

The more we heal ourselves, the more the earth heals.

Many people have not balanced their inner masculinity and femininity. Women are often very manly and men are often very feminine. In this time of great change in which we currently find ourselves, everyone needs to achieve balance in his or her male and female sides. This meditation is suitable to achieve peace and balance on both the personal and higher levels. Execute the meditation with great mindfulness and love.

- Choose an inner imaginary place situated in a landscape in which you feel good and comfortable. For example, it could be inside a stone circle in which you feel safe. Fully follow your intuition.
- Sit down in silence in this special place. Men should invite female energy and women should invite male energy to join them. This can take the shape of a human being, a form of energy, a symbol or soul mate.
- Have this “man” or “woman” sit down a few meters opposite you. Thank him/her for coming.
- Now carefully place rings of your own masculine or feminine energy over your opposite being, whereby he/she continues to sit in his/her place.
- Let your opposite place his/her rings of energy over you. You can take turns in your own rhythm, as if it were a dance. It can be helpful to imagine a lemniscate, a horizontal figure eight, as the basis for your movements and exchange of energy. Establish inner movement with your opposite in a manner which feels right for you.
- Through the resulting increase in energy you will notice that, if you are a woman, a large universal or archetypical energetic woman will form above you. Men should let an energetic-archetypical man form. Also notice that your opposite does the same. (The energy forms can be huge!)
- When you have a feeling of fullness or completeness, then allow these two huge universal energy forms to approach each other at the midpoint between you and your opposite and then slowly fuse with each other. A huge energy vortex or column often forms. Here, too, trust whatever image presents itself to you.\*
- At the same time, continue to sit in your “small” form on the ground of your safe place. Sense what has changed or healed within you as a result of this process.
- Say goodbye to your opposite in gratitude and remain seated in silence a few minutes.

In the next few days, be aware of the transformed energy within you in your everyday life. In particular in your encounters with the opposite sex.

\* There can be many different additional variations or images, e.g. mirror images of the energy vortex, shapes in the earth etc.