



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

GaiaTouch exercise of the week October 29<sup>th</sup> – November 5<sup>th</sup> 2013 –  
Proposed by Marko Pogačnik and LifeNet

### PRESERVING THE SEED OF LIFE

Whatever happens to our home planet during the next months, life manifested in matter must be preserved in its entirety. The cosmogram is designed as a prompting addressed to all beings to preserve the seed of life within their own being:

1. Extend your hands wide as if you would want to embrace all life in front of you. Then guide your hands one towards the others with fingers wide open. The hands can be imagined as a fishing net that leaves behind everything of the world and gathers only the essence of life pulsating within the environment.



2. Finally the hands touch each other to create a sphere that resembles the Earth sphere. Only the tips of the five fingers are touching. Within the sphere the essence of life is gathered as it pulsates within the contemporary world.



3. This essence needs to be transformed in order to become attuned to the new and present Gaia. To communicate this need, you should turn the hands upside down in the direction of your body, possibly three times.



4. The last time the turning around finishes in a prayer gesture in front of your heart. Take care that between the hands there is enough space for the renewed seed of life. Imagine holding it in this way within your heart space for few moments.





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

**GaiaTouch exercise of the week October 29<sup>th</sup> – November 5<sup>th</sup> 2013 –  
Proposed by Marko Pogačnik and LifeNet**

5. Finally open your arms widely so that the information of the renewed seed of life can spread throughout the world.

