



Turned Upside Down: A Workbook on Earth Changes and Personal Transformation

Marko Pogacnik

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Whether we like it or not, we earthlings are about to enter a dramatic period of change. The physical earth is changing; it is entering a multidimensional form. The purpose of physical earth as we know it was to help us individuate. Now it is time to enter a new series of dimensions.

The earth is about to give in to a new multidimensional consciousness. However, this cannot happen unless we understand that, as human beings, we are being asked to change. We are being asked to let go of our attachments to physical things. We must learn to let go. Resistance and panic will only hinder the inevitable processes of evolutionary transformation.

Marko Pogacnik describes what we can expect and how to prepare ourselves to deal with it. He presents simple exercises and meditations that will not only help us survive and adapt, but will also help the Earth herself bring forth her true Self.

The book's cover image is a "cosmogram" from a sculpture by Marko Pogacnik.

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