

Back in the Saddle



Hello everyone!

It's been several years since I last sent you anything else other than the invitations to the global solstice and equinox meditations. Now I feel prompted, because of a unique opportunity being presented to us all, to send you more than the usual fare.

As we all know, our world has been going through something pretty unusual over the past couple years. The life experience of most people has been set upside down because of the fear generated by a threat that has been wildly exaggerated, and which is being used to fulfill an agenda that many believe will entrap most of the so-called civilized world into a regime of full control and surveillance that could lead to a dystopian transhumanist future that will look like nothing we have known so far. Even the much maligned social credit system in China would pale in comparison.

This massively distracting staged event is set on the backdrop of a series of profoundly disruptive trends that are still largely unaddressed, with decisions at both the individual and collective levels not yet on a par with what is required to shift those trends toward a healthier, safer direction.

For years, I've covered in my book size compilations the various military, economic, environmental, social and human rights challenges that have only

become more daunting since I stopped chronicling them for you. Most people receiving this may probably still remember what it felt like reading these compilations. Nowadays, there are countless sources for those curious enough to try to keep track of all that happens. But hardly anywhere will you find a perspective that strives to encompass the Big Picture, that proposes to step back enough from the daily dribble of news to get a sense of where we are going and, most importantly, to ponder about what all that means.

I'm now going to present you what I see and sense from where I stand at 69 years old – or young depending on how you feel about the aging process.

What is Life for?

Yeah! Why not start with this age-old conundrum. What is this all about anyway?! Are we set on a treadmill from birth to death that is meant only to give us the opportunity to get the best out of a too short lifespan — and enjoy life if we have the good fortune of being born at the right place and time, if we are reasonably healthy, physically and mentally — while often creating a considerable ecological footprint and thus leaving behind an impoverished planet that is increasingly less able to sustain the large number of us putting too many demands on our Mother Earth's limited resources? Or, for many, is it instead about enduring excruciatingly difficult circumstances in a state of permanent misery and want which billions of our poorest fellow humans have to face from the get go and till their last breath?

Spiritual paths and religious traditions of all kinds have proposed a host of bright answers or fossilized ideas to those who, faced with some existential crisis, are forced to make time to think about the possible meaning of their existence and that of their fellow passengers on spaceship Earth, as we hurtle in space and time towards an uncertain and potentially frightening future. But for most others caught in the rat race for survival, all they can do is run on their respective treadmills and hope not to be ejected out in the void of oblivion.

Sounds dark? *It needs not be.*

OK here, if I was attempting to sell you on a Solution that could be marketed, you would be subtly or not so subtly directed to a web platform where you could buy it. But I have nothing to sell you. My only desire is to set you free to find your own truths and to explore your options at your heart's content, if that's what you choose. To do so, I'm going to share with you how I see things as guided from Within, as I follow the intuitive thread that has been guiding me for years, along with wondrous synchronicities

bringing to my attention, just when I need it, what is necessary to successfully take the next step ahead. It's the same thing for all of us, whether or not we care to pay attention to the inner and outer hints we get, and use our free will to make the best choices in every single moment, the easiest, most encompassing one being to simply *go with the Flow* and thus boldly go where no soul has gone before.

So what are the key markers that have helped me figure out what Life is all about?

There is a Purpose to all we experience. Our core being – the soul we each are – never dies. It only thrives as it constantly, and often very incrementally, improves its ability to ride a physical vehicle and learn useful lessons through all the ups and downs of physical life, while taking stock of it all between lifetimes as it regenerates itself in preparation for another "rotation" back in the saddle.

Where do I get this key knowledge from? First, through listening to the still small voice Within and, secondly, through finding confirmations in the crumbs of insight that life and our spiritual guides throw at us to help us figure out Life and its astoundingly beautiful Purpose.

One of these essential insights has been for me reading about the amazing discoveries made by late Michael Newton who, over the course of 20 years has brought into a state of very deep hypnosis over 7000 people from all walks of life who, as their soul spoke through their physical vehicle, ALL told the same story about what happens to us between lifetimes. I've been recommending his books every time I felt it was appropriate, as it is a full on game changer for all who discover this empirical proof that eliminates all possible doubts about who we actually are, what this wonderful universe and living in it are all about, along with some fascinating hints about the VERY long training we go through, over countless lifetimes, to eventually become wise and experienced enough to guide other younger souls along their own amazing evolutionary journey. That's a nutshell summary, of course. You can find out more through listening to some of Michael Newton's videos on Youtube (just google or duckduckgo his name and check the video results) and visit the [website](#) of the institute he has created to teach his unique technique to other hypnotherapists, who now carry on the legacy of his work.

So for me, it's a given that fearing death as some sort of end of it all is a misleading belief that has been instilled in our minds by an ignorant culture and that is being used by some to further their oppressive agenda. Once you

truly factor in what this reality means, and understand the fabulous innate design of this intelligent Omniverse, of the Field of Consciousness that pervades everything, then you begin adjusting your perceptions and mindset so they may fit this mother of all reality checks. Of course, the depth of some of our cultural programming can be like some sucking mud that slows you down to a crawl. But it's worth the effort to plod ahead so as to eventually stand on the more solid ground of a heightened understanding of what Life is all about.

One of the most rewarding aspects of this Shift in perspective is obviously not fearing death anymore and even doing away with fear altogether. This is of course a work in progress as the disempowering grip of fear and of all its attending woes and worries cannot be lifted in one fell swoop. It takes some getting used to. You need above all to develop the kind of centred mindfulness that keeps you away from anticipating and worrying about the future, and from pointlessly delving on the past with regrets, shame or frightening reminiscence. But it can be fairly easy if you let the bliss of contented ecstasy bloom in you to assuage your fears and traumas, and keep you in the NOW moment. That's when your life can become an ongoing succession of *aha* moments. And there is the Bliss of course, which is the natural effect of Soul wakefulness. It's a bit of a mind bender, but it helps to figure out how one can feel and *be* when Source Soul instead of ego shell is doing the driving, is firmly in the saddle and in subtle, gentle control of its mount.

The global meditations I've been "inspired" to create over the past couple of decades have served as a training ground for this emerging new Reality that is bound to free us from the influence of a global culture steeped into powerful delusions. The next one, on December 21, which I hope you will join, will provide an opportunity to take a giant step together out of the yoke of fear, and set the stage for a colossal expansion of our freedoms, despite the global circumstances we are in right now and, in a way, because of their prodding effect.

I prefer not to further qualify these circumstances nor name any of them as this would only polarize and distract from what is intended here. We have all been fooled, to various extents, and no one is to be faulted for these circumstances, even those who are seen as responsible for them. No one. It is all part of the Grand Theater we have cocreated to push ourselves over the edge of engrossing "normality" into the new eternal Reality of What Is, has always been and forever will be.

One of the central pillars of this Reality is the pure essence of Love, the very Force that balances out entropy and enables Creator Source to weave Its/ Her/His magic in all we are as souls living a physical experience in any of the zillion of cultures spread into countless planetary and dimensional adobes.

There is much that can be said — *and we have eternity for that* — about what Love is. But instead of discoursing on that, I would like to invite you to take a few minutes to watch, preferably in ideal conditions, a video I've produced for you as a preparatory step for this upcoming solstice meditation. The link is <https://youtu.be/2TPGcvp1qPA>.

If you visit the Youtube channel I've created, you will also find a second video I have produced a couple months ago as my contribution to a webinar, as indicated in the description under this video.

I'll let you check this out for now but I'll be back shortly with some more stuff to ponder, if you are so inclined.

If you wish to download* beforehand (which is recommended to avoid a last minute downloading pile up) the mp3 audio for the 30 minute guided meditation, it is available at <http://www.earthrainbownetwork.com/FocusArchives/mp3/MeditationDecember2021.mp3>.

* To save it on your device, you need to use the right-click button of your mouse or the equivalent on a trackpad or a touch screen (using two fingers simultaneously), or, alternatively, via the "Download" button at <https://www.dropbox.com/s/nydrht6fpb5xoze/MeditationDecember2021.mp3> - please use this dropbox link only if the first option above doesn't work for you.

I'll email you over the weekend the usual detailed instructions to take part in the December 21 solstice meditation. It will then be archived at <http://www.earthrainbownetwork.com/FocusArchives/DecemberMeditation2021.htm>.

If you wish to plan ahead for this globally synchronized meditation, you can find through <https://www.timeanddate.com/worldclock/fixetime.html?day=21&month=12&year=2021&hour=15&min=36> your local time [07:36 in Los Angeles - 10:36 in New York - 15:36 in the UK - 02:36 on the 22nd in Sydney, Australia] when you'll need to start the mp3 recording – which is 23 minutes before the exact time of the December 21 solstice, at 15:59 Universal Time. You will hear a gong at 23 minutes into the recording to signal the peak moment of the solstice.

In the Nowtime, *we are all One.*

Jean / Amanumenoum (soul name)

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