

Hello everyone,

You will find below the final text I mentioned in my last post. I offer it to you as a conclusion to our wonderful global solstice meditation – which became so powerful as the minutes passed that I sensed and felt we reached such a global cohesion of vibration that it formed a standing wave of Love encompassing everything on Earth.



If you don't know what a standing wave is – *I didn't know, technically, what it is when I heard these words near the end of the meditation, so I looked them up, but I sure felt what exceptional event it was!* – here are links to short videos that will let you understand this natural phenomenon.

<https://youtu.be/i-NgKqu2QpE>
<https://youtu.be/-gr7KmTOrx0>
<https://youtu.be/wYoxOJDrZzw>

The most telling explanation can be found at <https://www.physicsclassroom.com/class/waves/Lesson-4/Formation-of-Standing-Waves>

"A standing wave pattern is a vibrational pattern created within a medium when the vibrational frequency of the source causes reflected waves from one end of the medium to interfere with incident waves from the source. This interference occurs in such a manner that specific points along the medium appear to be standing still. Because the observed wave pattern is

characterized by points that appear to be standing still, the pattern is often called a standing wave pattern. Such patterns are only created within the medium at specific frequencies of vibration. These frequencies are known as harmonic frequencies, or merely harmonics. At any frequency other than a harmonic frequency, the interference of reflected and incident waves leads to a resulting disturbance of the medium that is irregular and non-repeating."

The complex harmonics cocreated around the world by thousands of meditating souls radiating Love was certainly quite something to behold when it reached perfect coherence (no disturbance) and produced a standing wave which lasted a few minutes.

We made history together!

So without further ado, here is the text I've completed today.

Jean / Amanumenoum (soul name)

This is archived at http://www.earthrainbownetwork.com/pdf/Choosing_Love_Over_Fear.pdf

... and on Facebook at <https://www.facebook.com/AwakeningKeys/posts/1805212546356136>

Version française : http://www.earthrainbownetwork.com/pdf/Choisir_lAmour_plutot_que_la_peur.pdf

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CHOOSING LOVE OVER FEAR

On this day as on any other day, countless souls are experiencing some form of fear, of this emotional energy that speaks of threats, hurts and terrible consequences that could befall them.

On this day as on any other day, countless souls are experiencing some form of Love, of this emotional energy that speaks of the fulness, happiness and wonders welling up from the Heart of Source.

Our life experience occurs somewhere between these two primeval forces tugging at us to sense "reality" through the deforming or magnifying lens of their vibratory influence.

Whether we are mainly driven by fear or by Love is a matter of choice, an unconscious one in the case of the former, a conscious one in the case of the latter.

What our world will become depends on whether we choose, individually and collectively, to let the soothing fragrance of Love be the beacon guiding our feelings, thoughts, words and actions, instead of allowing fear to cloak our true deep nature and drive us into oblivion.

Of course, this is an oversimplification as things with us are clearly much more complex. But for the purposes of this discussion, it may facilitate a better understanding.

This is a free will universe. We reap what we sow. We become what we choose.

The whole exercise of living embodiment is designed to gradually bring us to a permanent state of grace where our whole life, every single breathe, every single thought, is the product of a fully conscious mindfulness of our Oneness with Source.

The pace at which we move towards this end over lifetimes is ours to choose. However, the current circumstances on this planet require us to step up our movement towards choices guided by Love to make up for the lack of previous understanding of this simple thing that has led us to let fear deprive us of the powerful creative abilities that the universe has bestowed upon us.

We are powerful creators on a par with Creator Source, living, breathing and sensing through every single being, wherever and whenever it is in the infinite space-time continuum. This realization cannot be conveyed with words, however well crafted, for it is only through deeply sensing our Oneness with All That Is, that this knowing can be acquired. Yet, one may instantaneously "get" it the very moment one lets go of trying to grasp this from the limited perceptive scope of one's brain-mediated thinking processes.

Our brain, this exquisitely designed living computer, is both the medium through which we may access intuitive knowledge of the kind that

spontaneously makes sense, and an impediment to our divine ability to be All That We Are. We obviously need it to interact with the physical world, but its innate tendency to reduce to a very narrow "bandwidth" our soul's omniscient consciousness gives us a truncated perception of Who We Are and of all that we observe through our senses. To get the whole "picture", we need to tune out the brain's foggy rumblings and tune into the heartfelt knowing of our soul.

Beginning in the sixties, more and more people have experienced altered states of consciousness, whether through psychoactive substances, meditative techniques or simply during spontaneous moments of grace, which has led to a gradual shift in how people perceive life, the universe and others. This shift was very subtle at first, but as time passes and as our cultural environment allows for a greater appreciation of the intricate beauty and endless wonders of all that Life has begotten, our rational and often reductive thinking processes are evolving to better feel and integrate what comes to us intuitively. The role of intuition in how we think and feel today is increasingly more important, and this has a profound effect on how civilization is evolving.

The influence of our reptilian brain, a remnant from the pre-human stage of our species, is more and more giving way to our intuitive guidance, often associated with our heart, where our emotional intelligence is centered, and is becoming the driving force behind an ever growing number of human endeavors. Without the ability to feel empathy, compassion and love that our heart brings to our conscious awareness, there sure would not be as many altruistic humanitarian charitable organizations preventing, mitigating and alleviating human sufferings and environmental degradation. Emotional intelligence has always been innate in us, otherwise we wouldn't care for our children. It can also be observed in most other species, especially in domesticated animals, and even in insects as any beekeeper could tell us.

Going forward, consciously choosing to be guided by Love rather than fear can and will make a huge difference. *That's what this is all about.* This is what can and will turn things around. Governmental and corporate shenanigans cannot pull us in undesirable directions if we choose to listen to our soul's guidance and to not stray from the path shown.

It is as simple as that. If we pause, whenever we realize we need guidance, to listen to our deepest feelings and adjust course accordingly, then a path towards the best possible outcome will each time open up before us. Eventually, this ability to feel our way ahead will become like a second nature. Our thoughts will be spontaneously balanced, the right words will

come to us naturally, our actions will flow from source, as is already the case for a growing number of evolutionary pioneers. In fact, as they have come to realize, the less you strive to have things your way, the more you are in the perfect flow.

Instead of being under the spell of a narrative spun by those who are still prisoners of their fears, these trailblazers soar to the sky of freedom on the wings of Love. In so doing, they contribute to the inevitable victory of Light over darkness. A new innerstanding of life and of the grand experimental theatre we live in is quickly taking over the deceptive falsities still cluttering up the minds of billions of our companions in this existential journey. Of course, the illusory powers that be have immense means to keep people fearful so as to better control them. But this only makes more interesting the challenge of breaking the psychological shackles that keep so many in a wicked form of slavery.

The terror fiends are no match for the power of Love emanating from the growing number of free and sovereign souls who have made it their mission to free their brothers and sisters. Their lever is the very power that drives this universe. It flows through them like a powerful and yet ever so gentle stream of tingling energies, lightening up the core of every soul on Earth. By their very nature, all souls are One and thus are all connected to the Universal Field of Consciousness permeating everything and everyone. As more and more of us live, sense and *are* in resonant Oneness with All That Is, a wave of bliss flows like a tidal wave of Light to every nook and cranny of every other human being's mind, heart and soul, raising the overall vibration of humanity's consciousness, unleashing and facilitating the transition to a higher dimensional octave.

At this Now Moment, you can become the Shift to this new dimension of existence. All you have to do is to BE All That You Are. This is a very simple choice to make. Let Love guide you ahead to transcend and transmute fear. Be the Change you came to be in this world, and Light will prevail over darkness, which exists only where Love is not yet shining.