

Global Solstice Meditation
Cocreating a Brighter Reality
December 21-22, 2023



Beloved souls,

This is it! What we have been prepared and preparing for is nearing.

A new Reality is dawning. A new Humanity is rising.

Imagine, if you will, how you'd go about to steer the evolution of a species with promising potential towards a fine-tuned genetic ability to channel and 'manifexpress' a much higher output of Love energy from Source on the material plan, as a means to offset the brute tendencies displayed by some predatory species in this universe.

You could, for instance, gradually implement a plan, spanning tens of millennia, designed to upgrade the genetic stock of that species with selected genes from highly evolved humanoid species. You would closely monitor all along how this species is evolving and adapting to the circumstances created by the pushback from these predatory species to prevent this experiment from succeeding. Being fully aware that training the souls using these physical avatars is just as important as developing an improved 'hardware', you would therefore send waves of souls from highly evolved civilizations to incarnate in these bodies to help the native population of embodied souls avoid the worst traps set up by those playing the 'baddies' roles, while benefiting from the stimulation provided by the aforementioned circumstances to both strengthen their emotional mastery and test the mettle of their growing resolve to walk the higher evolutionary path unfolding before them.

Now let's suppose that what has just been described depicts a relatively accurate picture of where we stand right now, as souls, on this planet. This scenario may or may not appeal to you. But if it does, then keep it in mind as you read once again the introductory part of [What will 2024 bring to us ?](#) emailed to you two days ago, especially where it alludes to the fact we have Within the power to make this world a better place, and that to do and Be so, we need to fully integrate our soul consciousness within the physical psycho-matrix of the human personage we use to interact on this plane of existence. This is not science fiction stuff. This is truly soul fact stuff.

Anyone who has paid attention noticed that what has been networked over the past 20 years through this 'channel' and many others has been steadfastly focussed on this fact that we are all souls living a physical experience. Shifting to this perspective takes some getting used to as the many challenges and distractions of this field of experience can be quite overwhelming at times. But we are getting there.

Oft repeated recently was also the admonition to stop pretending that our human personage is in the driver seat when it comes to connecting with Source and deriving guidance from this mind-blowing experience. You may or may not have fully yet the hang of this, but as more and more of us are able to deeply tune in

this unfathomable reality, beyond the grasp of our ability to properly describe it, the easier it becomes for others to do the same. The snowballing effect of this phenomenon is what is bringing us now on the verge of achieving critical mass for a global awakening that will permanently deprive those still trying to have their way, through fear-mongering and other nefarious means, from the ability to control us.

Once this is achieved, a cascade of massive transformations will be set in motion, and liberation from the yoke of the great illusions still trapping so many will be accomplished.

So during the globally synchronized solstice meditation this Thursday (or Friday depending on where you live), we shall continue on the journey we have been on to uplift humanity's consciousness through enabling Source to work Its miraculous magic, using us as conduits for Love to shine ever more intensely and thus sow the seeds of a new brighter Reality... *for the Highest Good of All as One.*

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PRACTICAL INSTRUCTIONS

As usual, this meditation is scheduled to take place as the Earth reaches the apex moment of the solstice at 03:27 GMT/Universal Time (UT) on December 22. The [mp3 recording](#) of the guided meditation lasts 30 minutes and is designed so that when you hear a gong near the end of the recording, you will know the climaxing moment of the solstice has been reached.

So you need to start playing the mp3 recording 23 minutes before 03:27, i.e. at 03:04 UT.
This will correspond to:

- **19:04 on Thursday December 21 in Los Angeles**
- **22:04 on Thursday December 21 in New York**
- **03:04 on Friday December 22 in the UK**
- **04:04 on Friday December 22 in most of continental Europe**
- **14:04 on Friday December 22 in Sydney, Australia.**

For other time zones not listed above, you can find your corresponding local time at the following link on the World Clock website: <https://www.timeanddate.com/worldclock/fixedtime.html?day=22&month=12&year=2023&hour=03&min=04>.

If, for any reason, it is not possible for you to meditate at the moment the equinox is happening, please pick any other moment that suits you best, and listen to the guided meditation while mentally projecting yourself at the exact moment when it is occurring in the Time Continuum, knowing that time is merely an illusion from our physical standpoint, and that the power of our focused intent can easily overcome this illusion.

It is recommend that, prior to the globally synchronized meditation, you ensure that the device you will be using to know the exact time when to press Play is set to the correct time. To verify this, go at <https://www.timeanddate.com>. It is also a good idea to test the volume of the recording at least a few minutes before you start playing the mp3 file, and to set it at a comfortable level. It might be preferable also to set the equalization at the "flat" setting. You can do this meditation on your own in the privacy of your home, for instance, or in a group setting where, hopefully, you can be reasonably assured to not be disturbed and be comfortably seated. If you prefer, you can set aside a moment to start relaxing before 03:04 UT, and prepare some additional music of your choice to play after the meditation, or simply remain in silence, if you prefer to continue meditating after the 30 minute recording ends.

To download the mp3 recording at <https://www.earthrainbownetwork.com/FocusArchives/mp3/SolsticeJune2023.mp3>, hover directly over the start button on the audio bar on the screen. Then right-click if you have a mouse and select the "download" option. On a trackpad or touch screen, use two fingers simultaneously to access the same option. The mp3 recording can also be found at <https://www.dropbox.com/s/4zfxekvi9s3luop/SolsticeJune2023.mp3>. If you cannot download the mp3 ahead of the meditation, it can also be played directly from these 2 links, but please do not wait till the last minute, either to download the mp3 file on your computer or other type of device, or to access the link to listen to it without downloading it if your device doesn't offer this option to you.

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Thank you for your assistance in widely networking and sharing this invitation which is archived at <https://www.earthrainbownetwork.com/FocusArchives/pdf/MeditationDecember2023.pdf> and available [HERE](#) on Facebook. The French version is available [HERE](#). If you wish to be invited by e-mail to the next solstice and equinox meditations, just send an email to globalvisionary@earthrainbownetwork.com with "I want to receive the invitations to future global meditations" as the subject of your email.