

Global Solstice Meditation

Reunifying with Source

December 21, 2024



Beloved souls,

At this pivotal moment in Earth's history, when so much hangs in the balance, we are invited once again to unite globally with Source to radiate Love and thus facilitate the transition to a new Golden Age for all the souls who live and will come to live on this magnificent planet.

This guided meditation – **in this [new mp3 recording](#)** – has been designed to foster a deep recognition of our omniversal cosmic nature, as fractals of Source immersed in an intense formative experience.

We are gently guided to embrace our role in sowing the seeds of Love, as beacons fanning the Light of Source in all souls, driven by the Flow of Life that thrives within us, as it does within Mother Earth.

Sensing All That Is through Her loving presence in us, we embark on a journey of spiritual connection and entanglement with the entire omniverse.

We stand in reverence before the fabulous evolution we are experiencing as we glimpse what came before and what lies ahead in our breathtaking odyssey through countless realms of existence, gathering evidence of our magnificence, as One with All That Is.

Set on a powerfully evocative musical background, this life-changing experience will propel you to new heights, assist in shifting the overall vibe of our collective journey and help tilt the balance towards the highest expression of humanity's potential.

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PRACTICAL INSTRUCTIONS

This meditation is scheduled to take place as the Earth reaches the apex moment of the solstice at 09:20 GMT/Universal Time (UT) on Saturday December 21. The *new* mp3 recording of the guided meditation lasts 30 minutes and is designed so that when you hear the words *Now is the time to Be All That We Are... for the Highest Good of all, as One*, after nearly 7 minutes of inspirational music, you will know the climaxing moment of the solstice has been reached.

So you need to start playing the mp3 recording 23 minutes before 09:20, i.e. at 08:57 UT. This will correspond to:

- 00:57 in Los Angeles
- 03:57 in New York
- 08:57 in the UK
- 09:57 in most of continental Europe
- 19:57 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=21&month=12&year=2024&hour=08&min=57>

If, for any reason, it is not possible for you to meditate at the moment the solstice 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 this 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 08:57 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/December2024Meditation.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 (available on some browsers). On a trackpad or touch screen, use two fingers simultaneously to access the same option. If you cannot download the mp3 ahead of the meditation, it can also be played directly from this link above.

This mp3 recording is also available through this WeTransfer [LINK](#) or this [ONE](#), this [ONE](#), and this [ONE](#). Each link is good for up to 100 downloads and will expire on December 25.

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We are grateful for your help in sharing this invitation which is archived at <https://www.earthrainbownetwork.com/FocusArchives/pdf/MeditationDecember2024.pdf> and available [HERE](#) on Facebook.

La version française est disponible [ICI](#).

If you are not yet subscribed and 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.