

**Global Solstice Meditation**  
**Making Peace with our Past, Present and Future**  
**June 20, 2024**



Beloved souls,

As long as we allow the collective ignorance of *Who We truly Are* to perpetuate the very limited sense of self we've been conditioned to maintain by those who are fearful of losing control over us, we'll be stuck in a quagmire of disbelief, powerlessness and disconnection from Source.

To break free from the spell cast upon us by the agents of darkness, embodied to present us with this formidable challenge, is the litmus test we need to pass to climb the ladder of Cosmic Consciousness, as we are meant to do, while we inexorably free ourselves from millennia of mind control.

You know this, deep within, to be true. If any doubt still holds your soul back from rising to the pinnacle of glorious awakening at this crucible moment of our evolutionary Journey, cast it aside and let it vanish into the Nothingness it came from.

We are Source awakening in human consciousness.

As we will join minds, hearts and souls during this upcoming solstice meditation, threading once again on the Golden Path of Light, let us hold that thought-form, taking on a life of its own through our embodied souls, and let us fully empower its deeply resonating vibration into the bosom of humanity's collective awareness.

***We are Source awakening in human consciousness.***

Throughout this global coalescence of our living, conscious energy of Love manifested in human form, let us keep that soul resonance with Source growing... and growing... and *growing*... until the chorus of our symbiotic souls becomes so vibrant that Mother Earth herself, in sync with Source, will reverberate with this unfathomable reality...

***We are Source awakening in human consciousness.***

This is our sacred mission for this globally synchronized meditation.

Doing and being so, we will free ourselves of all residual miasma from our past, be at peace with whatever presents itself to our awareness in this transitional time, and wholeheartedly embrace the future of unimaginable beauty and grace we're co-creating, with Source as our guiding beacon, to achieve the seemingly impossible dream of a healed world, ready to make the universe its next frontier.

## **COMPLEMENTARY MATERIAL**

You'll find [HERE](#) ten *Awakening Keys* designed to foster a deeper and broader sense of self, in the likeness of what Source perceives of Itself. Slowly reading them aloud to yourself is an excellent way to imbue your sense of self with their meaning, as well as pausing between each one to allow for these messages to sink deep within.

## PRACTICAL INSTRUCTIONS

As usual, this meditation is scheduled to take place as the Earth reaches the apex moment of the solstice at 20:51 GMT/Universal Time (UT) on June 20. The mp3 recording of the guided meditation, the same as for the previous March equinox 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 20:51, i.e. at 20:28 UT.**

This will correspond to:

- 13:28 on Thursday June 20 in Los Angeles
- 16:28 on Thursday June 20 in New York
- 21:28 on Thursday June 20 in the UK
- 22:28 on Thursday June 20 in most of continental Europe
- 06:28 on Friday June 21 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=20&month=06&year=2024&hour=20&min=28>

*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 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 20:28 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/MeditationMarch2024.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. If you cannot download the mp3 ahead of the meditation, it can also be played directly from this link above, 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.

This guided meditation recording is also available on YouTube at

<https://youtu.be/vrU6nDuAXDw>

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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/MeditationJune2024.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](mailto:globalvisionary@earthrainbownetwork.com) with "I want to receive the invitations to future global meditations" as the subject of your email.

The invitations to all the previous meditations since April 2000 are archived at

<https://www.earthrainbownetwork.com/FocusArchives/home.htm>