

Global Equinox Meditation
Being the Rising Tide of Love
March 19-20, 2024



Beloved souls,

Our soul, by its very nature, is always connected with Source. This being so, we can tap Its perceptive abilities and state of permanent communion with All That Is in this manifest universe, including all souls incarnated on Earth, and thus exert a subtle but definite influence on them.

Let us hold that thought... and feel what it means in the depths of our sentient self-awareness.

There, below the threshold of our human awareness, where the invisible machinery of our sense of self stirs and hums, we feel our consciousness melding with that of Source... and, through it, reach out to all sentient beings, and feel their diffuse presence in the entire universe and all dimensions.

The only way to grasp deep within how that feels is to actually experience it. And that entails not doing it from the volition of our human personage, but through letting go of any semblance of control... to just *BE this feeling*.

It is easy to do... as long as we relent control... and feel what IS from the very perceptions of our soul... just like when we stand in awe while contemplating in mindful exuberance the splendor of a sunset painting the sky with rainbow hues and transforming the whole vista into a fairyland... while the hairs stand up on our whole body and a tingling sensation of bliss pervades our entire being.

Let's follow our bliss... letting it grow until it encompasses everything within us.

Profound feelings of Love for all beings arise from our heart... as well as gratefulness for being a part of this universe, vibrant with the benevolent Presence of Source.

Tears of joy pearly up, we are blissfully One with All That Is.

That's where our power to cocreate with Source lies. *Right there!*

This power vested in us, from the moment of our emergence from the dazzling iridescent radiance of Source, enables us to help shape the evolution of things in our reality as we surrender to Its higher will for the greatest Good of All.

Thanks to the freewill granted to all souls to become all that Source can Be through us all, we thus choose to participate to the cocreation of our common destiny.

This is how we can help raise the overall vibration of the field of consciousness of all souls here, in this world.

Together as One, we feel a increasing buoyancy elevating our collective experience of Source towards a feeling of *bliss, joy*, and unconditional *Love* for All That Is.

We know that however minutely our human personage may feel this upswell of Light, this tiny but irrepressible Force for Good will gradually elevate all beings as *the tide of our Love for each other and all that lives will rise*.

Note: What you just read is part of the guidance provided in the new meditation [recording](#) prepared for this unique experience, never to be repeated in this form, in the same circumstances, in the everlasting existence of your soul.

Together, let us BE the rising tide of Love.

PRACTICAL INSTRUCTIONS

As usual, this meditation is scheduled to take place as the Earth reaches the apex moment of the equinox at 03:06 GMT/Universal Time (UT) on March 20. 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 equinox has been reached.

So you need to start playing the mp3 recording 23 minutes before 03:06, i.e. at 02:43 UT.

This will correspond to:

- 19:43 on Tuesday March 19 in Los Angeles
- 22:43 on Tuesday March 19 in New York
- 02:43 on Wednesday March 20 in the UK
- 03:43 on Wednesday March 20 in most of continental Europe
- 13:43 on Wednesday March 20 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=03&year=2024&hour=02&min=43>

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 02:43 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 new 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.

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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/MeditationMarch2024.pdf> and available [HERE](#) on Facebook.

The French version is available [HERE](#).

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.