

Global Equinox Meditation
Anchoring the Light of Love
March 20, 2025



Beloved souls,

As our world seems to be thrown into a whirlwind of chaotic change, with a clear vision of our glorious future still forming in the minds of those who are tasked with shepherding us all to the safe shore of an awakened humanity, at peace and in harmonious symbiosis with all life on Earth, there are souls among us who have taken on the mission of anchoring and shining forth the Light of Love from Source to help guide every other soul Home.

We are all being called to join this ongoing mission, for it is through unity of purpose and willing, collaborative creation that we can best meet the challenges before and within us.

When we are united in meditation, each soul contributing the exquisite essence of its immaterial fragrance to the bouquet of global awakening, every other soul in incarnation is bound to feel its magnetic pull and spontaneously respond to its loving radiance, each in its own unique way.

Thus we are all rising towards the epic fulfillment of our destiny as it is designed in the epicenter of Source, mutually reinforcing our subtle bonds with Her, as fractal expressions of Her/our innate nature.

At the heart of this radiance, among the countless possibilities of vibratory manifestations it encompasses, stands the omnipotent vibration of Love. This mysterious force, which must be felt to be known, is our magic wand to clear away the debris and hubris from our turbulent formative period in this physical realm, so that we can continue to work together towards the promised land of a regenerated planet, peaceful coexistence and harmoniously flourishing civilization.

We can make it happen. We know deep within that we will make it happen through following the guidance that Source gives us in every single waking moment, *and so it shall be.*

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PRACTICAL INSTRUCTIONS

This meditation is scheduled to take place as the Earth reaches the apex moment of the equinox at 09:01 GMT/Universal Time (UT) on Thursday March 20. The mp3 recording of the guided meditation, the **same** as for the December 2024 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 equinox has been reached.

So you need to start playing the mp3 recording 23 minutes before 09:01, i.e. at 08:38 UT. This will correspond to:

- 01:38 in Los Angeles
- 04:38 in New York
- 08:38 in the UK
- 09:38 in most of continental Europe
- 19:38 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=2025&hour=08&min=38>

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 recommended 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 08:38 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](#), and this [ONE](#). Each link is good for up to 100 downloads and will expire on April 13.

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Inspirational Reminder

We came here on this planet from many other physical locations and dimensional realms to assist in the global transition now under way into a higher vibratory frequency of existence. Although most of us do not yet have a clear and complete recall of this self-chosen mission of spiritual

assistance, we have nevertheless followed the callings from our soul and have prepared ourselves in all kinds of ways to be ready to accomplish what we came to do and, more importantly, to be.

Through the collective resonance we hold by being in perfect alignment with our true divine nature as sentient expressions of All That Is, we can indeed provide the necessary global impetus for the ever greater awakening of countless souls on Earth and for their empowerment to be all that they can be. In so doing/being, we cocreate a powerful vortex of change whose contagious effects can now be observed worldwide and is instrumental in bringing about significant changes in all spheres of human activity.

This anchoring process can be best accomplished while we are in a state of deep meditation, with our awareness entirely focused into the core essence of our soul, sensing our collective Oneness and "acting" from this feeling of being One to sow in the heart of humanity the seeds of acceptance of one's true nature and a deep-seated desire to let the Flow of Grace carry us all towards each successive moment of selfless service to the common cause we came here to serve.

- Excerpted from [Meditation Focus Series - Week #49: Anchoring the Golden Path of Light](#) - which is part of the [Meditation Focus Weekly Series](#)

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We are grateful for your help in sharing this invitation which is archived at <https://www.earthrainbownetwork.com/FocusArchives/pdf/MeditationMarch2025.pdf> and available [HERE](#) on Facebook.

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

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