

Invitation to the March 20, 2026 Global Equinox Meditation

A Moment of Choice to Be Who We Are



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Beloved souls,

We are being invited to join in heart, mind and soul once again during this coming planetary equinox, on Friday, March 20, at a moment of portentous significance in our Earth's history that we are co-writing together, all souls contributing to the evolution and global awakening of our species through each individual step ahead on the magnificent Path of Light and Love we are on.

It is hard to ignore the fact that, outwardly, we live at a critical, tumultuous time, as forces, tasked with testing our spiritual mettle, are striving to tear apart the

very fabric of our world. Yet, inwardly, the infinitely long arc of our spiritual evolution from Source's creative fractalized individuation of Itself back to reintegration within the Cosmic Womb of our birth, is continuing for our unfazed souls, lovingly appreciative of the profound learning experiences provided by this exhilarating era.

From across this physical universe, tens of millions of advanced, older souls have converged to incarnate on this planet, thus responding to the call for assistance our beloved living Terra has sent decades ago, as the technological progress of man, driven by military and economic interests bent on dominance, was occurring faster than our collective spiritual wisdom, that had not yet caught up with it. But it is finally getting there now thanks to the active radiant presence of those kind souls, as more and more of these starseeds awaken to their life mission, play a more active role in society and let the radiance of Love from Source shine through them, thus entraining more and more Earth bound souls to do and Be the same.

Whether you feel you are such a starseed soul or not, we are all called upon to play our part in the already successful transition to a higher 4th and 5th density vibration and dimension of existence now spanning the Earth and expanding in every heart, despite the attempts by laggard souls to hold us all back into the fading era of misplaced priorities and unconscious participation in the very set of limited paradigms that have kept us stuck for so long into the darkness of our ignorance about our own majestic grandeur, as fractals from Source and mighty beacons of Love for All That Is.

Being all intrinsically One with every speck of conscious energy crystallized in physical form, whenever one of us transcends these misconceived, fast fading thought forms, we are all propelled to a higher gradient of manifestation of the Infinite Power That Be in and as us all. Grasping that and living moment to moment by that seminal awareness is how we can best help bring about *Peace, Unity and Global Renewal*.

Please join this collective, redemptive mission this coming Friday, March 20, as our beloved living planet reaches the threshold midpoint of balance between its two seasonal cycles, and as billions of souls will experience in some small

but life-defining ways the effects from the massive influx of higher consciousness and omniversal Love our global communion of souls, on this dimensional plane and on others, will catalyze, for the Highest Good of All, as One.

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Practical Instructions

This meditation is scheduled to take place as the Earth reaches the apex moment of the equinox at 14:46 GMT/Universal Time (UT) on Friday March 20 – or Saturday March 21, depending of where you live. The mp3 recording of the guided meditation, the **same** as for the previous global meditation ([Journey Back to Source](#) - described [HERE](#)), lasts more than 39 minutes and is designed so that when you hear once the chiming of a triangle at the 25 minute mark into the recording, you will know the climaxing moment of the equinox has been reached.

So you need to start playing the recording 25 minutes before 14:46, i.e. at 14:21 UT. This will correspond to:

- 07:21 on March 20 in Los Angeles
- 10:21 on March 20 in New York
- 14:21 on March 20 in the UK
- 15:21 on March 20 in most of continental Europe
- 01:21 on March 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=03&year=2026&hour=14&min=21>

If you intend to join in, make a note in your agenda so as to not miss this important meditation. If you cannot participate at the time set locally for this global event, doing so at any other moment in the Time Continuum is an option you have, although doing this along with thousands of other souls, listening to the same guided experience at the same time, potentially makes for a deeper feeling of Oneness Consciousness, creating a [trim-tab effect](#) stirring the soul consciousness of all humans towards this unifying feeling, and thus contributing to Peace, Unity and Global Renewal.

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 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.

If you prefer, you can set aside a moment to start relaxing before 14:21 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 39 minute recording ends.

You may download the recording (right-clicking with your mouse or trackpad) or stream it from https://www.earthrainbownetwork.com/FocusArchives/mp3/Journey_Back_to_Source.mp3

It is also available on YouTube at <https://youtu.be/uNnzv54Fr5U>

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Complementary Material

The following may provide useful perspectives in relation to this global equinox meditation...

Being in harmony with Who I really Am opens my eyes to the magic all around me.

"Who am I, really? To truly ask this question is to begin to access the concealed universe that awaits in each of us, embodied souls. Like a key that can open the most mysterious of all treasure chests, following the train of inspired thoughts that this single question sets in motion can lead us to extraordinary discoveries. Who is really hiding deep within my soul? And by the way, what is a soul? Where does it come from and where does its apparently endless existence lead it? Such questions open up new avenues to explore.

To be in harmony with That which is forever watchful deep within us, which knows our every thought, feels our every emotion, vibrates like a cosmic violin string when the bow of our intuitions brushes against the tranquil effervescence of this Infinite Presence, we must first give It our attention, shower It with our most ethereal Love, give It thanks in a surge of boundless gratitude. Then, and only then, can we enter into the most secret sanctuary of the Omniversal Being that we are, commune at the foot of the altar of our Divinity, and vibrate in tune with the essence of eternal Consciousness that can thus, very subtly, manifest Itself.

When this perfect inner harmony with the Great Universal Symphony is achieved, then the look we cast at every thing, animate and inanimate, around us is in part that of the Creator Source... who admires Its work and perfects it tirelessly over the ages. This sublimated Vision that can remember, from its very beginning, the long evolutionary path of Life that has brought forth the innumerable wonders of this world - one among so many others - is the ultimate Key revealing the extraordinary magic that lies in all that exists, from the humblest blade of grass to the largest galaxy, to the endless multitude of all that the creative power of the Eternal Word has begotten."

– Amanumenoum - Taken from [HERE](#).

"Maja returned to ordinary awareness feeling clear, grounded and strengthened in her identity. She now recognizes that her sensitivity is not accidental – it is purposeful. Individuals with such heightened awareness are increasingly important in today's world. At a time when humanity faces profound challenges – ecological, social, and emotional – souls with finely tuned perception can help restore harmony, compassion and mindful connection.

They remind us that we are part of each other and part of the Earth itself. Their gifts illuminate overlooked pathways forward. Their presence encourages healing in systems that have become strained. And their capacity to feel deeply makes them vital contributors to a world that urgently needs more empathy, care and conscious balance.

Maja's sensitivity, therefore, is not only her personal story – it is also part of a larger transformation underway. She is here at exactly the right time, bringing qualities that are needed now more than ever."

- Taken from **Tactile Sensitivity as a Gift for the Wellbeing of Humanity and Planet Earth** available at https://www.earthrainbownetwork.com/FocusArchives/pdf/Tactile_Sensitivity.pdf

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We are grateful for your help in sharing this invitation which is archived at <https://www.earthrainbownetwork.com/FocusArchives/pdf/MeditationMarch2026.pdf> and available [HERE](#) on Facebook.

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

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