

Solstice is about letting old forms die and giving birth in the solar womb of the highest frequency to new forms, perhaps even to a new divine self and to a new divine earth.

Think for a moment that there is an incredibly powerful force of Love today that you can access simply with your willingness and with your imagination.

It is time now to relax. Slowly release your body weight to the floor. Let your toes relax, first the big toe on your left foot and then the other four. Now let your right foot relax, all 5 toes. Let each ankle relax, first the left then the right. Let your left calf relax, and your right. Relax your left knee and your right knee. Now your thighs, first your left now your right. Relax your hips and buttock muscles. Relax your lower belly, now your solar plexus, now your heart and lungs. Take a deep breath and relax your lungs. Let your left arm relax, from the shoulder to the tip of each finger and now your right arm relaxes from the shoulder to the tip of each finger. Let your neck go and now your head and all the muscles in your face, beginning with your forehead and now your cheeks and jaw and finally your lips. It feels so good to be totally relaxed.

It is evening in the Sierra Nevada mountains. You find yourself walking on a path thru the snow, all wrapped up in a warm coat and good boots. You notice that it is twilight. The sky is dark blue and the stars are coming out. The pine trees are dark etching against a luminescent sky. The moon is a crescent in the sky. The sky is now purple, oh yes and now it is black, the moon has set and the stars are magnificent. As you look up, you think that you have never before seen such a display of beauty and power and mystery.

Then you see your cabin before you. Somebody has lit the fire for you, you can see the golden glow thru the windows. You walk up to the cabin, open the door and go in. It is wonderful inside, warm and the air smells of pine and cedar. As you take off your coat and hang it up, you see the chair by the fire. You think, yes it is wonderful in here, but a slight chill goes thru your body as you wonder what you will do all night all by yourself in this cabin with no electricity – just starlight. And a few candles.

Now, sit by the fire, close your eyes and go into a deep blissful rest. Now lift out of the cabin and into the night sky. You can see the cabin below you and the snow covered mountains. You rise higher and higher. Oh, you can now see the crescent moon again and then you rise still higher. Oh, you are now going by Venus and yes there is the red star Mars. These planets appear as huge orbs of light as you float by them. And yes of course as you look down you can see the blue earth, now back lit by the sun.

As you look closer at the earth, you are amazed to notice that you can actually see and experience everything happening on earth. Yes, you see the distress. So many people dying early of diseases related only to poverty and hunger. You can see the polluted rivers and the soil suffering under a load of toxic sludge. There seems to be cement everywhere or clear cut forests. And you see the wars raging all over the earth and so many people frightened of not having enough.

But there are cosmic forces inside the earth herself and inside our hearts and minds and inside the hearts and minds of all the people you see that can heal and change this sight into one of glory, beauty and redemption. In your heart and mind, repeat the following words:

I call on the Love. On this solstice night of greatest power I call on the cosmic force of Love to come and heal the earth. Picture great beams of light coming from your heart and from the hearts of all the stars and planets and from the moon and from the hearts and minds of all the people on the earth, focusing on the earth. Watch the earth as the darkness slowly slips away. Now it is only half there, now $\frac{1}{4}$ now it is completely gone. Now see the earth filling with light, slowly, now half full, now $\frac{3}{4}$ now totally full and overflowing. Suddenly it is as if a veil has lifted and you see the people healthy and working on projects of love. See the Chinese people working in their beautiful gardens. There are the Vietnamese farmers tilling their rich black soil. There are the African people drumming and dancing and building skyscraper cities for everybody. The Americans are out walking in their streets because the cars are gone. The French are baking bread, the Germans are climbing mountains. See all the children playing – Native American and Indian, Muslim and Arab, all the children are playing together in these meadows filled with birds and flowers. See the forests are deep and green again, the rivers fun wild and are full of huge fat salmon. The oceans are blue and the soil rich and full of seeds. A new world is being born and you are a part of it as your heart fills with joy and hope and knowledge of this coming Reality.

You slowly come to in the cabin. The fire is almost out but the coals are still red and warm. You look out the window and see pink clouds and the first sketching of trees in the dawn. Now slowly open your eyes and be back here in the room at Beth's house on this solstice evening.