

The Solstice Paradox

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- 00:00:00 So it is it is 2025 and it's the very end just about. And we are seeing a turning of the light in our earth, on our earth. And we are also seeing a turning of the ages. 2025 is a marker for this turn, not because it is the year 2025 necessarily.
- 00:00:29 It is simply because of energetically where our consciousness currently is and where we have decided to go as a collective. And what I want to invite you into considering and really remembering day by day.
- 00:00:50 I'm saying this for myself as well. We are reflections of this earth Particularly in this human body that we have, first and foremost, we are a reflection of the earth. And what that means is that we also move and evolve in tandem and in harmony with our Earth.
- 00:01:18 It feels very hectic and fast paced in the world and can feel rather chaotic. And even within the earth herself, there are fast moving processes and there is chaos because chaos is the precursor to order always.
- 00:01:41 Chaos is what gives birth to order, and order is beauty, and beauty is magic. So we are seeing a lot of chaos, and it can be easy for the mind to get really wrapped up in that. and feel like you are maybe a mudslide rolling down the hill too quickly without being able to catch your breath.
- 00:02:07 Sometimes it can feel that way. And what I want to really invite you into while we are talking about the solstice today, and what it means that we move with the pace of the Earth, and that is exactly what we want.
- 00:02:27 We actually do not want a quick, sudden change. If any of you have experienced a sudden surprise in your life, whether it felt extremely joyful or not, you're still in a moment where you're kind of stunned. There's a moment where you're a little bit shocked and you need a minute to just come back and really take in what is happening and and to process the surprise, even if it's beautiful, you need a moment to process it.
- 00:03:04 And what we are experiencing with our evolution is hopefully not something that just turns immediately. And I can feel some of you saying, I don't really feel that way and that's okay. It's all right. I used to not feel this way either.
- 00:03:26 And then when I really started to get in touch with the rhythms of my body and the earth, I finally understood, oh, that is not what we want. We don't want a sudden blackout of anything. And then now the world has to reset. We want the slow, gradual beauty that is paired with the death of this process to unfold.
- 00:03:55 We want the just like what is reflected in the body when the body, the human body is going through a significant healing. Both the markers for inflammation in the body and anti-inflammation both of those go up.
- 00:04:16 They both increase at the same time when there is significant healing to happen. That seems paradoxical, but it's because the the inflammation is a sign of destruction. Things are dying. So we want the inflammation to be there at the same time that there is anti-inflammation, which means there's growth, there's healing, there's repair.
- 00:04:42 We want both of those together at the same time, so that we don't just rip everything out and have everything destroyed. And then now we have to completely start over. It's actually easier to exchange some of what the body has is has been using that is being destroyed. The cells take some of that and exchange it for healthy cells.

- 00:05:07 There's an exchange of information that happens in the process of apoptosis, cellular death that is both inflammatory and anti-inflammatory. And as above so below. So our body and what we experience is a reflection of what this earth is going through and vice versa.
- 00:05:28 And similarly, it is what we as a collective are going through. So we want and need the destruction, the inflammation that looks really chaotic. We need that to be here while we are rebuilding.
- 00:05:50 And this turning of the light, the amount of time that it takes for the massive body that is the sun to make its way for us because of our own turning, our own evolution and revolution as a planet, it takes for a human what seems like a pretty long time to make that journey.
- 00:06:12 It's six months that our the the tilt of our earth is moving. That changes the light. So what can we do in six months as a collective, as an individual? What could we accomplish in six months from the day of this solstice to the next? What can happen?
- 00:06:33 Certainly more is possible if we are in a state of creative inspiration rather than chaotic survival. And so we do pass through both of those portals, both of those places, we move in and out of it because that's part of our evolution.
- 00:06:55 So what I always know, and what I express gratitude for, is when there are things that are part of the chaotic destruction, to bless them even more deeply in in my personal life and in the lives of those around me, as well as the collective, to bless it and express even more gratitude for that experience, knowing that with that significant of a loss or destruction, there must be something truly beautiful and spectacular that is being ready to be built and come into being after that.
- 00:07:39 So if you are in a phase, perhaps where you are experiencing destruction in your own life. How can you bless it and express genuine gratitude? Understanding really, that this is the process of your evolution. And the same is true for our Earth.
- 00:08:01 Regardless of what it may appear to be on the outside. It is the process of our evolution and rebirth, and this death and destruction must take place. And as they say, well, as Lao Tzu says in the Tao Te Ching, those who are walking the paths of Path of Mastery cannot be sentimental.
- 00:08:31 That does not mean that we don't feel our emotions and feel grief when that arises, and feel joy also as that arises. But we cannot be so sentimental that we get hung up on something from the past, wishing for it to be a certain way, wondering why does it have to be this way? You can ask why, as long as you're okay with not necessarily receiving an answer in this lifetime.
- 00:08:56 That's why I always just go to gratitude. It's simpler that way. So. After all that, if you do not yet have a pen or a journal or something to write with, I do encourage writing by hand. Always because of the connection between the mind and the brain, actually, and the hand.
- 00:09:21 It does a lot for you. And so if you don't have that available, I encourage you to get that. You could also get an eye mask if you wish, because we will be doing a meditation. And I always encourage kind of shutting off the senses as best as you can. And an eye mask can help with that. After the meditation, I will invite you to lie down for a few minutes so you absolutely don't have to.
- 00:09:45 But it is a way to go into basically a savasana and allow your body, your whole nervous system, to just take in everything that you're going to move through in this meditation. So if you have a space to do that, beautiful. If not, it's absolutely okay. Just allow your body to rest at the end of the meditation.

- 00:10:05 So. Our. Ancient elders and our ancestors have been honoring this turning of the season for a very long time, and even longer than that since before recorded time.
- 00:10:29 They have been celebrating this day. And as I mentioned, the solstice is a turning of the light. It is the time I'm in the northern hemisphere when. So if you live above the equator, then the sun is the farthest south that it can possibly go on this day.
- 00:10:53 That means that we in the North are going to experience the shortest day and the longest night. So we will have the least amount of sunlight hours and the longest amount of night time hours today. And it's the opposite in the Southern hemisphere. So those who are living below the equator, because the sun is all the way as far south as it can go, it is shining directly over them.
- 00:11:18 So the sun's rays are as concentrated as they can be. They are going to experience the longest day and the shortest night, and it's their summer solstice. So that's what the solstice actually is. And the equinox, of course, is when it's equal. Day and night. So it's right in the middle of our earth.
- 00:11:40 But we have the extreme on this day, on the solstice, where today, for us in the northern, it's the sun is the farthest away that it will be all year. Now, I love this paradox. It gives you all paradoxes, give you truth about the divine.
- 00:12:02 Because of course, God is a paradox. God is a paradox because it is everything and nothing at the same time. So it's paradox and all paradoxes give you information. They give you a little glimmer into the heart of the divine, into the truth with a capital T, and a solstice is a paradox.
- 00:12:28 When we really think about us in the northern Hemisphere, the sun is absolutely as far away as it could be. The celestial light body that gives us all life is as far away as it could possibly be from us today. And today marks the beginning of when that light is going to come back to us.
- 00:12:53 And the opposite is true for the Southern hemisphere today. The people in the southern hemisphere are going to get the brightest and longest day with the sun. And it's also the day that the sun is going to leave. And every day they're going to lose more and more sunlight and we're going to gain it.
- 00:13:15 There's a paradox there that on this day in the northern hemisphere, when we experience the longest night of the entire year, we have the least amount of light available. The sun is as far away as it could be. Yet it marks the beginning of when that light is coming back to us.
- 00:13:37 I heard some of you say it's always darkest before the dawn. That's right. That's a paradox, too. It gives us information about our own journey, our own rhythm. And of course, as free willed beings, we have the choice to kind of stay in a perpetual winter rather than matching the rhythms of the earth.
- 00:14:04 It is true, but it's important to remember that in the height of darkness, in the height of what seems like chaos, there is the seed of light coming back again.
- 00:14:25 Walking toward us every day. And that is where we keep our focus and our attention while honoring exactly what is around us. Again, speaking from where I currently live, it is it is a lot of death right here.
- 00:14:48 The plants are dying. The leaves are all off of the trees. It's very dark right now, especially on this day with a storm overhead. And I honor that. This is the cycle. This is where the Earth is right now. I am experiencing the winter of this Earth and the winter of my own body and a season of winter, really, in my personal life, it's it has all integrated into one.

- 00:15:19 And yet I keep my I my inner eye. On the light, on the heart of the divine, knowing that it is walking toward me as I walk toward it, and that the seasons always change again and the light always comes.
- 00:15:43 So in this first reflection for you that I want to invite you into is to consider and really contemplate this paradox of the solstice. So how does this paradox show up as a metaphor in the collective?
- 00:16:08 And how is this paradox showing up as a metaphor in in your own life right now, possibly while the darkest night is being experienced here in the northern hemisphere and the brightest, longest day is being experienced in the Southern hemisphere, marking the return or the leaving of the light.
- 00:16:29 How is that a metaphor for you? And consider where you live if you're in the Northern hemisphere or the Southern Hemisphere. What are you experiencing right now? Is it a return or a leaving of the light? And then finally, what does this paradox inspire within you?
- 00:16:52 I just want to invite you to reflect on that and to write about it during this turning of the season. It's going to support you. So I'll give you just a few minutes to do that. Maybe three minutes or so to write and then we'll come back.
- 00:20:06 Okay. Take one more moment.
- 00:20:46 Okay, so after considering this paradox, which invites you deeper into your own unfolding, I want to. Talk about how this time, because of the potency of this particular day, this is a day of a lot of creative potential.
- 00:21:18 So we have the ability to really use the energy of this shift, the shifting of this season to create. We can attune ourselves to what the Earth is going through to create more. And the ways in which we create the most, perhaps mundane, I would say way of creation, which is absolute magic, still is through our words.
- 00:21:49 That is what we are doing consistently is creating through our words. And the words are. Not. It's it's confusing because it's not the word. It's the frequency behind the word.
- 00:22:10 Words themselves carry no power, so it doesn't matter what word you actually say. Words themselves are not what carry the power. It is the frequency behind the word that gives the word power. You all have experienced this yourself of I have experienced.
- 00:22:33 We all have of saying empty words and also receiving empty words. Like when people ask you hey, how are you? But they don't actually, they're not actually asking you that question. It's just an empty saying. It's like that when our words are empty, they hold no power.
- 00:22:57 So it is only through intentional expression. And that means intentional feeling and conviction behind your words that you are able to create. What we tuned into at the start of this call. Our heart and our and our mind or our brain, really.
- 00:23:19 That is the yin and yang of our being. The heart being the yin, the magnetic pool of energy, how we actually attract things toward us through what we feel. And the yang energy or yang energy is the electrical energy. It is the masculine energy. It is the way that we intend and set our focus onto something.
- 00:23:44 So the masculine has this narrow focus that hones in on exactly what it wants, while the feminine is pooling and receiving that thing toward itself. So it's it's both it's moving toward and pooling at the same time. That's what creates that incredible dance of the yin and yang that we can see reflected in the spirals of galaxies, how they have this opposite pool, but they come together.

- 00:24:13 That is the yin and yang. That is the dance of creation that you have within you. Now, of course, if our mind is chaotic, that means you. You can't have a very clear focus. You just. You'll be looking all over the place.
- 00:24:34 You won't be able to just stay. And with our heart. If we have not practiced controlling our emotions and controlling our emotional reactions, then we are going to consistently have reactions that come up based on our past experiences. Because if we have not let that energy out of the body, then the body is going to try to process that energy through expressing it.
- 00:25:02 And sometimes, sometimes, as in all the time, we as humans get stuck in a loop and we repeat the same emotional reactions again and again, without realizing it, without even being conscious of it. And sometimes we're conscious of it. And that can drive us crazy, because we can say, I'm conscious and I still am reacting this way, and I don't know what to do.
- 00:25:30 That's why we want to have a clear heart and a clear mind so that we can be clear creators. And so on this day, in this changing of the season and this changing of the times as well, I want to invite you into your creatorship.
- 00:25:53 And there are two simple ways of bringing yourself into a state of creation and also receiving, because both must be present. You must be open to creating and receiving so that you can receive what you have created.
- 00:26:13 And you must be open to creating so that you can express your gratitude and then actually have that come toward you. So in that, I want to invite you into these two simple practices that in a way, kind of bypass the possibly chaotic mind that is going on.
- 00:26:35 And they also go above and beyond any of the limited reactions that come from the body, from from your past. And that may come up within you if you find that that's not true for you, if you find that your body is maybe responding in perhaps a way of experiencing lack of some kind of, oh, that's never going to happen, then I would encourage you to set aside that part and come back to it later, because what we are going to do, and what I would like to ask you, is to consider what you want to bless yourself with.
- 00:27:17 Knowing that you are an infinite creator, an eternal being. Which means you have no past, present, or future in actuality. And so whatever you bless yourself with, you are blessing all of you with your every parallel self which is your past and future self.
- 00:27:44 You are blessing when you choose to do this, and I encourage you to tune in to that energy again to override the possibly habitual responses of the of the body or the mind, and to tune into your eternal self, your infinite self, the deepest part of your heart.
- 00:28:07 What do you want to bless yourself with? So knowing that you are blessing yourself in all times, spaces and dimensions. You could consider what you are experiencing right now and or what you want to experience, or what you already have experienced.
- 00:28:33 And bless from that energy. So, for example, I bless myself with the peace that passeth all understanding. That is something that I am moving toward, that I want to bless myself with, to feel always peace in my heart.
- 00:28:56 And so I am coming with the energy that I have already received that. I bless myself with compassion beyond reason. I bless myself with joy beyond limits.
- 00:29:17 I bless myself with an ever expanding consciousness. I bless myself with gratitude for all experiences. What do you bless yourself with?
- 00:29:37 We'll just take some time in silence, just for a few minutes. And really write down as much as you want. Bless it up. This is you. For you.

00:31:21 Okay. And then I want to invite you into another reflection.

00:31:33 So one way that we can, one way that we can pray that we have forgotten how to pray. I've learned this quite a bit, actually, over the last year that people have forgotten how to pray.

00:31:53 A way to pray is to bless yourself as if it has already been given, because it has. And the other way is to make a declaration. What do you declare into your life or declare over your life?

00:32:14 Because a declaration is something made with firm intention and full conviction of the heart. So what are you declaring for yourself? For your life? Today? I declare awe inspiring beauty and mystical experiences into my life.

00:32:43 I declare creative genius in my mind. I declare love for all life and all beings. I declare an abundance of joy and inspiration into my life.

00:33:06 What do you declare into your life? Declare it. Remembering that it is given before it is even asked.

00:34:48 These Blessings.

00:34:50 And these declarations, as I mentioned, they are going to every part of you in every time and space. I want to affirm another paradox that can be very difficult for the human mind to to understand.

00:35:16 And I have found with my own self, with this paradox, that I will move in and out of either side of it. And that is to say that there is nothing outside of you that can give you anything, and yet that nothing is also God which gives you everything.

00:35:45 This is Challenging for the human mind. But I want to remind you of this because in these blessings and declarations, you are not asking. I did not say ask or please.

00:36:07 I said, I declare joy and abundance into my life. You're stating it because you are the creator. It's not a request or a plea for help. It's. It's just you and you in here.

00:36:30 That's it. And we must be willing to take and remember this, this energy, this power of creation that we have. We must remember this in every moment, lest we give our power away.

00:36:50 Moment to moment. And I do it all the time still. I'm working on it. I will give my power away to. Someone that I feel frustrated with. That's. And that's not them. That's me. We must remember that we are actively creating in every moment.

00:37:18 And return to our center, to our power so that we can be creating consciously. So with these blessings and declarations, that is something that you are giving to you and it has already been given. The greater mind of God already knows what you want.

00:37:43 That's why it is given before it is asked. But we must feel the gratitude of receiving those things in order for them to show up in our life. Because otherwise there's a misalignment with what we are stating that we want to experience, such as joy and happiness. But if I go around constantly being upset or frustrated or impatient, I am.

00:38:10 There is no room for joy and happiness to be experienced. There's even if even if a joyful experience was presented to me. If I'm feeling impatient in the moment, I'm gonna miss it. I'll be blind to it. And the same is true with all kinds of things that we want to create and and manifest into our life.

00:38:35 So we must experience the gratitude of receiving that thing. After making the firm declaration from our clear mind and our heart that that is what we want to experience. So I'm going to lead us in a.

- 00:38:57 Brief meditation. It's a it's a timeless meditation. So don't worry about the time. It's timeless. And you're going to use a few of those blessings and declarations in this meditation. So based on your ability to memorize things in this moment, choose no more than three. I would say to remember what you're blessing yourself with and what you are declaring into your life.
- 00:39:26 Remember them because I'm going to invite you to call on those when we are in this meditation. So feel it deeply. If you feel it, you won't forget it. That's the secret to learning anything. To memorizing anything. If you're passionate and you feel it, you'll never forget it.
- 00:39:53 Okay, so now that you've chosen. The way this meditation is going to go, I am going to really invite you to come out of your body. So leaving behind. Leaving behind your body, which means. And I if you have not meditated with me before, I'm going to invite you to not move your body at all, even when your body says no.
- 00:40:21 But I really have to itch that no you don't. I really want to invite you to stay perfectly still, even if you think, oh, but that's painful. Just stay still. It is the way to leave your body. You have to be still to get out of this, this, and to let your body have a moment of rest without your mind constantly going.
- 00:40:45 You have to be still in order for that to happen. So I invite you to find stillness during this meditation so that you can get out of your body a little more easily. And I just want to bring you into a place of pure energy, just creative energy. So it's going to be a nothing space.
- 00:41:06 If you've practiced avoid meditation before, then that is where we will go. And I'm going to invite you to get there right now through two ways. And I'm not going to say this in the meditation. I'm just going to tell you right now when I'm inviting you to go out, either go through the very center point of your heart if you can find it and focus on that, go through there or go to your eighth chakra and disappear in there.
- 00:41:40 And if you're saying, what the heck does that mean? Just try it. Just try it and find out what I mean. If you have another method for letting go and ceasing the thoughts, then beautiful. But I encourage you to stay with me in this meditation. Don't go too far off track. Stay with us.
- 00:42:01 So then I'm going to ask you to remember what are you blessing into your life? What are you blessing your life with and what are you declaring into your life? I'm going to ask you that just a couple of times so that you can remember I'm blessing myself with joy.
- 00:42:22 I declare creative genius in my mind, etc.. Then I'm going to invite you to feel the gratitude in your heart. Feel the gratitude for those. And I want to really express you are the one who brings the energy of gratitude.
- 00:42:43 It's not that someone gives you flowers and then you say, okay, now I'll feel grateful. You've already been given all the flowers. You've already been given all of these things because it has already been given. So even if you in your human self cannot see these things, yet, they have already been given.
- 00:43:06 So we feel the gratitude for them now and that is how we end up receiving them. So feel gratitude in your heart. You got to bring it. Then I'm going to ask you to lay down for just a few minutes to let everything calibrate and then invite you back. And I know that I told some of you, including those of you on my team, that this might only go an hour, but I also said it might go a little bit over an hour.
- 00:43:32 So here we are going a little bit over an hour. I won't keep you here too long in the meditation, but this is the moment for you to create. And because we're doing this as a collective, there is amplified energy. That is why we connected our hearts and our minds

together as one to start this more energy to share. I will certainly be here holding space with you, so please take a moment to get settled into your meditative space.

- 00:44:01 You can put your eye mask on. I highly encourage you to stay sitting up. If, if, especially if you're. I don't want you to fall asleep. So stay sitting up for now, and then I'll invite you to lay down at the end. Great.
- 00:44:22 So, eye masks on. Eyes closed. If you don't have an eye mask. Allow your body to settle.
- 00:44:47 Slowing down your breath. Relaxing your body.
- 00:45:11 Relax your belly. Your shoulders. Relax your face. Muscles. Your jaw muscles.
- 00:45:41 Softening. Letting your awareness. Move into your heart center. The middle of your chest.
- 00:46:05 Feel the energy of your heart. With your awareness in your heart. Center.
- 00:46:29 Feel the energy of your heart.
- 00:46:50 Allow this energy to grow and expand.
- 00:47:20 Inhale into your heart space. Feeling the energy hold at the top. Exhale. Letting everything go. Feel your heart.
- 00:47:48 Inhale into your heart. Long and slow. Hold at the top. Feel your heart space.
- 00:48:10 Exhale. Letting it go. Hold empty. Feel your heart. Inhale into your heart. Long, slow.
- 00:48:34 Hold at the top. Feel your heart. Feel this expansion in your chest. Exhale. Hold.
- 00:48:55 Empty. Feeling your heart. Inhale. Breathing into the heart. Hold.
- 00:49:19 Feel your heart center expanding. Exhale. Relax. Feel your heart.
- 00:49:49 Allow your awareness. To fade. To dissolve.
- 00:50:15 Into the infinite Space around you.
- 00:50:35 Allowing yourself to float in nothing.
- 00:51:02 The empty void around you.
- 00:51:29 Dissolve. Into. This infinite space.
- 00:51:56 Feel the void. With your awareness.
- 00:52:20 Sensing the space. All around you.
- 00:52:44 This infinite black field.
- 00:53:14 Your awareness becoming one with this void. You are a point of consciousness in this infinite space.
- 00:53:59 Feel this void all around you.
- 00:54:22 Dissolve.
- 00:54:48 What are you blessing yourself with? Feel this blessing in your heart.
- 00:55:35 What are you blessing yourself with? Feel this blessing in your heart.
- 00:56:25 Feel this blessing in your heart. More.

00:57:07 What are you declaring into your life? Feel this declaration in your heart.

00:57:53 What are you declaring into your life? Feel this declaration in your heart.

00:58:39 Feel this declaration in your heart. More.

00:59:10 Feel the gratitude. In your heart.

00:59:42 Feel more gratitude. Let yourself be blessed.

01:00:08 And be grateful.

01:00:51 Feel this gratitude. Hold on to this feeling.

01:01:13 Remember this feeling. Keeping your awareness in your heart.

01:01:35 Slowly lay down without opening your eyes. Let your body relax.

01:02:02 Feeling your heart. Feeling your soft body. Let your mind drift.

01:05:55 Slowly coming back. Feeling your heart. Remember this feeling. Allowing your awareness to slowly come back to your body.

01:06:24 Holding on to this feeling in your heart. Deepening your breath. Coming back. To this shared space as you are ready.

01:06:49 If you wish to linger in that feeling. I welcome you to. And if you would like to share in the chat just a little of what you experienced, what you felt. I welcome you to do that.

01:07:10 It's always a blessing to get to read that for myself and others. And I also welcome you to reflect for a moment. If you wish to write anything down that you experienced. Whatever you experienced is real and is part of your creative journey.

01:07:33 It's information, and it's so important to keep track of information so that we can consciously evolve. So if you want to take a moment to do that, I welcome you to.

01:08:01 And knowing what you are taking into your day with you. From this experience. This meditation, though quite brief, when you allow yourself to really fade, to go into your heart and then fade into that that field, the void you are really able to create so much in.

01:08:32 No, because there's no time in no time at all. And when you feel deeply, that is what really magnetizes all of that to you. So throughout, particularly the rest of this month, I invite you to come back to this meditation and go through it again, perhaps with the same blessings and declarations, maybe with different ones.

01:09:06 I am so grateful that I have gotten to spend this solstice with you all. Thank you. I welcome you to join me and this beautiful community of the circle for more meditations such as that, and also more advanced meditations that I just cannot do on the YouTube community and other other live events that I hold.

01:09:34 Q and A's and a live course every month where I am teaching on things from the community and also just energetically what is helpful and necessary. For example, this month is going to be about how to clear what are dense thought forms or negative entities, so-called, and how to clear them.

01:09:54 That is a big piece. There's going to be a practice that I'm going to teach you of how to actually clear yourself from these negative entities, or dense thought forms, as I prefer to call them. And it's very important right now because we are so open, it's it's really become clear that it's important for me to teach about this. So that is going to be this month's live course as an example.

- 01:10:16 And so if you would like to know more information about this community, the Circle, I welcome you to go to my website. Com. There are so many things on there. It's a it's a whole social media community. And I give free Akashic readings to my members every month. And they get exclusive access to content and live events, actual in-person events with me, invitations to those and all kinds of things.
- 01:10:41 So I welcome you to check that out. If you would like to have more experiences like this with this beautiful energy, that is a lot coming from the circle community. Their hearts are so beautiful, and I want to leave each of you with two things one, an invitation to the retreats that I'm holding next year.
- 01:11:04 There's at Omega Institute in New York and the Art of Living Retreat Center in North Carolina. And if you're interested again, all of that information is on my website. If you want to do more deep work such as this, but in person, welcome you to look at that. And I want to leave you with my own blessing for each of you.
- 01:11:27 I am blessing each of you with the truth of love and a love of truth. Thank you very much for allowing me to guide you today, to be with you in that void today. It has been beautiful to share this heart and mind space.
- 01:11:47 One mind, one heart with you. Truly a blessing. And I wish you a beautiful rest of your year as we are entering into 2026. And I won't see some of you before then until I do see you again. May you remember your magic today.
- 01:12:11 Bye for now, everyone. Thank you. Bye.