

FAQ: THE SOLSTICE SILENT MINUTE **calibrated to 21 December 2019 at 9.00pm London GMT/UTC**

1. What is the December Solstice Silent Minute 2019?

The unique opportunity of the Solstice Silent Minute is for citizens everywhere to come together as a global community at the exact same time calibrated to 9 pm London GMT/UTC on 21 December 2019. In this minute – **the same minute everywhere** – we will consciously cooperate in Silence with the Forces of Light and the millions on the other side of the veil to generate a reservoir of collective power that will be harnessed to create a better world for all.

2. What is the purpose of the December Solstice Silent Minute?

The Solstice Silent Minute will be a demonstration of the power of united global cooperation to contribute to strengthening *real* change so that we citizens of the planet accept and fulfill our role as custodians in the shared responsibility for its health and well-being. The initiative is:

- **Simple:** you are invited to give a minute of your time
- **Inclusive and global:** whoever you are, wherever you are, you will share the exact same minute with citizens everywhere
- **Positive:** focused unified thought is action that creates positive effects.

By focusing our highest intentions for our planet through a dedicated minute of unified silence we contribute to this global reservoir of thought that will inspire cooperative endeavours to create a better world for all.

3. Where does this idea of the December Solstice Silent Minute come from?

The Solstice Silent Minute takes its inspiration from the Silent Minute introduced by Wellesley Tudor Pole in WWII. Millions of people within the British Commonwealth observed a minute of silence as the chiming of Big Ben was broadcast on BBC Radio at 9.00pm, London GMT each evening. The Silent Minute was designed to focus united thought to bring peace and freedom for all. Its impact was acknowledged after the war by a high ranking German officer who described the Silent Minute as “a secret weapon” for which Germany had no counter-measure. This secret weapon fulfilled a promise that Tudor Pole had made to a comrade on the eve of a battlefield outside Jerusalem in WWI. He knew he would not survive the war but he could see a greater war coming. He urged Tudor Pole to create a moment of Silence each day that would allow him - and the millions on the other side of the veil - to assist in the ending of the war. He said: “The power of Silence is greater than you know.”

4. Who is behind the December Solstice Silent Minute?

This initiative emerged when three groups: Cygnet Centre for Peacebuilding, Sydney Goodwill Unit of Service, and The Hill Center USA came together with a focus on peace. Inspired by the power, simplicity, and universality of the WWII Silent Minute, the groups saw the potential to invite citizens everywhere to participate in a global Silent Minute dedicated to providing opportunity for global cooperation in our role as custodians of the planet.

5. How do I participate in the December Solstice Silent Minute 2019?

Everyone can participate, simply by observing a minute of silence at 9.00pm London GMT/UTC on the day of the December Solstice 2019. There are many ways to participate:

- **individually**, knowing that you are joining millions of others around the world
- **together:** gathering with family, friends and colleagues
- **as a group:** create your own event in your community
- **online:** join an online event (see below).

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6. Is there a specific format for the December Solstice Silent Minute 2019?

There are three simple steps, each preceded by the ringing of a bell (feel free to improvise if you don't have a bell!)

- i. **Ring a bell at 8.59pm London GMT to prepare for the Solstice Silent Minute**
 - use whatever sacred or secular practice* serves for you to identify with the deepest/highest part of yourself.
 - focus with gratitude on what is good, beautiful and true about Humanity's stewardship of our planet.
 - attune to your willingness to give whatever you can of yourself and your resources.
 - open yourself up to receive inspiration.
- ii. **Ring a bell at 9.00pm London GMT and enter one minute of Silence.**
 - enter into a place of stillness and silence.
 - remain connected to goodness, gratitude, and your willingness to make a difference.
 - receive what comes to you, and through you, to others.
- iii. **Ring a bell at 9.01pm London GMT to close the Silent Minute.**
 - visualize the spiritual power generated, radiating throughout our planet making a difference to all kingdoms on Earth.

A clip will be available on YouTube in December for people who do not have a bell at hand. [Solstice Silent Minute Bell](#)

***If you wish, feel free to use this mantram:**

Let the Forces of Light bring Illumination to Humankind.

Let the Spirit of Peace be spread abroad.

May all those of goodwill everywhere meet in a spirit of cooperation.

May forgiveness be the keynote at this time.

Let power attend the efforts of the Great Ones.

So let it be and help us to do our part.

7. Is there something I can do now?

Yes! Many of us have decided to link together daily at 9.00pm GMT/UTC in preparation for the Solstice Silent Minute 2019. We invite you to join us. You can also assist by distributing the flyer, FAQs, bookmarks and cards through your networks, sharing the Facebook event, and letting friends, family and colleagues know about the Solstice Silent Minute in December 2019.

8. How do I calculate my local time in relation to 9.00pm London GMT/UTC on the day of the December Solstice?

Click on the time converter: <https://www.timeanddate.com/worldclock/converter-classic.html>

- i. Enter 21 December 2019 at 9.00pm in the date, month, year, hour section.
- ii. Then select "United Kingdom – England – London" in the location box OR in the dropdown menu for "or choose" select "GMT/UTC" which is at the top of the menu before the list of countries.
- iii. Select your own location in the next box, to convert to your local time zone.

9. Where do I get more information about the December Solstice Silent Minute?

Flyer: [Solstice Silent Minute 21 December 2019](#)

Website: Sydney Goodwill: <https://sydneygoodwill.org.au>

YouTube: [December Solstice Silent Minute 21 December 2019 at 9.00pm GMT/UTC](#)

Facebook Event: <https://cygnetcentre.com/events>