

# The Age of Aquarius: Why Mass Meditation is Mission Critical

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What if you could synchronize your brain waves with others throughout the world to affect change in a way that boggles the mind? It's not only possible, it's happening now.

## The Age of Aquarius

Aquarian energy is considered "ahead of its time." More importantly, Aquarians **lead** change. If ever the world was in need of change, it's now. With Aquarian energy, the world as a whole will be able to see new solutions to the problems we face since reality is always mutable from a higher energetic perspective.



When exactly does the Age of Aquarius begin? It's an astrological age that occurs approximately every 2,150 years or so in alignment with the sun's position in relation to the constellation Aquarius. Due to different interpretations of the equinoxes, we can't pinpoint the exact time of the "start" of the Aquarian age, but it is usually marked by some common events and feelings:

- **No more vertical hierarchies and siloed power.** The Piscean age is dominated by hierarchy and power. This is coming to a close, to give way for Aquarian thought such that you no longer need to believe in something outside of yourself including your parents, decaying institutions, governments, religions, etc.

You can now find self sovereignty and a direct connection to God and higher energies. All information is available to everyone, and will be less and less fragmented and vertical. Self awareness, and self-transformation will be vital for you to live and thrive in this age.

- **Transformation.** You can't expect radical change without the growing pains that come with it. When we enter the age of Aquarius, a time when love wins, we have to be willing to let go of infrastructures, both within ourselves in the form of thoughts and beliefs, and outside of us as materialized, older thoughts and beliefs, to make room for something radically different and better.
- **Symbiotic and coherent love energies.** When we are in harmony with others, our hearts emit a certain coherence that affects those around us. Our [parasympathetic nervous system](#) "speaks" to others via an electromagnetic field that is much larger in the [human heart](#) than that emitting from the human brain. Scientific research has noted that a calm, [coherent heart rate variability](#) affects people we know and love even if they are thousands of miles away!

And go figure, meditation increases heart rate variability coherence. Now imagine that coherence multiplied, not only in your own personal human organism, but in millions of people around the planet.

## **Mass Meditation to Usher in True Change**

The power of mass meditation to alter the world, quite literally, isn't a new concept. It's been practiced by enlightened beings, saints, and sages for eons.

More recently, Maharishi Mahesh yogi, who helped guide people

like the Beatles in the 1960s, has documented the effect of mass meditation. More than 600 studies conducted with more than 125 independent research institutions leave no room to question the validity of mass meditation.

Maharishi's studies prove that when at least 1% of a community's population meditates on a specific outcome like love, peace, or harmony, the coherence of the group's energy field impacts the collective consciousness of others.

Even violent crime including homicide rates can be significantly [reduced](#) with mass meditation.

When a 1993 study measured mass meditation's effects on [crime in New York City](#), a hotbed for murder, race riots, and theft known throughout the world, it was found that crime dropped more than 23%.

True change happens at local, national, and international levels due to increased coherence, facilitated by meditation. This is likely because alpha waves in the human brain "sync" with others around us, creating what is similar to the [mycorrhizal network](#) that trees use to communicate with one another in a vast, global forest. Just like the organism of a forest, human beings also have a networked nervous system among each other that helps to facilitate memory, feeling, and thought. No tree stands alone, and neither does a single human being.

Neuroscientists note that Alpha waves tend to reduce depressive symptoms and increase creative thinking. They also create [neural oscillations](#) that are conducive to unity and overall coherence of a population. I.e. what's good for me isn't truly good unless it's also good for others. Likely we are influenced subconsciously by this greater peace and encourage others in the same subconscious way to influence their hearts and minds toward peace through subsequent thought and action, and by creating new solutions to existing

problems.

# **Make Change Now: The Golden Age of Aquarius**

If you're ready to sync your alpha waves with millions of others around the world to create massive change this December, please consider joining this mass meditation:

## **[Global Peace Meditation](#)**

Help to anchor in new cosmic love energies forever on planet Earth on December 21st at 1.22 EST (New York time)

Commit your energies to the mass meditation today.