



21 December 2021 at 9pm GMT is the annual **Global Silent Minute**.

You are invited to participate wherever you are by simply ringing a bell and entering one minute of Silence. Or, participate in the **Regeneration Through Silence** event from 8:40pm to 9:10pm GMT.

The inspiration for the Silent Minute was born on a battlefield near Jerusalem in World War I when an officer who knew he would not survive the war asked his comrade to find a *way* for him, and the millions like him, to assist daily from the “other side” through the Power of Silence to end a greater war he saw coming.

That *way* became the Big Ben Silent Minute launched in World War II. Its daily rhythmic impact was acknowledged as significant in assisting to end the war and in demonstrating the awesome Power of Silence as a spiritual weapon.

Today, the **Global Silent Minute** is galvanising Humanity to recognise the necessity to embed a new paradigm to create the culture of peace so that challenges and conflicts are resolved before they escalate to violence.

The **Global Silent Minute** invites us to pause in Silence to recalibrate to a deeper, holistic perspective where our united focus impacts evolution. This year, we invite everyone to experience the **Regeneration Through Silence** that happens through our simultaneous, sacred participation in the same minute of Silence.

Knowing that two concordant thoughts increase their power seven-fold, imagine millions of concordant thoughts igniting the Fire of Love at the Heart of Humanity.

Let us take this opportunity with the December Solstice to **Regenerate Through Silence as Action** with the shared intention for global cooperation, peace and freedom.

On 21 November 2021, **Global Silent Minute** will share a daily seed thought on Silence at

- www.globalsilentminute.org
- <https://www.facebook.com/groups/726040717876690>
- <https://twitter.com/SilenceAsAction>
- <https://www.instagram.com/silenceasaction/>
- <https://www.globalsilentminute.org/history-of-the-silent-minute/>
- #globalsilentminute

through to 21 December 2021 when we will unite our hearts across distance around the world and across the veil at 9pm GMT.

21 December 2021: **London** 9pm GMT * **New York** 4pm

22 December 2021: **Sydney** 8am * **Darjeeling** 2:30am

Time-zone Converter: <https://www.timeanddate.com/worldclock/converter-classic.html>