

Crystal Skull World Peace Meditation 2025 sponsored by the Crystal Skull Explorer's Community

Introduction (Joshua and Lyncara)

(Lyncara:) Welcome to the 2025 Crystal Skull World Peace Meditation that is sponsored by six members of the council for the Crystal Skull Explorer's Community. Our names are Lyncara Stewart and

(Joshua:) Joshua Shapiro and we represent this council. We also wish to acknowledge by name, four other council members who assisted in the creation of this meditation as you will hear their voices speaking parts of the meditation which includes Dan Schroeder, Tal Hershko, Judith Smith and Robyn Rice.

(Lyncara:) We wish to further acknowledge Harry Nichols (he and his wife assisted with the creation of the previous world peace meditations that were offered) for his help with selecting the proper beautiful background music that you will hear and Dan once again, for his technical help to create the final version of the full audio meditation.

(Joshua:) The world peace meditation that you are about to participate in with us began back in 2008, just after the 4th Indiana Jones film had been released in May of that year. I had just participated in a crystal skull conference in Italy but for some reason after being in the presence of the well-known Mitchell-Hedges Skull I became sick and had to stay an extra 3 days in Italy to recover. But during this time, spirit inspired me to create a new world peace meditation with the crystal skulls and to perform the meditations on dates that added up to the number 13 to honor the legend of the 13 original skulls.

(Lyncara:) As these meditation proceeded and we entered into 2009, a participant suggested that we do 13 meditations each year, with 12 of them happening on the 13th of each month at the 13th hour, and with a 13th meditation (or extra one) be performed at the beginning of the new year in January or towards the end of December. Thus, this is the format we are following for 2025. The meditation for January of 2025 was performed by Harry and Kathy of the Crystal Skull Conclave.

(Joshua:) Since 2008, approximately 100-125 world peace meditations with this design have been conducted by the original Crystal Skull Explorers. Also we wish to honor Katrina Head, my life partner who supported these earlier meditations and is now supporting us from "Spirit".

(Lyncara:) We have co-created this mp3 audio that you are listening to, so that you can be guided with the same meditation that all participants will be doing all over this world on this current day. Please feel free to share this mp3 audio with others who may wish to participate with us.

(Joshua:) For anyone who wishes to join us, it is recommended during the meditation that you settle into a comfortable sitting or lying down position while you will be holding a personal crystal skull. However, if you do not have one, any type of quartz crystal or gemstone which is special to you can be held as well and will be just as effective.

(Lyncara:) Again we welcome you to our meditation and we are so so grateful for your interest and support as we collectively focus on sending out a very powerful and loving healing energy to our world and to all life upon and within our “Mother Earth”. Next up, Judith will be reading a short inspired message that came from the ascended master Dhwal Kuhl and later within the meditation Tal and Robyn will be sharing special messages with us in a “Light Language”.

(Joshua:) Finally, we also express our gratitude to Dan for his help in the development of the script for the actual meditation coming up shortly. God Bless, in peace and light always and we hope you have a wonderful meditation experience – Joshua

(Lyncara:) and Lyncara

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Dhwal Kuhl’s Message

(Judith): “Dear Prime Creator

I am committed to the profound elevation of consciousness on this planet. I ask for your unwavering support and guidance as I channel the limitless power of love, wisdom and unity into creating palpable and transformative change.

Together, let us ignite a wave of enlightenment that touches every soul manifesting a world where higher awareness leads to visible positive and lasting shifts in our reality.

I embrace this mission with confidence, knowing that we are co-creators of a brighter, more harmonious future.

(Lyncara:) We are now ready to begin our meditation for today. **And once again, please place** yourself into a comfortable position holding your crystal skull, quartz crystal or special gemstone. We will pause for a few moments before we begin the meditation with a grounding and centering exercise.

(Brief pause of 5-10 seconds)

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Grounding and Centering: Becoming the Pillar of Light

(Tal:) Please close your eyes and take a deep breath. *Imagine yourself as a radiant pillar of white light, perfectly balanced between the heavens and the Earth, connected to the infinite energies of the universe.*

(Robyn:) From above, visualize a golden-white light descending from the cosmos into the crown of your head. As you inhale, know, you are connected to infinite wisdom and love.

As you exhale, release all doubt and fear.

(Dan:) Now from below, picture silvery roots extending from your feet deep into the Earth's glowing core.

On your inhale, you are grounded and supported by the Earth.
On your exhale, let go of all tension and stress.

(Lyncara:) Then from the sides, a silvery-blue light flows in from your left, nurturing you with self-love and trust, and a fiery-orange light streams in from your right, igniting your strength and purpose.

(Joshua:) On you inhale, trust in the guidance that you receive from the universe and know that you can act with confidence."

On your exhale, release all resistance and hesitation.

(Judith:) Feel these energies merging and unifying in your heart, forming a brilliant sphere of light that surrounds you that centers you in your place of power. Feel the energies of above, below, left, and right merging at your heart, forming a brilliant sphere of light.

(Tal:) With each breath, see this light expand, surrounding you in a protective and empowering aura. Affirm, aloud or in your mind, *"I am a radiant pillar of light, balanced and connected to the energies of the universe."*

(Robyn:) Now that we are grounded and centered as pillars of light, we deepen our connection by working with the sacred energies of the four directions. Each direction carries the wisdom of an elemental force, a guiding spirit, and a color that anchors us in balance and harmony.

(Dan:) We begin in the North, where the Bear and the Green Earth element welcome us into their grounding embrace.

Take a deep breath and feel the cool, grounding energy of the Earth beneath you. Visualize yourself in a lush, green forest surrounded by towering trees rooted deeply in the soil.

(Lyncara:) Beside you walks the Great Bear, a guide of strength and protection. Each step with the Bear takes you deeper into Earth's energy, leading to a hilltop bathed in golden sunlight. The Bear's wise eyes meet yours, silently saying, *"Be rooted like the trees. From your foundation, you will find strength."*

(Joshua:) Inhale deeply, drawing in the stabilizing energy of the Earth, and let it calm your mind, steady your heart, and anchor your spirit. With each exhale, release what no longer serves you into the Earth. Feel grounded and connected as the forest fades, and the sound of rushing water guides you forward toward a flowing river ahead.

(Judith:) From the steady strength of the Bear in the North, we now flow into the deep wisdom of the West, where Water and Turtle guide us in surrender, intuition, and emotional balance.

At the edge of a glowing river in the West, a great Turtle emerges, gliding gracefully through the waters. Its shell reflects the soft morning sun and the gentle flow of the currents. The Turtle softly says, *"Be patient, like the river. Let life's flow guide you."*

(Tal:) Inhale deeply, drawing in the calming blue energy of water, representing peace, intuition, and emotional healing. Let it wash over you, soothing your spirit and releasing tension. Following the Turtle into the cool waters, you feel the currents carry you effortlessly, cleansing and harmonizing your being. Emerging from the river, you are filled with serenity as the Turtle leads you onward to a fiery cavern ahead.

(Robyn:) From the gentle currents of Water in the West, we now turn to the fiery energy of the South, where the Dragon ignites transformation, passion, and the power of renewal.

As the air grows warmer, a fiery Dragon appears, its shimmering scales glowing red, orange, and gold. Surrounded by the molten heart of the Earth, the Dragon whispers, *"Shed what no longer serves you and step into your power. Through transformation, you are reborn."*

(Dan:) Inhale deeply, drawing in the red energy of fire—transformation, passion, and courage. Feel it ignite your inner strength, burning away fear and doubt. Exhale, releasing all that holds you back. Following the Dragon through the glowing magma, your inner fire awakens, guiding you toward fresh winds of renewal upward, toward the east.

(Lyncara:) Having walked through the transformative fire of the South, we now rise with the winds of the East, where the Eagle carries us into higher vision, clarity, and wisdom.

Gliding down in the golden light of dawn, the Eagle calls to you, whispering, *"See with higher vision. Rise above and trust the journey."*

(Joshua:) Inhale deeply, drawing in the yellow energy of air—clarity, inspiration, and freedom. Feel it expand your awareness and lift your spirit. Exhale confusion and limiting beliefs, rising above earthly concerns.

Taking flight with the Eagle, you soar high, seeing the world's beauty and harmony below. Guided upward, you break through the clouds into a realm of pure white light.

(Judith:) As the journey ascends into the realm of spirit, a great Owl emerges from the twilight, carrying the wisdom of the unseen and the whispers of the infinite.

Above you stretches the infinite realm of radiant white light. From its glow, the Owl emerges, soft and luminous, embodying divine wisdom.

The Owl gently says, *"Listen to Spirit's whispers. All the wisdom you seek lies within."*

(Robyn:) Inhale deeply, drawing in the white energy of unity and clarity. Feel it illuminate your soul with purpose. Exhale, releasing any barriers to your higher self.

The Owl circles above as a radiant angelic being appears before you. She offers a light language transmission to heal misalignments and awaken your highest potential. Her song vibrates through your being, affirming your eternal connection to Source.

(Dan:) Next we will hear our first light language transmission:

(Light Language spoken by Tal here) Definition – *Light Language is the universal language of the soul. It goes directly to our heart and soul and bypasses our mind. While listening to this transmission take a deep breath, focus on your heart center, and be open to receive. 💖)*

(Brief pause of 5 seconds)

(Dan:) As the light language fades, a golden doorway appears before you, glowing with opportunity and purpose. With a gentle motion, the Owl invites you to step through.

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Sending out a Peaceful and Harmonious Energy to our World

(linking in with the essence of the Crystal Skulls)

(Lyncara:) We will now journey to the core of Mother Earth to meet the Crystal Skulls. Feel yourself traveling downward now, moving gracefully from the celestial heavens back toward the grounding embrace of the Earth. As you descend through the planet's layers, each one feels alive and vibrant.

(Joshua:) The air carries the whispers of your journey, and the energy around you hums in harmony. You pass through the realms of the elements and environments that guided us earlier: the vast skies, the rivers and oceans, the fertile earth, the lush forest, and the fiery magma beneath the soil.

(Judith:) Finally, you arrive at the Earth's very core, where a glowing chamber pulsating with a warm and powerful radiance awaits. This sacred heart of the Earth feels alive, and within it, 12 magnificent crystal skulls are arranged in a perfect circle. Each one emanates a unique color and frequency, a signature of its individual wisdom and purpose.

(Tal:) At the center of the circle stands the Master Skull, glowing with golden light, radiating unity, wisdom, and unconditional love.

Imagine yourself stepping forward, holding your crystal or crystal skull, and take your place in the circle. Become one with this sacred energy.

(Robyn:) And now it is time to send peaceful and healing energy to our Mother Earth. Please take a deep breath in and feel the collective energy of the crystal skulls infusing your being with peace, protection, and healing. As you exhale, channel your intention for global peace and upliftment into the growing sphere of golden light forming at the center of the circle.

(Dan:) Now, visualize this radiant sphere of light expanding outward, flowing into the Earth's crystalline grid, the inner rivers that are the lifeblood of the planet, and the vast crystal skull grid network. Feel the energy coursing through the temples, chakras, and ancient ley lines of the Earth. See it traveling into all the planet's portals and out of the vortexes, rippling across the environments that you journeyed through earlier, and into all those connected to us now.

(Lyncara:) With every breath, the golden light spreads through jungles, oceans, rivers, mountains, forests, and the sky itself.

Inhale deeply, knowing that your energy is helping others in need, those you hold in your heart and all beings across the Earth. Picture this healing light reaching areas of conflict, places affected by natural disasters, and individuals or communities seeking love, support, and hope. As you exhale, send your love and compassion to the entire planet. Feel the love in your heart as you charge the Earth.

(Joshua:) Allow yourself to see this golden light filling the Earth completely, radiating outward from the core and wrapping the planet in a brilliant aura of healing and unity. Let your focus shift now to the crystalline grid and the flowing inner rivers of the Earth, watching them pulse with this light as they circulate life, love, and harmony throughout the planet.

(Judith:) Feel the sacred energy of the crystal skulls amplifying your intentions. They are co-creating with us, harmonizing and sending our collective light energy throughout the Earth's networks. As the energy flows, picture it cleansing, balancing, and empowering the planet, touching every living being. See this light filling the Earth with our group's efforts and the energy of peace, healing, and unity.

(Tal:) Visualize this light entering the hearts of others, awakening them to compassion, love, and a sense of oneness. Focus on areas of the Earth that you hold dear or where you feel the light is most needed. See your energy creating ripples of transformation, and know that this effort is far-reaching, spreading to the physical, emotional, and spiritual levels of existence.

(Robyn:) See the entire planet glowing in the golden light, or any color that you've chosen to share in this meditation. Let it shine so brightly that it radiates outward into the cosmos, connecting Earth's energy to the universal flow of love and unity.

(Dan:) As the light encircles the planet, it begins to awaken the very heart of Gaia herself. You hear her voice rise in a sacred song, a beautiful light language gifted from her heart to ours, resonating through the core and echoing into your soul. It vibrates with healing, transformation, and the promise of renewal.

(Lyncara:) Feel this light language flowing through you and uplifting your being. As it resonates within you, see the ideal, utopian, perfect world that you are here to create crystallized in pure perfection. You too are healed and transformed, and this vision is carried outward with the energy of the crystal skulls, spreading peace and harmony across our beloved mother Earth, wherever it is needed.

(Joshua:) Take a moment to bask in this unity, feeling the light within and around you. Together, we create a powerful wave of love and healing that continues to flow out through the Earth and beyond.

Next, we will hear our second light language transmission emanating from the Core of the Earth:

(Light Language spoken by Robyn here) Message – As I shared this light language transmission, there were many beings of light standing all around, I had a sense there were many groups all being slightly different but all having the same intentions of heart expansion as my heart felt as it was about to explode. As each stepped forward to speak as a spokesman for a group, I could feel as codes (when I wrote this I wrote SU codes , I don't know if I meant to say Sun codes) being unlocked within a key being placed then as an expansion of light/ love. Then, another would step forward and this process repeated until they were all complete with an intense passing of energy and blessings into what we are to become. They all just stood in reverence and honor towards us and then faded away.)

(Brief pause of 5 seconds)

(Judith:) As our light fills the entire Earth with these energies, you hear the voice of Mother Earth speak in your mind. As she thanks you for your efforts, her voice carries a message of hope and renewal: **"Together, we create a brighter future. Your love and actions nurture my spirit and all who dwell upon me."**

(Tal:) You begin your journey back to your physical body, feeling the Earth's nurturing energy grounding you in gratitude, integrating the wisdom of the elements and the spirit of the animals into our being. Inhale deeply once more, drawing in the green energy of the Earth, anchoring yourself in the present moment. With your exhale, feel your connection to the Earth and the cosmos, balanced and complete.

(Dan:) We sincerely thank the crystal skulls, the cosmic source, our power animal guides, and all the beings who assisted in this journey. We instruct these energies that we have cultivated together to work in the highest and best ways possible, and for the good of all.

(Lyncara:) When ready, open your eyes, carrying the energy of peace and unity into your daily life.

It is our great joy to share this Crystal Skull World Peace Meditation with You and with the World!

(Judith:) We love you all – so, on behalf our council:

(Joshua:) this is Joshua Shapiro,

(Lyncara:) and this is Lyncara Stewart,

(Judith:) and this is Judith Smith,

(Tal:) and this is Tal Hershko,

(Robyn:) and this is Robyn Rice

(Dan:) and finally this is Dan Schroeder