

# 2024 Summer Solstice Message

## From Aca'u

Channeled by Camille Albrecht on June 19, 2024

On June 20th at 4:51 pm EST, the summer solstice begins in the northern hemisphere and the winter solstice begins in the southern hemisphere.

Greetings, it is I, Aca'u, who speaks to you now.

This is a time to shore up your internal resources. With the coming of next year, major changes will take place as each of the outer planets changes signs. This creates a great shift in the energy patterns you'll be functioning in. As the time comes closer, we will explain the energy changes in more detail. Suffice it to say that it will require adjustment, flexibility, and open-heartedness.

This is the time to refresh and restore. I've spoken to you about this often over the past year. Although the weather is quite tumultuous and extreme in many areas, (reflecting the attitudes and opinions of many) peace and a sense of well-being are to be found within. Resilience is as well. Don't rely on external circumstances for your happiness. External circumstances are forever changing. If you stand on something external for your stability, it will fail you. It is within that holds your strength and security. The ability to be happy rests within. Please take time to expand these life-supporting resources. Their development rests on your perspective. Rise above and view from higher ground.

This solstice period brings two major shifts in energy. The first is a desire for freedom mixed with a sense of adventure. There is a desire to do something different, and to break free from old behavior patterns. For some, this is the desire to travel while for others it is the urge to teach a new class, write the book, or take steps to change careers. This is a time to examine your responsibilities and commitments. Sometimes, you take on

responsibilities simply because you've always done them or because others expect you to. It becomes habitual without necessarily questioning whether it's still necessary or fulfilling. Responsibilities can also be shouldered out of fear—fear of consequences, fear of disappointing others, or fear of not living up to expectations. This can lead to take on burdens that aren't truly yours to have. True responsibility aligns with your values and goals. It's something you accept because it contributes positively to your life or the lives of others, and it resonates with your sense of purpose. Be courageous and step forward to rightful action with joy. Life is meant to be joyful.

The second shift in energy asks you to create more downtime in your life. Yes to adventure and freedom but also, yes to relax, be in nature, and spend time with friends and loved ones. This is an important time to recharge yourself. It can be best done through conscious choice. Don't simply go through the motions of life, repeating the same habits and patterns each day without thought. I say to you, open your eyes, be aware. You have a choice in how you spend your day, in how you create your life.

Develop peace and resilience within, find your strength within, tap into the Divine within and you will always have your North Star to guide you. Open to the love, protection, and guidance that are always there for you.

I bid you peace,

Aca'u

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