

DECEMBER SOLSTICE SILENT MINUTE 2019  
A WORLDWIDE  
SILENT MINUTE  
FOR PEACE

Join us in a minute of  
SILENCE

For global cooperation  
THE SAME MINUTE EVERYWHERE

9.00 PM 21 December 2019, London GMT

AUSTRALIAN EASTERN DAYLIGHT TIME

8.00 AM 22 December 2019



THE POWER OF SILENCE IS GREATER THAN YOU KNOW

<https://cygnetcentre.com/events>

## DECEMBER SOLSTICE SILENT MINUTE 2019

### A SILENT MINUTE FOR PEACE

9.00 pm on 21 December 2019, London GMT  
(preceding the December solstice)

**8.00 am on 22 December 2019, AEDT**

A dedicated Minute of Silence harnessing the power of united intention  
to create the conditions for a Culture of Peace on Earth

The potency of a synchronised 'Silent Minute' focussed on peace and freedom for humanity was demonstrated during WWII, when 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, every evening. The value and effectiveness of 'The Silent Minute' in bringing peace was acknowledged by a high ranking German officer who was quoted as saying: *'During the war you had a secret weapon for which we could find no counter-measure, and which we did not understand, but it was very powerful ... I believe you called it 'The Silent Minute.'*

Since then, many experiments have shown that directing goodwill through focussed, unified thought creates positive effects. Tapping the power of united intention to visualise and create the future we want enables us to take shared responsibility for the stewardship of our planet, creating the conditions for a culture of peace, so that we can navigate the current global challenges.

LET'S COME TOGETHER IN A SPIRIT OF GOODWILL, knowing that we can achieve a unity that both includes and transcends our own philosophy, spirituality and cultural beliefs, and calls us to our highest selves. By dedicating a minute to silence we add to a global reservoir of thought that will inspire cooperative endeavours to create a better world for all, so that, together, we can grow a Global Culture of Peace.

**EVERYONE CAN PARTICIPATE** simply by observing a minute of silence at 9.00pm on 21 December 2019 London GMT. Find the minute in your time zone by visiting <https://www.timeanddate.com/worldclock/converter-classic.html>  
**For more info visit:** <https://cygnetcentre.com/events>