

# Message from Aca'u

## 2026 Summer Solstice

Channeled through Camille Albrecht on June 20, 2026

The Summer Solstice begins in the Northern Hemisphere  
at 4:24 am EDT on June 21, 2026

The new beginnings initiated this past spring may seem stalled or slow to blossom. Stay the course. The energies now are those of maintenance, regardless of where you. Take time to nourish yourself during this solstice period. Don't permit your to-do list to overwhelm or rob you of your time for rest and rejuvenation. And have some fun this summer. Fun means different things to different people. For some, it is to take an enjoyable walk, or be out on the water, or attend a concert, while for others it is to sit on the porch with a glass of iced tea and watch the birds. It matters not what you do for fun, but it is much to your benefit to have some.

Perspective is the key to how you experience your life - what viewpoint you take makes a great difference in how happy you are. How do you view your day-to-day chores, with drudgery and resentment or with the joy of being able to accomplish? Reframe where needed. For example, instead of saying, "I have to work out", how about saying, "I get to work out," and acknowledge that you have the physical ability to do so. Gratitude is an important ingredient in your sense of well-being.

One of the themes of this solstice period is freedom. Specifically, freedom of action. The freedom to be you, to live the life you choose, and to make choices as to how you spend your time and energy. Where do you need more freedom? Continue to review what

commitments no longer resonate with you and what new ones you are willing to accept. Of course, it is important to live a giving and productive life, but not to the point where you have forgotten to nurture yourself. Carve out time for you: time to reflect, to have some fun, and to just be.

You cannot be effective if you have depleted yourself. Better to live from a place of abundance and joy, from the perspective of "I get to do this," and "I want to do this," rather than "I have to; I have no choice". You always have choice, if only to decide how you view it.

Each day, take five minutes to breathe in what it is you want in your life, and breathe out that which you don't. If you're not sure what those might be, you can breathe in clarity and breathe out uncertainty. And know that this will manifest in your life.

There is so much beauty in the world. Relish it. Acknowledge it. The world holds an abundance of kindness and goodness with many loving, giving people. Look there, add to that treasure chest, and watch it continue to grow.

The solstice season now upon you invites you to strengthen and replenish yourself, welcome fun and play, maintain a healthy perspective, and give yourself the freedom to meet your needs while absorbing and adding to the beauty, kindness, and goodness in the world.

You are Divine. Remember that. And in your Divinity, you have the power to create a good life for yourself and to help others do the same.

Be at peace and know that it is all right.

I bid you peace,  
Aca'u

