

## **TRANSCRIPT REVEALING SPIRIT**

### **Deepening Your Trust in Spirit and Revealing Your Natural Intuition**

given by Norma Gentile on June 21, 2015

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#### **1 INTRODUCTION**

What I wanted to do today is just begin by first thanking you for joining me, and welcoming you into a sacred space by creating a set of energy grids around the space you're in that mimics the set I already have up at my end. If you've done the meditations before, you're familiar with what this is and how I do it. And if you haven't, just be sure that you're in the physical space that you're going to be in for the next 50-60 minutes, lying down, comfortable, and with the phone or however you're listening to this easily accessible so you don't have to hold it necessarily.

#### **2 NATURE**

**Invoking the Nature Sphere to feel how Nature supports you**

**An explanation of The Pure Energy of Nature**

**Connecting to the Energies within the Earth from which Your Body Came**

To begin, I welcome the energies of Nature. And just welcoming the Pure Energy of Nature. The Pure Energy of Nature is often referred to as a Divine Feminine matrix. It's often referred to as a creation matrix. I, myself, feel that Pure Energy of Nature as a very smooth, flowing of water, almost like a thick, warm water. It's not dissimilar, honestly, to what the weather feels like when it's very warm and very humid and you feel as if you're breathing water in rather than air. It becomes that saturated with humidity. The Pure Energy of Nature has that incredible quality that we associate with water as having an abundance of life.

Not surprisingly, the Pure Energy of Nature seems to be referred to as a grandmother energy. It is the energy from which all form comes. It is an energy that we, ourselves, participate in very actively. A drop of our own essence of our soul's essence exists within the Pure Energy of Nature. In fact, a drop of the essence of everything in form exists within the Pure Energy of Nature.

As I invoke the Pure Energy of Nature, what I'm doing is welcoming us to feel and put our attention on that very quality of first dimension, of the foundation of our reality, that quality of energy within which we all exist, within which we have consciously created all that surrounds us.

Often times, when focusing and connecting into the Pure Energy of Nature, I find myself salivating. As I'm talking about this, if you're noticing a little extra saliva in your mouth,

that is often a barometer that you might also have that says yes, this is that quality of the Pure Energy of Nature.

I invite the Pure Energy of Nature to step forward. And then, I invite her children, the Nature spirits, Nature intelligences of the room that you're in, of the space that you're in, and I welcome those that vibrate in the room at what they consider to be their level of unconditional love to step forward. In this way, allowing all the other energies, all those Nature spirits that reflect the other energies and activities in the room to simply step back. The Nature spirits, Nature intelligences that reflect right here, right now, their level of unconditional love, step forward.

Then, as well, the Nature spirits, Nature intelligences of the land directly beneath, again, those that vibrate at what they consider to be their level of unconditional love, just welcoming them to step forward.

And from there, all the other Nature spirits, Nature intelligences of the land to step back. In this way, we're welcoming that quality of unconditional love that the Nature spirits, Nature intelligences, and Pure Energy of Nature know, going beyond what we know, welcoming their intelligence to inform us, what is unconditional love? What is their level of unconditional love?

Letting them create a sphere all around the room that reflects their levels of unconditional love. Letting that sphere be slightly larger than the room, but not impinging or infringing upon anyone else's space. Just letting that sphere reflect their levels of unconditional love.

And as this occurs, you may notice already that something begins to shift in your body. You may notice that the space also feels different. By welcoming unconditional love, according to the Nature spirits, Nature intelligences, Pure Energy of Nature, you have welcomed your own body, your own awareness to have a question mark, to have a wondering about how you might be limiting unconditional love.

As you feel their quality of unconditional love, what you're feeling are those boundaries beginning to dissolve, those boundaries that you've held around what unconditional love should be. And the lightness, the clarity, whatever you're experiencing, that's the interaction between you and your consciousness and your body, and the quality of unconditional love that Nature wants to vibrate at and wants to offer you in this moment.

So often, we think of healing as coming from angels and archangels, and we'll be invoking Archangel Michael in a moment, but this is a perfect example of how healing comes from all dimensions, from all around us. Just because in Western culture, we tend to think of Nature, the Earth, as a coarser or lower vibration does not mean that it doesn't have much to teach us. That which is below mirrors that which is above. We've

simply spent many, many decades now, and millennia before that, in the Christian church, focused on what's above, and some idea of Heaven that we reach or strive for, and we've forgotten that the adage, as above - so below, and therefore as below - so above.

This means Heaven already exists within the Earth, and we are the channels, we are the vessels for Earth to communicate to Heaven, and for Heaven to communicate to Earth, along with the many, many other animals, the trees and the plants here, abundant upon Earth. We have a unique role. We have unique vibrations that are our responsibility as humans to convey in the conversation between Earth and Heaven, Heaven and Earth.

By spending just a few minutes, consciously connecting to Nature, we open our body and we open those channels within our body to more deeply fulfill the purpose that we agreed upon when we said yes, we will transfer and come into form.

And the moment we agreed to take form, we agreed to be part of the communication process between the different dimensions, between Earth and Heaven.

So, just breathe gently for a moment. It may seem strange to say this, but you have permission to let your body feel and sense all those Earth energies from which it came. It was not just the Heavenly energies that created you. It was your Heavenly soul that called down to your Earth soul and said, ah, soul energies within Earth, let's create a body together.

So, your body remains connected both to spirit, as well as to spirit within Earth. All those energies within the Earth from which your body was created have never left. And your body has complete permission to reconnect with them more and more deeply each time you feel that it's appropriate.

This happens not just through the feet chakras, but through all the chakras of the body, the chakras that we consider the major chakras, as well as the chakra within each cell. And as I've sometimes said, the space between the atoms has a unique vibratory connection into the Earth and the consciousness of the Earth. The space between the atoms in your physical body represents and reflects the consciousness of Gaia, and therefore the consciousness of Earth. It also represents and reflects the consciousness of all beings within our reality.

So often, when we want to feel connected, we go outside of our bodies, and we started with that today, by drawing in, welcoming Nature to support us in the room, in the land. We began externally, and now, we're talking internally, for the true connection of

ourselves always comes from within our body. The true connection to our soul in other dimensions always comes from within the space between the atoms, the space that is joy within our hearts. These non-tangible, non-measurable spaces are where we exist. That we that exists is our soul, our beingness.

### **ANGELS: Welcoming Archangel Michael**

#### **Updating your connection to your guides and angels**

**Angels reflect Polarity and Unity simultaneously by containing both Sacred Masculine and Divine Feminine vibrations.**

And into this lovely, sacred container of who we are, we welcome that aspect, that face, that portion of Archangel Michael that is already working, already present, already embracing you. Your connection to Archangel Michael will be unique, not the same as anyone else's. Your connection to Archangel Michael reflects your soul's journey, reflects where you are in your soul's journey, reflects all the choices you've made so far in life. You are unique. Your connection to Archangel Michael is unique.

So, that aspect, that portion, that face of Archangel Michael that perfectly reflects who you are, where you are in your soul's journey, what's needful for you, right here, right now, is that portion that we welcome. It may be different tomorrow. It may be different now than it was yesterday. Be open to what fits right here, right now. What aspect of Archangel Michael fits?

#### **Updating your connection to your guides and angels**

Often, when we connect to guides and angels, we have an initial experience that is amazing. Naturally we harken back to that initial experience to reconnect to the guide or angel, but we've changed -- we've grown! Precisely *because* of that experience, we are no longer residing at the same level of consciousness. So, rather than reflect upon how it used to be, or recall the connection that originally happened, allow yourself to connect to the aspect of the guide or angel that is appropriate in this moment.

To do this, begin by using these questions:

- How does your body, right now, want to connect to Archangel Michael?
- How does your heart, right now, want to connect to Archangel Michael?
- How does your third eye, your psychic or spiritual vision perceive or sense Archangel Michael now?
- What aspect of Archangel Michael is most suitable right now?

The aspect of Archangel Michael that is present now reflects both the male and the female polarities. While I've always used the masculine name Michael, both Michael

and Michaela come when you call upon Archangel Michael. This is true for all the Archangels.

### **Angels reflect Polarity and Unity simultaneously**

As you feel your connection to Archangel Michael, you may notice that there are indeed both female and male qualities. You may notice that these qualities may or may not reflect the male and female qualities that you have learned from the world. The Divine Feminine and Sacred Masculine do not reflect the male/female aspects of our world accurately. Our world does not reflect the Sacred Masculine or the Divine Feminine in an accurate fashion when we talk about male and female qualities.

The Divine Feminine and Sacred Masculine are more alike than dislike. Their energy qualities compliment each other. They do not merely overlap a little -- they overlap each other completely. There are qualities within both the Divine Feminine and Sacred Masculine that heal our belief systems and our thought processes. They go beyond words. They go beyond theory. For example, the Divine Feminine allows for our expression of a deep compassion in a very gentle fashion, while the Sacred Masculine allows that same compassion to be abundant in all that we do.

Archangel Michael allows, supports and nourishes actions of both the Divine Feminine and Sacred Masculine through our body and then out into the world.

### **4 MEDITATIONS:**

**How do you allow yourself to be nourished by Spirit?**

**Cultivate Trust in yourself and in Spirit**

**Let Your Soul Lead You to the Next Step**

**Finding Your YES**

**How does your soul direct your body and say yes, that's it?**

How do you allow yourself to be nourished? How do you allow yourself to be so incredibly full of your own energies that there is no space for anything else?

As the gentleness of Archangel Michael's energies, that aspect of Michael, again, perfectly in tune with you now—as Archangel Michael, Archangel Michaela is available to you, can you relax even more? Can you identify those areas of tension, of holding, of creating boundaries?

Very simply, ask that tension, that boundary holding, is it truly needful now? Does it truly reflect, right now, the journey of your soul? Does it truly reflect you, your body, now? Is that tension pattern truly in tune with you now?

And releasing whatever that might be, letting the tension pattern itself, any other energies related to it, continue on their own journey of evolution, departing from you and your space.

And just welcoming another space within your body that tunes to you, that reflects you, that is available now to be tuned just to you. How does your body want to be supported now by Archangel Michael, Archangel Michaela, by that Pure Energy of Nature, by those energies within Earth from which your body came?

## **TRUST**

Relaxing and truly opening to spirit, whether it be Heavenly spirit or Earthly spirit, requires trust. This is not a quality that we have learned much about in our daily lives. Trust. Trust requires knowing ourselves first. Trust requires knowing who we are first. Trust requires knowing our bodies, the vibration of our bodies, what we feel like. When we trust in ourselves, in our own competence to know ourselves, it becomes easy to feel, to know that which surrounds us can either be in tune with us or that which surrounds us may not be in tune with us. And we need not do anything but place our focus upon that which *is* in tune with us. That which is not in tune with us, when we do not focus on it, we do not feed it, will seek its nourishment elsewhere. It goes elsewhere. This is true of people, patterns and behaviors.

So, feeling into your space, into your body, letting that aspect of Archangel Michael, Archangel Michaela that's perfectly in tune with you right now to have just a word or two with you. What is it in this very moment that is most useful for you to know?

And just releasing any chattery guides and angels. Releasing those energies that are functioning at a vibrational level that is not in tune with you right now.

Your soul, legally incarnating right now, that portion of who your soul wants you to be, your soul's journey right now, those are the guides and angels that serve, and they always remain. They are perfectly in tune with you.

And just allowing Archangel Michael's energies, Archangel Michaela's energies to quietly draw from that space between the cells of your body, the space between the atoms of your body, to draw out who you are now, how your soul is present now, and how your body wants to be embraced by your soul now.

How does your body want your soul to come through the space between the atoms?

And letting there be space between the atoms and more space and even more space between the atoms, filled abundantly with the overflowing spring that is your soul bubbling up and coming through, expressing itself through your body now.

What is yours to do now? What is your next step now? Feel the quality. Don't turn it into form. Just feel that quality of excitement, of abundance, of knowing who you are, feeling tangibly in your body, your soul engaged completely.

Each space between the atoms, full of who you are now.

Again, without turning it into an answer or into form, letting yourself simply float; what is it, amongst all those possibilities, what is it that your soul decides and desires for you now?

Floating amidst, floating amidst all of these possibilities. Floating within the ocean of possibilities that your soul desires for this lifetime. Where is that focus going? How is it that your legally incarnating soul, right now, wants to direct your body? What is your next step?

There is no right or wrong. Do not turn it into absolute decision or form. Follow the kinesthetic sensation, the sensation in and around your body.

How does your legally incarnating soul direct your body and say yes, that's it? Where is that yes within your body, within the space around you? How does your legally incarnating soul step through all that space between the atoms? What is your next step? How does that feel tangibly in the body?

## **5 RELEASING OUT-OF-TIME GUIDES AND ANGELS**

**Releasing old to-do lists is vital to being able to follow our soul's journey.**

And releasing all those potential next steps that you're not going to take right now...that's why they were potential next steps. Releasing all those energies, all those things that you just started creating, but for whatever reason, that's not what you need to be doing right now.

How many of you like to sew or knit, and if so, I'm betting you have bags, potentially, of ideas, patterns, fabrics, yarns, projects started but not completed? Think of it this way: You just started to do something and all of a sudden, you couldn't get back to it. You couldn't finish it. Something else came along that was more important. Rather than feeling guilty about having projects that we've only started or thought about or just begun, and then leaving them—rather than feeling guilty about that, let's look at it in terms of our soul's choosing to reprioritize.

Perhaps, other people, external to ourselves, made choices that suddenly allowed for a new potential within our own life, and our soul saw that potential suddenly open up and it said, ah, don't worry about that; that's not that important. Leave that project behind. Forget about that. Don't worry about it. Put it away. Follow your heart. Follow where

your yes is coming from. Where is your yes right now in life? That is the potential your soul is seeing, opening for you.

Releasing old to-do lists is vital to being able to follow our soul's journey.

Perhaps decades and decades and decades ago, we did not have such quick change and fluidity, and therefore, our to-do list stayed pretty firm throughout our entire lifetime. Our soul chose to do and work on one, two, three things, and that's what we did. Nowadays, things are very different. We incarnate, our soul picks a few things to work on before we incarnate, and then the world changes. The vibrational frequency of the planet shifts. Other people change. We change. Circumstances change and our soul thinks, ah, well, here's a perfect opportunity to work on this other thing that needs to be worked on, or that would be useful to have as an experience for the soul to learn.

So, suddenly, we find ourselves turning and developing a new skill, a new set of friends, and even perhaps new issues or new aspects of old issues. Regardless, feeling that yes that comes from the soul level is what lets us know that this is indeed the journey that our soul, that our body is meant to be on.

Returning to seek that quality within our bodies that is uniquely our own vibration, and as we do this, know that whatever feels right is now your barometer for knowing when something presented to you is accurate to you and to your journey, even if according to the belief system and the rules and regulations in your mind, it may not seem or appear to be right.

So again, tuning into that space between the cells and the space between the atoms within the cells, how does that aspect of Archangel Michael, Archangel Michaela that is perfectly in tune with you—how does that aspect of it present itself to you? How does your body want to receive that support and nurturing energies? How does your body want to receive the support and nourishment from your unique aspect of Archangel Michael, Archangel Michaela?

## **6 (HEALING TONES)**

### **7 MEDITATION: Releasing Old Guides Related to Old Life Tasks**

Very gently, just thanking and releasing all those guides and angels and energies that helped support you in doing all those projects and tasks that are no longer yours to do. Releasing those guides and angels and energies that helped you formulate ideas that are no longer needful for the journey of your soul in this exact moment. Thanking and releasing those guides and angels pertaining to projects, tasks, that are no longer a portion or a part or an active part of your soul's journey right now. Releasing those guides and angels from you and from your space so that you might have more



receptivity to hear and comprehend those guides and angels that walk and work with you right in this moment, upon your soul's journey. Releasing those that have been useful, helpful, supportive, and loving in the past so that they might also be about the other work they might need to be doing. Whether we have called angels and guides in consciously or unconsciously, seeking to understand something or to comprehend something, it is up to us to release them.

So, we thank and release those guides, those angels that have stood with us, supported us, nourished us, embraced us in those moments when we needed it, and we release them onto wherever else they need to be, creating space for those guides, those angels that reflect this moment of our soul's journey, that reflect who we are now, how we need to be now.

## **8 BALANCE, STILLNESS AND HEALING**

**Balance and stillness go together. They qualities are what allow us to Heal.**

In that moment of true balance, whether it be an equinox moment or the balance of our body and our soul, there is that deep stillness. Within that deep stillness, we reside. Who we are, as beings, both spiritual energetic beings and physical corporeal beings, resides in that moment of stillness and we can access both halves of who we are within that stillness.

Ask that stillness within for one word, one symbol, one image. Who are you now?

That response from the stillness can be a response that you reflect upon and meditate upon. It's not about taking it into form and figuring it all out right now. Feel the stillness. Feel the word, the symbol, the image. Let that symbol or image or word be present as you breathe.

With each breath, you build more energy that is in tune with that word, that symbol, that image. Let your quality of being infuse each cell, infuse each atom of your body. As you breathe, let the physical cells, the physical atoms reflect who you are now, reflect your soul, reflect your soul's journey now.

In this way, you build that bridge. In this way, you build a bridge between the spiritual you, your legally incarnating soul coming through the space between the atoms. Now, as you breathe, you enliven the actual atoms, the physical, tangible, third dimensional aspect of yourself with your soul's journey now. Who are you now? Where and how does that word, that image, that symbol that you received in silence, in balance, in stillness—how does that feel, coming through the very atoms?

Tuning and retuning your corporeal essence to reflect your spiritual essence. Of all the things, of all the things that our minds are meant to do, this is the most important. The mind is meant to listen and then convey that information to the physicality of who we

are, to our atoms; not by telling the body what to do, but rather by listening to our soul, listening to the information that comes in that moment of perfect balance. And then, conveying it to the physical Nature of who we are.

So, take a nice, deep breath into your low back. Feel the space around you. Feel the space underneath your feet and up above your head. All of who you are now reflects the journey of your soul now.

## **9 RELEASING SACRED SPACE**

### **Releasing the Nature Sphere and Archangel Michael**

I welcome all of us to thank and release the magnified conscious connection that we've had to our own aspect of Archangel Michael, Archangel Michaela, knowing that the next time we connect, it will be different because we will be different. So, thanking and releasing that aspect of Archangel Michael, of Archangel Michaela that has been present with each person. Thanking and releasing it, letting it step back into whatever relationship is appropriate to you now, knowing, again, anytime you want to reconnect, you can simply ask.

And welcoming as well, a cleansing from the sphere that is all around us, that Nature sphere. They're in the room, those Nature spirits, Nature intelligences, vibrating at their levels of unconditional love, letting them cleanse, clear the room of anything from the session. Cleanse and clear themselves and the sphere and your physical body of anything you still might be hanging onto, but are now ready to release. Letting those energies be escorted to wherever the energies need to go to and letting, allowing the Nature spirits, Nature intelligences of the room, vibrating at their level of unconditional love, that have been holding the sphere, to release the sphere. And we thank them and release our own conscious connection to them as well.

And we repeat this process for the land. Those Nature spirits, Nature intelligences in the land beneath, we thank them so much for their service today. We welcome them to clean and cleanse themselves and the land beneath from the session, from this meditation, cleansing and clearing themselves, cleansing and clearing the land from this meditation, cleansing and clearing the lower portion of the sphere, escorting all those energies that they believe are ready to go elsewhere, to wherever the energies need to go to. We thank them so much for their service, releasing them from holding the sphere, releasing them from our conscious connection now.

And the Pure Energy of Nature, that grandmother energy, we thank it, letting it cleanse and clear whatever remains, whatever it can embrace and help to escort elsewhere, to its own home. We thank and release our conscious magnified connection to that Pure

Energy of Nature, knowing we are always connected to it because a drop of our essence lies within that Pure Energy of Nature. In this moment, we thank and release our conscious magnified connection to it.

Likewise, I thank and release my conscious magnified connection to those who are listening now, knowing that your journey will continue and knowing that your own abilities to connect to your guides, to your angels, to Nature, and to all that surrounds and supports you continues.