

From a live meditation given on March 20, 2018
Transcript edited for clarity

Tools for Merging Multiple Realities

(Coming back into Balance when things just feel 'off')
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1 introduction: Communication and Resonance

This meditation includes insights from myself and my guides Archangel Michael and Mary, along with healing energies to easily open your body's natural connection to it's own Earth energies (also known as 'grounding'), while clearing old patterns that block your Soul's desire for you to create and manifest easily in your lifetime. I include a meditative song (Creating Comfort) near the meditation's end for use whenever you feel 'off' and the world feels 'off' and it's just too weird to put into words. Because when realities overlap and merge, our logical brains are pretty useless! Now, settle in, and relax as we begin the meditation...

Communication and Resonance

Just go ahead and find a quiet space. You can even lie down. This is a time of reflection, meditation, a time to allow yourself to come into deeper connection with those guides, those angels, those beings, those energies, those awareness' you have been wanting to access, and probably have been accessing on some level. This is a nice time of allowing all of that awareness to percolate up and validate what you have been thinking about and perhaps even bring in new ideas.

As we gather, especially during a certain type of energetic event; equinox, solstice, full moons, new moons, astrological events...there is always a background support to do specific things. For this meditation we are looking at balance. We are looking at inner and outer balance. We are looking at how we balance who we are with how we express into the outer world. We are looking at how we together can create change not by going out and inflicting healing on people or inflicting our desires on people or circumstances, but by seeing what is already out of balance within ourselves, as a result of seeing what is out of balance in the external world, and dealing with what we need to deal with on the inside.

Resonance is one of the most powerful healing tools we have. As spiritual beings 'who we are' comes to us both from Heaven and Earth. And 'how we are' impacts both Heaven and Earth. In our daily lives, we offer communication to Earth about what is going on and to Heaven about what is going on through our unique connection to both. Earth speaks to Heaven through us, and Heaven replies back to Earth through us.

One might say that anything, and anyone, can be a conduit or vessel for Spirit. With this in mind, I invite you to join me as we invoke Sacred Space, which we will release at the end of our time together.

2 Invoking Sacred Space (Nature Sphere and Archangel Michael)

I welcome my own conscious connection to that aspect of AA Michael present here and now. I welcome that aspect of AA Michael that also sits with you, as it is an aspect of Michael that is shared between all of us. Welcoming as well, the unique connection that you have now to the Nature Spirits within your room. That unique connection into the Nature Spirits of the room that vibrate at what they consider to be their level of unconditional love. And just notice the difference when you toggle your request between connecting with the Nature Spirits in general and the Nature Spirits that vibrate at what they consider to be their level of unconditional love. And by requesting those Nature Spirits that reflect what they consider to be unconditional love, allows something different to happen. Their level of unconditional love can inform us in a way that steps beyond our human concept of unconditional love. They can show us something new. Let's do that again with the Nature Spirits of the land beneath you.

Welcoming those Nature Spirits of the land beneath the room to gently step forward. Welcoming now just those that vibrate at their level of unconditional love to step forward. And welcoming an energetic presence that I refer to as the Pure Energy of Nature. The Pure Energy of Nature can be sensed as warm and flowing. Sometimes it causes people to salivate. And it joins with the Nature Spirits at their level of unconditional love of the room and the land beneath the room to create a sphere all around the room. The sphere reflects the unconditional love of Nature.

And into this sphere we welcome that aspect of AA Michael present right here and right now with each of you and with myself, that aspect of AA Michael that is helping to lead this particular healing meditation.

3 Balance is Our Natural State of Being

And just take a slow easy breath into your lower back.

One of the things that the Equinox is excellent in reminding us about, is that ultimately there is no right or wrong, there is simply polarity. Our world is based on having both light and dark. Without the contrast, neither light nor dark makes any sense. For this reason it is important to honor the role that both good/bad, pleasant/unpleasant plays in our lives. On a day where light and dark come to balance, neither has dominion. Both are active. In some realms one might say 'oh, but if we give attention to the light then it gives it more power'. True to some extent. In the last few months I have been deeply looking at how healing is portrayed, how media is picking up more stories about spirit and energy, and how more and more people are awakening to the fact that they are already connected to something. And the second step, after you realize you are already connected, is realizing that Spirit, or your Soul, provides the connection. It is not your brain or your will power. If we could will ourselves to be connected to Spiritual energies we would have done that a very long time ago. And we would be experiencing the world at a level of absolute impeccable perfection, according to what our personality wants.

Now, I make a distinction between our personality, our Soul and our Spirit. When I say personality, I mean the resulting sense of who we are now in this world, based on how the portion of our Soul that is legally incarnating in our body right now has (and is) experiencing the world. (I will get back to the term legally in a bit). Our personality is the result of our Soul coming into our body and living this lifetime and probably other lifetimes. Our personality strongly dislikes polarity and wants comfort and ease (in most cases). Our personality really wants a pain free existence with as much fun as possible. (typically).

But our personality also has issues. It contains beliefs. Beliefs that we (inherited, and which) grew within us as children to reflect and keep us safe within our family and community. Too often our beliefs tell us 'you are only so good', or 'you are only good at doing...' or 'you only deserve so much comfort and ease'.

One of my favorite (healing) questions to ask is: 'How much ease and comfort does your Soul want your body to experience right now? And how much ease and comfort does your body want to experience right now, while being fully supported by your Soul? When we put the emphasis on our Soul and our body, something different happens. The personality may be kicking and screaming in the background trying to remind us of some

affirmations, these beliefs...but when we look at ease and comfort from the larger vantage point (of our Soul and body, we can begin to expose those beliefs that no longer serve us.)

When we focus on allowing our legally incarnating Soul (and I will explain that in a minute)...When we focus on allowing that part of our Soul that is fully connected and engaged with our body right now to have its way, new things start to happen. Things initially start to happen that challenge our belief systems, that challenge the things we have created in life, that challenge the guide posts (of our life). They challenge the things that we have stuck into the ground and said 'this is the way it is!' When we start really letting our Soul and body embrace each other, there is a quality of energy that is generated, that steps so far beyond our personality, and it steps so far beyond the things we have staked in the ground 'this is who I am' or 'this is what I do' that we move very quickly into expressing an aspect of ourselves that we didn't realize we had.

One of the primary ways of expressing who we are, comes about by allowing our lower chakras to connect more fully into the Earth energies that our body wants to be supported by. Many of you have heard me speak or have read my writings about narcissism. The last few years in the US have been amazing! We are bringing forth the issues related to narcissism and we are beginning to talk about them. Narcissism is a huge pattern. Inside this pattern there are behaviors that the US really needs to address.

I was so lucky to be able to live in Europe for a few years, and to have family members who continue to live outside of the USA. As an adult, I've constantly been both inside of the US culture and living outside of it. It is amazing the vantage point and the things you see when you step outside of the culture. There are so many things we (US residents) take for granted we haven't even mentioned, that finally we are beginning to talk about. And these things you can see externally very easily in the news, but you can also feel them within yourself.

A challenge, for many people, is to look at all at the news, because it becomes something that triggers outrage, it so goes beyond the boundaries we have, and there is something that I think is just staked in the ground by our personality, or by someone who has just told us we should do this, and that is 'lead a spiritual life and don't deal with the outer world'. The reality, I would argue, is that we are in form for a reason, what happens within us and how we interact with the outside world is what is communicated to both Earth and Heaven as a result of our body, (our being present in physical form). To the extent that we are buffeted around by the outside world and news, that (information) goes to Earth and Heaven and lets other energies and dimensions and realms know what is happening. To the extent that we catch the fact that we are being buffeted around, then we can do something.

Just notice anything in your space that has become disturbed in the last few

minutes as I have been talking about narcissism. These are simply patterns. Patterns that your body and Soul recognize that they don't need anymore. The first step of healing is recognizing what doesn't fit. How can we know if it doesn't fit, unless we can **feel** that it doesn't fit? Or we can see that it doesn't fit. Or we can notice looping thoughts. And we realize 'oh wait, these thoughts aren't making me feel better, they are making me feel worse'. So take a moment, and notice what is going on in your space. Allow whatever is happening to compare itself with the energies that result when your Soul, right in this moment, embraces into your body. Compare and contrast – what is the quality of energy that happens when your legally incarnating soul connects into your physical body?

4 What is your Legally Incarnating Soul?

Our Soul is soooo large. (Think of soul with a capital 'S'.) If you have a thousand bits or pieces of your Soul, perhaps a hundred incarnate into your body at any point in time. And some of those might be here for a job you have, or a skillset you have or an experience your soul wants to have, and when that experience comes to completion, those aspects or bits and pieces of your soul might just withdraw, and new bits and pieces come in. So the portion of your Soul legally incarnating (refers to) that hundred bits of (soul) incarnating at any point in time. For example, there was a set of pieces of your Soul engaged with your body and defining who you were when you were born. And by Kindergarten, probably only half or three-quarters of those initial 100 pieces were still engaged with your body. By the time you got to High School almost all of it had changed, with maybe 25 pieces of the original Soul still incarnating into your body.

If you are like me, by the time you had your first career, and then your second, then you are moving into age 60 and on into age 70, you have probably shuffled through all of your Soul's (bits and pieces, changing them out for new bits and pieces from your larger Soul), at least a couple of times.

A good way of thinking about cycles (especially cycles around marriage, friendships, or jobs and careers) is to remember that instead of dying young and reincarnating, our Souls also have the possibility of allowing the portion that has completed its learning to step back to the other side. There, it reunites with our larger Soul. And from that larger Soul a new portion of our Soul steps into our body for the next round of living and learning.

Sometimes changing the portions of our Soul legally incarnating will also relate to spouses, sometimes it will effect our friendships or interests, or even where we want to live. When a large portion of the legally incarnating Soul shifts, it is an experience you feel in your entire body, including your low chakras, not just in your head.

However, when people think they have to move, or they have to do this or that or just do something...the (impulse) is not necessarily coming from their Soul. When there is a push, a should, or an urgency, oftentimes that is coming from

the personality trying to avoid dealing with something. And the outer world, as loud as it is right now, offers us both a reflection of beliefs and habits that we may need to address, recognize and change, and also a distraction from what is going on internally.

Simultaneously, to our agreement, and I want to say our agreement as in a planetary wide agreement by humanity, we agreed to address how we create out of polarity. We created this reality, some people would say 26,000 years ago (I don't know, my guides don't have that sort of interest in numbers and historical linear time). They just give me a sense of a long time ago, as if this entire region of space was created to play within the game of polarity. And within these last few hundred years, its been coming to a head. These last two, three, four, five years it has really been visible. The light, the dark, what we perceive of as being good and bad, what we believe and what we don't believe.

5 MEDITATION: The Embrace of Soul, Body and Earth

And the healing question is, 'how does your soul, the portion of your soul right here and right now, want to embrace your body in a way that allows you to experience the balance point? That point that is neither light nor dark, that can see both, and responds to neither. The point of consciousness from which you honor that pain and discomfort is not pleasant in your body, but you also honor that there are journeys, and sometimes moving through discomfort simply means you are on the journey

Allowing your low body to connect directly into those Earth energies that nourish you right now, is part of how you explore the journey that you are on right now.

So often in our culture we live in our heads. We think about our Third Eye (also known as our) sixth chakra. The world of Western culture lives from the neck up. The joke is that in the West, especially in the US, I would say that our bodies walk our heads around, and that is the sole purpose of our bodies! But in other countries and other cultures our bodies commune and communicate with other people and with the Earth. Not in a way that becomes overwhelming, but in a way that simply brings us information. Just like our physical eyes can look at something, and give us information, our body telepathically connects to, and senses the energies physically around us at all times. In fact, some aspects of the lower chakras let us know what is going on in the Earth herself. We begin to open this natural connection by allowing our feet chakras, our knee chakras, to simply receive those energies from within the Earth that match and mirror the vibration of our body right now.

These energies are not superficial. Even if you are flying on an airplane at 35,000 feet these energies are accessible. These energies reflect your body, right now. It's a resonant healing, not a direct line of energy healing, although it can feel as if your feet, your low body is connected directly into the Earth. This is resonance. Your body, your physical form, contains atoms, minerals, lots and

lots of water, The Earth contains the atoms of all these same minerals and water. How though, does your unique tuning express itself through your body? And then your body, as a response to this question, wants to connect directly into the Earth, into those energies perfectly in tune with who you are now, and how you are now.

So just allowing all that you are, to be present now. Your soul legally incarnating right now, how does it want to step through and embrace your body? And how does your body want to be supported by your soul legally incarnating now? Feeling into the first chakra, feeling into all that grounding that is potential within your body, and the incredible expanse of energies that exist everywhere upon the Earth, because it is actually within the Earth, those energies in tune with you. How does your body want to be supported by those Earth energies perfectly aligned with your body, perfectly aligned with your soul's journey in this moment? And as these move through your feet, calves, knees your thighs and into your low body, those energies not in tune with you have permission to move onto wherever they need to go to. There is no right, no wrong.

And just allowing that first chakra, and what ever else is related within the pelvic area, to reflect how your body wants to be supported by the Earth, and how your soul steps through and embraces your low body. And gently releasing all the other patterns. Patterns perhaps that you yourself or that others have accidentally placed into your body, thinking 'Oh, it should look like this textbook', or 'according to this teacher it should be this color'. Just let all that go! Allow your soul right now to step through and embrace your body – your testicles, your ovaries, your pelvis, your first chakra – just embracing you, however is appropriate now. How does your Soul relate to your body? How does your body relate to your Soul? Whatever color, images, or symbols you get is what you get. If you repeat this tomorrow you will probably get something slightly different. This is a process of honoring our ongoing learning, our ongoing experience living life, and changing.

So right here, in this moment, how does your first chakra, pelvic region, ovaries and testicles, how does your body want to be supported by your soul right now, that is legally incarnating, that is choosing to incarnate in your body? Giving permission to release both in front and behind, from the tailbone and hipbones, from the energies that create the joints of the hip, releasing everything that isn't in this time to its own time...back to the past or to wherever it belongs.

Releasing energies that pertain to other people in your life, on to wherever the energies need to go to. Don't send them exactly to a person. Better, send them to that person's Guardian Angel. (Or simply onto whose ever Guardian Angel they know they belong to – that way you need not know or be certain whom the energies belong to, and yet you can still release them onto their own journey.) This makes it easier for you to release the energies, because you are not going to hurt anybody. You are just going to let their patterns, beliefs, and energies, go

to their Guardian Angel. And as that happens, you create more space for who you are, for your soul legally incarnate, to step through into your physical body. As the Soul steps through the body, then every single cell of the body generates a quality of energy that truly matches your Soul's journey right now, and truly matches your body's journey, right now, with your Soul supporting it.

Continuing to allow those energies generated out of the lowest of the chakras, out of root chakra, first chakra, out of pelvis, out of ovaries or testicles...allowing that quality of energy that reflects your Soul embracing into your body right now to continue to generate what is appropriate, and bring up into your awareness what is ready to be released.

This quality of healing will continue to happen for several days. That is because it is not limited by being connected to any other source of energy, except your own body and your own Soul. This is not a type of healing where I am doing anything. I am merely providing a point of focus. Your guide and angels (are present and working with you because of) your ability to sit quietly, your ability to sense and notice what is happening, your ability to sense your body and your Soul...that is what makes it work!

And so just bringing awareness up a little bit more, to 2nd chakra, and asking 2nd chakra, where is that quality of ease and comfort that is appropriate now? And it is OK if you are suddenly noticing heaviness, difficulty breathing, or some sort of catch or glitch (in your body, especially throat/chest area). This is a huge pattern that we are all holding (and clearing) together. What really is comfortable? What really is easy?

6 Money, Ease and Comfort (How what you own may be costing you your life force)

I was thinking the other day about how hard it must be to have huge wealth. That size of wealth where you have responsibilities for multitudes of different businesses, and own homes in different countries and hire people to supervise the staff who tend to all the homes. I have been in mansions. I have been in some of those huge humungous crazy insane buildings that some people refer to as million dollar homes. And you know what? People don't live in the whole house. They always live in a private section. They always have what is about half of the size of a regular middle class home's kitchen in their private quarters. It's more than a kitchenette, but not by much. They have just enough in their private part of the house...a bedroom, a sitting room, a big TV, a piano, the kitchenette and a bathroom. The rest of the house is for show. They walk through it to get to a car or the pool. Or hold a meeting. And I was thinking how truly reflective this is of human nature.

In US culture we are taught (by watching the behavior of those around us) that we should have a drive to accumulate lots of money and houses and 'stuff'. And

yet ultimately our bodies have to engage with the physical space around us. And it depletes us, actually, to try to live in a space that is too large for us, or has too much stuff in it.

If you have a large house you typically prioritize caring for the space you use personally on a daily basis and have housekeepers, personal assistants and others to tend to the less private spaces around you. It is a very sobering and wise moment when you realize that you cannot put your personal etheric energy field into more than a certain amount of physical space, physical objects, or mundane daily tasks. You need other humans to do it on your behalf. And I was thinking about the difficulty that this (having lots of money, homes and stuff) can bring, and also the ease it can bring. Some people are wired (energetically and psychically) to be able to connect to a large number of people through a small number of people. They naturally build a hedge or inner circle around themselves. For them, owning and overseeing businesses in a conscious manner is comfortable. They honor and listen to honest feedback from their inner circle. They engage with their trusted inner circle, whether it is their housekeeper or their lawyer. For many people, they imagine that they can do it all themselves. For some people, this style of trusting in honest support from others feels somehow wrong. It is as if they are cheating by not doing it all themselves. But striving to be bigger, in a way, than what your personal wiring is built to be, can itself be an issue that draws you away from living in comfort.

And it can be an issue in the Navel Chakra. The reason I am bringing this up is to tag those beliefs that somehow you should be different, be more, be greater than who you are and how you are now. And instead really look at what you are good at doing. Where is your mastery? What, no matter how normal or insignificant it seems, are you great at doing? And chances are, it's not going to be something that you see anyone else externally doing...at least not in the same way that you are doing it.

And yes, you have absolute permission to make all the money you want, to have all the stuff you want, and to have all the homes you want. You have permission to have exactly what feels comfortable for you! When I tune into this quality of energy for myself, I feel a warmth in my Navel Chakra and in my feet. I feel how supported I am by the Earth and energies that support my body from within the Earth. I experience a fulfilling quality of ease and comfort, and whatever that looks like externally, I am fine with.

It is enough. You are enough.

Rather than trying to push my personal energy to create physical form out of a linear thought process, I am tuning into my Navel Chakra and encouraging you to do the same. What does your Navel Chakra want to feel like? What is the quality of ease and flow that your Soul has in mind, right in this moment, for your physical body?

Sometimes having a backpack and trekking through Europe is exactly what the Soul wants the body to be doing. Sometimes living in a city is exactly what the Soul wants the body to be experiencing. Sometimes being quiet and contemplative is exactly how the Soul wants the body to be. There is no right or wrong. The question is 'what is the quality of energy that feels amazingly easy, flowing and comfortable in the Navel Chakra for yourself'? When you tune into that, whatever the form is that fits for you in this moment will be naturally drawn to you.

Notice how your Navel Chakra and the space behind your lower back (the backside of that same Navel Chakra) feel right now. I find a lot of pushy guides from other people sit near our lower back and are partially intertwined with the back side of both our Navel and 2nd Chakras.

Let's release some these now. Ask if what you notice reflects your legally incarnating Soul and your body now. Yes, you can talk to your Soul and body! By doing so you give permission for the causal energies, including out-of-time and out-of-tune guides and angels to release from your space. It is their presence that causes the heaviness, the static and other energies that you feel physically impacting you. The beliefs, the thoughts and the images that you have to *do* something, or that you have to *have* something in order to be good enough are also a result of their presence. All can be offered gratitude for teaching us something. And in offering gratitude, it is released.

You are enough. It is enough.

This is part of why we are dealing with narcissism right now. It is time for us collectively to notice how easily we are drawn to bright shiny pictures of fame, wealth and fortune that aren't how our Soul desires for our body to experience our life. What is comfortable for you? How much ease and comfort does your Soul want your body have in life now?

It is enough. You are enough.

7 How a Narcissist Blinds Your Own Intuition, Keeping You from Knowing Your Own Truth

Narcissists send us big shiny psychic pictures and they plant them energetically in our Third Eye (the front side of our 6th chakra) in our forehead. These pictures tend to overwhelm our own intuitive abilities and blind us to our own guides and angels. The energies within pictures sent by a narcissist tell us that if we don't have whatever this big bright shiny object is – fame, wealth, power, prestige, adoration, etc – then clearly we are not good enough. Therefore we have to listen to the narcissist, because he has these things. This is very effective. Most of us were taught by American society as children that how much money, fame and

'stuff' we have is how good we are. We have learned to worship 'stuff' over ourselves. A narcissist insists that 'you have to listen to me, you have to worship me!' because it draws obedience out of people who fear losing, or never having enough 'stuff'.

We are identifying and letting go of these psychic pictures, sent to us throughout our lifetime by many narcissists. We are able to permanently release them, and their impact on us, by reconfiguring our Navel and 2nd chakras to tune to what our body and our Soul desire now.

Your body, and your soul legally incarnating right now, are reflections of lifetimes upon lifetimes of planning. And in this lifetime your soul, your body, and all the patterns within 2nd chakra reflect what your soul and body decided to work with in this lifetime. It is very possible that some of these patterns will have additional patterns connected to them. And some of these patterns you have already processed. You have already gotten most of the 'ah-ha' and this is just a moment to allow your legally incarnating soul to step through both navel chakra and 2nd chakra. And allow your body to generate the energies it really wants to generate, so that what isn't you becomes more clear. Any heavy or static sensations, sometimes loopy thoughts; all these things be indeed be released.. What serves your soul's journey now? Not what serves your personality's journey now...What serves your soul's journey now? How does your body want to be supported by your soul right now? Where is that quality of ease, and flow and comfort that your body and soul want now?

8 MEDITATIVE SONG: Creating Comfort

What quality of ease, flow and comfort do your body and Soul want you to experience right now?

9 Releasing and Clearing Upper Body

And allowing any related energies or patterns to release out of your torso, out of your 3rd chakra and diaphragm, out of heart and thymus gland, out of your shoulders and neck...out of the thyroid gland (the 5th chakra), all of the manifestation energies in the 5th chakra can gently, easily, smoothly reflect your Soul's journey now into your physical body now. And releasing as well those energies out of pituitary gland and 6th chakra that are ready to be released. And releasing, finally, out of pineal gland (7th chakra) those guides, angels and energies whose tasks are complete. Whether they recognize that they are no longer in tune with you, or that their job is done, we thank and release them. This makes lots more room for all those guides and angels truly in tune with you now. The more elbow room we create by releasing, the more the guides and angels in tune with us right now can more easily prompt us, whisper to us, connect with us, and guide us

10 Releasing Sacred Space (Archangel Michael and Nature)

Thanking any additional energies that have come in, especially allowing that aspect of Archangel Michael that has been sitting with each person, to offer one symbol, one image, one word. What one thing would be useful to know right now? Allow yourself to thank Archangel Michael, as well as any other guides and angels, for their presence during this meditation. Allowing them to step back into the relationship of however they connect to you, in your waking state, now. And we thank and release any additional conscious connections to Archangel Michael from the heavenly realms (the upper dimensions). Thanking and releasing any connection to Archangel Michael's energies from second dimension or first dimension. Or within other areas or dimensions outside of our human knowing.

Thanking and releasing as well that Pure Energy of Nature that has been holding the upper portion of the sphere. Letting it clear and cleanse anything relating to the meditation itself. Then thank and release this wonderful warm smooth flowing energy from your magnified conscious connection to it, and from holding its portion of the sphere around your room.

The Nature Spirits of the room itself, wonderful Nature Spirits vibrating and their level of unconditional love, letting them cleanse and clear themselves from this meditation; cleanse and clear the room, the sphere and yourself from the meditation. Those energies that they can help to escort elsewhere they will do that now. And we release them from holding the sphere and release our conscious magnified connection to them. Finally in the land beneath your room, the Nature Spirits at their level of unconditional love, those Nature Spirits we welcome them to clear the land beneath the room, and the lower portion of the sphere, and themselves of energies that relate to the meditation. We thank and release our conscious magnified connection to them, and release them from holding the lower portion of the sphere.

And finally I want to thank and release my own conscious connection to all of you, and to your guides your angels and your energies. I thank each of you for joining in this meditation. Because as each of you have joined in the meditation, the perspective that your soul, legally incarnating is here to learn about, and all the guides and angels supporting that particular perspective, have been available. And as I have spoken perhaps sometimes the words seem to hit home, and other times they seemed to be less relevant. That is OK. I trust that your body and soul have translated the energies behind the words into whatever is of service to you now.

And with that in mind, I release my conscious connection to each of you, and to any additional guides, angels and energies.

Namaste

11 Conclusion

Feel free to drop me an email. You are probably already on my email newsletter list, but if not you can email me office@healingchants.com or go to the website www.healingchants.com and sign up for the newsletter.

My best to each of you. May you have a wonderful day or evening. And allow the healing energies to continue to move through you over the next few days in whatever way best serves the journey of your soul and body now.