

Transcription
June 2020
Calming Chaos
Sacred Songs and Spoken Insights
(improvised in the moment)

from sound shaman Norma Gentile
with Archangel Michael, Mary and the Hathor Atamira
www.HealingChants.com

Welcome, I am Norma Gentile, and you are listening to 'Calming Chaos'. This meditation includes Sacred Songs and spoken insights from my guides and angels; Archangel Michael, Mary, and the Hathor who calls herself Atamira. If you haven't done so already, find a place where you can lie down and be undisturbed for the duration of the meditation.

CREATING SACRED SPACE

We begin by invoking the Nature Spirits of the space around you to step forward and create a container, a sphere around you. Then we will welcome Archangel Michael, the aspect of Michael already connected to you. If Michael doesn't resonate to you, just focus on whatever guide or angel does, or your Higher Self.

To start, we welcome the Nature Spirits of the room you are in to step forward. Those Nature Spirits that vibrate at what they consider to be their level of unconditional love. This means it goes beyond your concept of unconditional love and my concept of unconditional love. Let those Nature Spirits vibrating at what they consider to be their level of unconditional love of the room you are in step forward into your awareness.

Do the same for the Nature Spirits in the land directly beneath the room. Welcome the Nature Spirits that vibrate at what they themselves consider to be unconditional love to step forward.

Then welcoming the Pure Energy of Nature. This is a grandmother energy. It is a quality of energy that is smooth, warm and flowing. It is nurturing and soothing to our body. The Nature Spirits call it 'grandmother'. It's a quality of energy that we have all stepped from, and yet retain a bit of our original connection to it.

Now, letting these energies of the Nature Spirits in the room, the land beneath, and the Pure Energy of Nature form a sphere all around the space you are in. Allow your body to come to rest in their unconditional love for a moment.

Turning now to welcome Archangel Michael. Welcoming that aspect of Archangel Michael or guidance that fits you right now. Michael's energy is very clear, and helps other energies move to their homes. That is why I invoke Michael.

You may know Archangel Michael's energy by another name. For now, allowing Michael's energy to build in your awareness and then move down into the 2nd and 1st dimension, as if moving down into the Earth. Then Michael's energy can move up through the upper or Heavenly dimensions, moving through our Sun and even through Central Sun, anchoring beyond the polarized reality we live in.

This means that Michael's energy is anchored deep within the most fundamental quality of energy that supports our Earth and our physical form, and then moves up and outside of our reality, beyond what we consider to be 'right' or 'wrong'.

WHY I INVOKE EARTH BEFORE HEAVEN

Because we are in human form (and living within polarity) I say up or down, referring to lower or upper dimensions when I invoke Sacred Space. What I am referring to is a shift in consciousness. It doesn't really mean anything. Because I feel things kinesthetically, (and many of you probably do too), when I think about Archangel Michael going down into 2nd and 1st dimension there is a density. But there is also a sense of flow and motion. The energy doesn't get stuck, and yet there is a solidity to it. When Archangel Michael's energy goes up, moving into and through the upper or Heavenly dimensions, it feels like a quicker flow of energy.

Over the years I have found that the more time I spend feeling, sensing and letting my body observe and recognize Archangel Michael's energy in the lower 1st dimension, with its solid quality of kinesthetic feedback, then it is as if Michael's energy just pops up into the Heavenly or upper dimensions effortlessly.

When I was first doing this, I was constantly trying to go up, connecting with Archangel Michael in only the upper dimensions, because that is what I was taught. And it just didn't work! The idea I finally recognized was to go down and then go up. Just try standing up without putting your feet solidly down on the ground and pushing off of the floor first! It can't be done. We are built to go down in order to go up.

So as we do this concert this evening, just let yourself come and go from whatever trance or meditation state you want to enter into.

BEGINNING THE MEDITATION WITH MUSIC

I am going to start with an improvisation. This particular improvisation works between E minor and D major. The idea being that the major chord is something we are all used to. It's the quality of happy and flowing with things moving along the way they usually do...and juxtaposing it with the minor chord, representing the challenge; something that qualitatively stands as distinct from the normal.

SONG 1 (voice and piano)
The Challenge
Growing Beyond Who We Were

SONG 2 (voice and Singing Bowl)
Creator, Draw Compassion from Us
Kyrie means Creator
Eleison means Compassion

HEALING AND CHOOSING YOUR PATH

Any part of healing must start with recognizing that there is a wound. When we begin to recognize what is not in balance, then we have an opportunity to do something about it. As long as we are saying 'no, no it's fine' or 'no, I don't think that is true', we can't really do anything about it. But the moment we see something we can do something about it.

One of the things that I most note is how tepidness is often the façade of covering over something that isn't really 'in tune'. And so, instead of being clear and passionate about what is going on, we become a little vacant, a little tepid. 'Oh well, that's fine... Oh well, you know whatever... Oh, just bless them, that's fine.'

The reality is that inside we are not OK with it. We can feel the part of us that is not OK with us feeling something is amiss, and we ourselves are judging our innate sense of something being amiss as being wrong. That we shouldn't have bad feelings or a bad sensation about what is happening.

And I think we are almost to the point now where we can say that this behavior isn't accurate. It is OK to not like something. It is absolutely OK.

Years ago my guides talked about the difference between traditional Heart Chakra (being a function of how our Soul enters our body, and the Soul's expression through our body, which is unconditional love for everyone everywhere), versus our High Heart Chakra, based in our thymus gland.

The High Heart or Thymus gland chakra is very different from our Traditional Heart chakra. The thymus gland chakra takes all the unconditional love that rises up from our Traditional Heart chakra. (The thymus gland, by the way, is a big part of our immune system.) This unconditional love fills our thymus gland. And what does our thymus gland do with it? It says 'wow, I really don't like that!' In fact, it says 'I don't like a lot of things'. It says 'no' a lot.

The thymus gland acts like a prism. All the clear light of unconditional love that has risen up is played out by the prism into colors. The thymus gland then consults with our Soul and asks 'what one, two or three things do we need to be

doing right now in life? What skill sets do we need? What interests do we need?
Who do we need to be with now? What do we need to learn right now?

And that thymus gland chooses pink and blue and purple, or green and yellow and red, or a little fuchsia and a little amber and a little of something else. It chooses those things for us to focus on in any and every point in our life. Thus it is OK for everything else to be a 'no'. It is appropriate for everything else to hit us as 'I don't know', or 'I don't like that', or 'I am not really interested in that.'

There is a huge difference between being tepid or vacant towards something and feeling a negative towards it.

And there is a huge difference between feeling tepid or vacuous towards something (a comment someone makes or a situation) and feeling neutral towards it.

Right now we are learning to discern the difference between being vacant, disconnected and tepid, and simply being neutral.

Being neutral means we have run it past our thymus gland, and our Soul, and we simply look at it and know 'this is not mine to engage with right now'. I honor that it may be uncomfortable for us not to engage with it (due to pressure from others to judge it, fight it or fix it), and that it may be causing us or others discomfort. But in this part of our conscious awakening we are learning to let be what is not ours to engage with directly.

This is different from being vacant, tepid or vacuous towards it. It is really looking at it, observing it, recognizing it for what it is, and saying 'OK, that is going on too. But my Soul's journey is here, not there...my journey is moving in a different direction.'

More and more as we look at all the things going on in the world, a big piece is learning to let pass by you all those things that are not yours to engage with, while trusting that there is plenty that is yours to engage with. And in the right time and the right manner what is yours to engage with will show up.

Let's have a song for this....

SONG 3 (voice and piano)
New Wonder
Beholding Opportunities

SONG 4 (voice and singing bowl)
All is Sacred Seculorum
Created by Humans and God, All is Sacred

THE SOUL SEEKS EXPERIENCES, BOTH PLEASANT AND OF DISCOMFORT
Honoring all that is around us. Whether we like it or not, everything has the ability to move us forward into a new realization of others and ourselves. We clearly did not incarnate in order to be perfect! We incarnated because the perfection of the Soul was ready to experience something more. And that experience is often driven by discomfort. The deeper the Soul moves into discomfort, the deeper the Soul can move into pleasure.

SONG 5 (voice overtones and singing bowl)
Resonance With All

SONG 6 (voice alone)
O Rubor Sanguinis

SONG 6 (piano)
Interlude

SONG 7 (voice and piano)
Going Home

Drawing this meditation to a conclusion, I want to thank all those guides and angels that have sat with each of us. More often than not, this type of energy work continues on for many days. And insights and experiences may arise, both pleasant and unpleasant. Just remember, your path, and your Soul's path, is probably limited to only a part of what you are noticing. Feel free to simply allow some of what occurs to pass by, and allow other things to sink in more deeply, naturally bringing up your aspect of whatever you are noticing.

This song, which is in Latin, in part translates as:
May those angels who work with God
See God, in each other's Eyes.

SONG 8 (voice and singing bowl)
O Factura Dei (improvisation)

MOVING OUT OF SACRED SPACE

And just as we entered into Sacred Space we exit from Sacred Space, with the same attention and gratitude, knowing that whatever insights there might be can come now or in a bit, letting our bodies process the energies in whatever time is appropriate.

Releasing Archangel Michael or whatever guides came to you, knowing you can reconnect in meditation or Dream State. Releasing the magnified conscious connection to Archangel Michael in the upper and lower dimensions.

Just as we are unique, our connection is equally unique.

Turning our attention to the sphere all around the room. That beautiful sphere around the room held by unconditional love. Releasing the Pure Energy of Nature, the Nature Spirits of the room and the land beneath. Each clears what they can from the meditation, and then releases their role from holding the sphere. We release our conscious connection to each of them, and let them step back and into relationship with the room and you in whatever way their consciousness finds appropriate now.

I gently offer gratitude for each person who has been present during this meditation. Knowing that our connection continues, but right now it continues in a different way than what it has been during this past hour.

My gratitude to each of you for participating, and I shall see you again!

Thank you for joining me in this journey into and through the Chaotic Node of this moment. For additional information, see my website HealingChants.com There you can find more music, online video courses, more podcast meditations, and of course information about my private healing sessions. If you are in a position to do so, please consider purchasing my music or an online course, or making a donation for the healing that was offered through this meditation. Donations can be made to office@healingchants.com.

Thank you.
Many blessings to you,
Namaste

-Norma Gentile