

June 3, 2019 Meditation Transcript

Bringing Wholeness to Your Body

A new moon healing meditation

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If you haven't done so already, go ahead and make yourself comfortable. Put your feet up, lie down, close your eyes...do whatever you need to do so that you can move easily into a state of meditation. As I was getting ready for this meditation I started thinking about what to cover, what to talk about, what to share...and one of the things that struck me was the need to meet violent adversity in our outer world not with more adversity, but rather with a sense of warm heartedness.

Not the kind of warm heartedness that allows us to be stabbed by the violent adversity, but rather a warm heartedness that allows us to see beyond the violence, see beyond the adversity, and come to a point of compassion in understanding the pain that another might be feeling.

I find, for myself, this is really only possible when I feel whole and content within myself. The less balanced I feel, the more I am apt to meet someone else's adversity and violent temper with a pushback energetically of my own. So if someone is not in a good mood I am apt to meet that 'not good mood' if I am not in a good mood. Basic common sense!

So for today, I am just aware that as we move into the season of summer here in the Northern Hemisphere the sun is coming up earlier and earlier and I am getting woken up (even though I don't need to get up) earlier and earlier by those bright sunbeams. While they are absolutely wonderful they are also reminding me of how outbound our US and Canadian and European cultures tend to be. As long as there is light and sun, our cultures have a sense of go-go-go-go [throughout the day.]

And that to me is a big piece of why we are having so much violence in our society. And I am speaking here as a US citizen. That there is so a great amount of short temperedness, I believe because we simply have lost the ability to nourish ourselves in a way that helps us find our own center.

So just as I feel more easily pulled into an argument when I am not fully centered, I feel like it has just become the norm now, that people just don't feel in their bodies, they don't feel their navel, they don't feel their feet. If you ask someone where their little toe is on their left foot they look down to find it. They don't just know where it is and wiggle it.

So that sense that we have lost our ability to kinesthetically sense our bodies, tells me, tells me we have lost our ability to know when we are in danger and when we are not in danger. Our inability to easily and simply feel our bodies and feel the space around our bodies, has meant that when we meet any amount of adversity, we instantly go into guarding mode, or fighting mode, or freezing mode. We don't go into a questioning mode.

So as we feel a sense of adversity of any sort around us, the more we are inside of our body, the more we can find our navel and find that little toe on the left foot, the easier it becomes for us to go into that question, that wondering mode, that sense of pausing when we meet adversity, and wondering what is behind it? What else is going on? What is happening with this person, this group, or this situation?

Today we are going to look at our navel chakra. I have always talked about meditation as being 'navel gazing', so that is what we are going to do. We are going to look at the navel, grounding, and most of all we are going to look at how each of us has wiring, some of it awakening in a new way, to help our bodies nourish ourselves from Spiritual Energies; energies within the Earth and even energies within the Sun.

These energies are the backbone, my guides tell me, of our life force. We talk about Spiritual Energies and Healing Energies. These energies are both. These are energies that are equivalent to the life force within the Earth, the life force within the Sun, and the life-force all around [Creation].

Our bodies, each of us, have unique wirings and ways to plug into these energies, and ways to *interpret* these energies, so that our bodies can use them for physical healing, mental clarity, and emotional stability.

As you are lying and listening to me, you may have already noticed something starting to happen. I want to simply honor that this is a Sacred Space and continue this process by creating a conscious magnified connection with Nature and with the version of Archangel Michael (whose energy you might know by a different name) and again making these connections in a conscious magnified manner. At the end of the meditation we will be releasing these connections.

For right now, just feel the space around you, and let's together welcome the Nature Spirits of the space that you are in. Those that vibrate at what they themselves consider to be their level of unconditional love. And the Nature Spirits directly beneath the space you are in – not the whole house, just the room or the space – those Nature Spirits in the land beneath you, again those that vibrate at what they consider to be their level of unconditional love, just welcoming them to step forward.

And then what I call the Pure Energy of Nature. This is the Grandmother Energy. This is a quality of energy that the Nature Spirits refer to as Grandmother that our bodies know as where we come from. It is an energy that Gaia, the Soul within the Earth, used to create the Earth. It is the Grandmother energy; it is the life-force energy of all form.

Letting the Pure Energy of Nature join with the Nature Spirits of the room and the Nature Spirits of the land beneath, again those vibrating at their level of unconditional love, to form a sphere all around the room or the space you are in right now. And allowing the sphere to reflect the unconditional love of Nature. Don't limit it to what you understand as unconditional love. Ask Nature what its concept of unconditional love is right now. What more are you ready to understand as unconditional love, now?

And just let the sphere show you that. Let your body feel that unconditional love of Nature.

And then into this let's welcome Archangel Michael. That aspect of Michael present, supporting, right now. Michael is such a large energy that no one person can fully connect to the Archangel. But each of us has a bit of a connection, and I feel like it changes from time to time. So what is the part of Archangel Michael's energy that connects to you right now? For what we are doing right now, today?

Letting that aspect of Archangel Michael step forward a little bit into your awareness. And then gently welcoming a conscious magnified connection with Archangel Michael, in 2nd dimension and 1st dimension. Which is a fancy way of saying the vibrational qualities of energies that are a little denser. Sometimes it feels like an upside down pyramid moving from the floor of the room down into the Earth. Michael exists in all the different dimensions. By first tuning into the lower dimensions, or just the vibrations that are a little thicker, a little coarser, we are then able to open our awareness even more fully into how Michael connects with us in the Heavenly dimensions.

So again, just allowing Michael's energies to move from third to second to first dimension, just like that upside down pyramid. And Michael's [energy] also anchors itself within first dimension, within the Pure Energy of Nature.

That Pure Energy of Nature, the Grandmother consciousness from which we all come, is made up of a drop of each of our consciousnesses. Everything in form – plants, trees, stones, planets, stars, us, our pets – everything has a drop of its essence within the Pure Energy of Nature. And that IS what the Pure Energy of Nature is. It is the ocean that contains all of our consciousnesses. So too Archangel Michael, other guides and angels...everything is contained within the Pure Energy of Nature.

So as we allow ourselves to connect into Archangel Michael in the lower dimensions, ultimately, we are awakening the awareness within us, of how Archangel Michael exists within the Pure Energy of Nature, which allows our soul and body to feel how we connect more fully to the Pure Energy of Nature.

And from here, allowing ourselves to also feel Michael in the upper dimensions. Michael moving through the heavenly dimensions and anchoring beyond right and wrong, beyond whatever we as humans think of as heaven. The nice thing about Michael's energies, [is that] Michael's energy creates an elevator shaft, or tube. When you see pictures or sculptures of Archangel Michael you often see a sword. For me, that sword is one of dividing; allowing things to go where they need to go.

Discernment.

The sword is a tool of discernment. It allows things to move wherever the consciousness within that thing would want it to move. And the elevator shaft, the energetic elevator shaft there in the room, is the way that things move to where they need to move. So I don't need to do anything. You don't need to do anything. Our job as humans is to recognize that we have collected a little bit of things along the way....we may have a little bit of dust, a little bit of energetic extras....Archangel Michael allows whatever it is that we are carrying to go home.

Whatever it is can go through this wonderful elevator shaft of energies that Michael is forming because this elevator shaft moves through all the dimensions. So I don't have to do anything, and you don't have to do anything. We are just taking a moment to allow that elevator shaft to be very present. And allowing, again, Archangel Michael to anchor all the way into the Pure Energy of Nature, as well as all the way up beyond right and wrong, beyond polarity, outside of what we think of as Heaven as humans.

We were speaking earlier about how we feel a sense of needing to push or fight back when we meet adversity, when we are not fully embodied and inside of ourselves. Another thing I notice is a sense of constantly feeling a little raw, constantly feeling a little annoyed, constantly feeling harried, pushed for time...all these things to me are part of this bigger picture of simply not having enough. And I was thinking about what it feels like after a good meditation to have enough. On those days where there is lots of time and focus to simply meditate, to simply be present. To listen all the way through to a CD of music you love, to watch a movie uninterrupted, to have a wonderful meal with a friend without interruption.

That sense of going from the beginning to a complete end is something that I think we really seldom allow ourselves to have. And I wanted to spend extra time today really working with the Pure Energy of Nature and Archangel Michael,

because for me the connection to these two energies allow for something different to happen. It allows us to shift our priorities.

When our priority is playing whack-a-mole with every single text or notification from FaceBook or whatever else might happen, we never really get to the serious stuff. We never really settle. So allowing ourselves this time in meditation to settle means we can also become aware of things in ourselves and around ourselves that are unsettling. Things that perhaps we have been avoiding, and that's why we have been playing whack-a-mole and just constantly been distracted by things.

If you feel yourself feeling a little annoyed that we aren't moving faster or that there isn't more 'brain candy' information, or maybe a leg is twitching or something is feeling a little itchy or full of static or whatever....ask if it is really yours.

Those of you that have worked with me know that by asking a question of a sensation, a mental state, loopy thoughts, emotions, physical sensations...asking the question 'wait, are you really MINE?' gives it permission to really feel if it is really in tune with you fully or not. And, gives you permission to let go of it.

Things that are in tune with you will be perfectly in tune. Even issues that are uncomfortable [such as] life issues as long as it is part of our Soul's Journey, we will feel comfortable with it. We may not like it! But there will be a sense of comfort. There won't be a sense of it pushing or shoving or making us twitch or feel heavy or funky. Again we don't have to like it, but it won't feel impactful in the same way that energies that are not in tune with us tend to impact us.

So I am just looking in general behind the Heart Chakra. And there actually two heart chakras. There is the Traditional Heart Chakra, which I think of as the lower heart chakra, only because of where it is located physically in the body. Then there is what is called the High Heart Chakra located at the thymus gland, a few inches above the Traditional Heart Chakra.

Traditional Heart Chakra as well as Thymus gland Heart Chakra both tend to contain groups of guides and angels that work with us. One way of thinking about that is to feel the space behind your back. If you [bring your awareness to] a few inches outside of your body...for some people it is right where their skin is right behind their back, for others can be as far as 6, 8 or 10 inches behind them. There will be spaces tend to collect.

Ideally these guides and angels

1. reflect who you are right now
2. reflect your Soul's journey
- 3 and therefore reflect the issues you are dealing with right here and right now.

But we can also collect them!

We can have guides and angels from last year, the year before, or from a hard time in our life decades ago...and even from childhood. The more we have collected, the harder it is for the guides and angels in current time to get information through to us.

So one thing that is wonderful to start with, is to simply feel that space behind the Thymus Gland and behind Traditional Heart Chakra. And if you are wondering where the Thymus Gland is, if you pull your fingers down on the breastbone from where your neck and shoulders meet, you will feel a place, a couple inches underneath that notch in the very top of the breast bone, right beneath your neck. Pull your fingers downward on the breastbone, and you will feel a place where the breastbone sticks out a little bit. That is where your thymus gland is, which creates the High Heart Chakra.

So just start by feeling where that High Heart Chakra is for yourself, whether you put your fingers on it or you just can feel it now. Feel into that space behind you that we identified earlier where the guides and angels tend to sit, near your skin or a couple inches out, or 8 or 10 inches out. Allowing yourself to scan that area and feel that area of space behind you, outside of your body. Are all the guides and angels present really in tune with your body right now? Anybody who said 'no' go can through Archangel Michael to go home. And ask again; are all those guides and angels behind truly in tune with your body right in this moment of current time right now?

Guides and angels can go to whatever time frame they belong to. They can go to wherever their consciousness would take them now. And as well, just asking that space behind thymus gland again, are all those guides and angels in service to the portion of your Soul that is legally incarnating into your body right now? In other words, are all those guides and angels in service to the journey that your Soul is on at this point in time, right here and now?

And again, just releasing those that are recognizing they are not completely in tune with you, and letting them step to wherever they need to be now.

This allows the guides and angels that are perfectly in tune with you right now to be present with you right now. This allows you to hear them more clearly, and to feel them supporting you more easily. And looking down just a little bit into Traditional Heart Chakra, and repeating some of this clearing pattern. It will be slightly different, but similar.

Feel that space behind Traditional Heart Chakra. Feeling that space at the skin and then a few inches behind you...4 inches, 6, 8, 10 inches behind you. Thanking and releasing all those guides and angels that recognize they are simply not in tune with your body. Maybe they even came from other people.

Maybe those people are alive, maybe they have passed, it doesn't matter. Our Guardian Angel tends to stay with us, whether we are alive or have passed.

So again, allow any guides or angels that don't belong to you, and again this is a generic idea, allow those guides and angels not belonging to your body to go to the Guardian Angel of whomever they might belong to. And you don't need to know [who they belong to]; it is just an allowing [them to leave].

Feeling that space behind Traditional Heart Chakra again, and this time welcoming the guides and angels that are not exactly in this time period to recognize that they are not exactly in this time period. Inviting all the guides and angels behind your Traditional Heart Chakra to tune in. Are they really in current time, right now, with your body as it is, right now? And those that recognize that they are not really in tune can also go through Archangel Michael to go to wherever they need to go to, and they can go [through Michael] to go to the time frame they need to go to as well.

And finally tuning in again to that space behind Traditional Heart Chakra. Are all those guides and angels in tune right now, with the journey your Soul is on, right now in this very moment? If not, those guides and angels can go through Archangel Michael to go home or go onto wherever they need to be so that they can complete their service, and be upon their own evolutionary journey.

Sometimes we end up with energetic cords and connections. Oftentimes these cords and connections symbolize contracts or agreements we might have with another person's Soul. They might symbolize beliefs that we have about needing to care for someone, or someone's belief that they need to care for us, and we said 'OK, that is fine'.

Some of these contracts and agreements are very clean. They really are Soul-to-Soul contracts and agreements. Other times, they are more personality-based agreements. The cords, if you are a visual person, may look different to you. If you feel things, the cords that are based on personalities tend to get out of tune with us faster. We tend to outgrow them. They become heavy, they seem to pull or tug on us, or we might feel uncomfortable in a certain place in our body. Oftentimes that means there is a cord of energy, an agreement we have with someone (or with a situation or with a group of people). And we have outgrown it.

The nice thing about this is we can let go of our belief, which is our side of the agreement. We can therefore allow the cord to simply diminish. The other person can continue to hold it, or they might let it go too. We are always working on our end of a cord. For myself I find this more powerful than thinking of 'cutting' a cord, because I don't have the right to change someone else's Soul's Journey. I can only change MY Soul's Journey. I can only make changes for myself.

As you or I come to an awareness of a situation that is no longer suitable for us, the cords in certain parts of our body will become more and more activated, meaning they are not in tune with us anymore. It is as if they begin to shake, or get heavy or thicker or pull a little bit more. Because the vibrational quality of your consciousness has shifted away from that. You are no longer in agreement with whatever that was. As you move farther and farther away the old cords simply don't serve you.

Here is an opportunity, whether it is behind your Heart Chakras or somewhere else in your body, to tune into what you are noticing. And those cords, which sometimes you visualize or sometimes they are just a sense of heaviness or static or not feeling right or a sense of a cloud or a sense of twinges or itchiness...or just something that is 'not you'.

And that is exactly how you notice things that 'aren't you'! They are simply in your awareness. Using the metaphor of the cord is just another way of explaining how energies within us relate to other people, and the importance of allowing ourselves to change, and letting other people move when they are ready. If they are ready.

So find that space behind your heart or wherever else you are noticing something. Ask:

Is this really a reflection of your Soul's journey now?
Is there anything more you need to know about it?
Is there any agreement that you are giving to this?
What allows your participation in this energetic consciousness is moving out of, but this part is still stuck in?

Sometimes the answers come very quickly. Other times they don't seem to come, but the energy might shift. If it intensifies it also means it's yours. If it releases and relaxes out, it is no longer yours.

If it intensifies it isn't in tune with you but it is still present. It is easy to think it is still yours when it intensifies. But in reality it is not yours. It is changing because it is not yours.

Allow whatever you notice to continue to move out. It can move to Archangel Michael. You can simply allow it to move to wherever the consciousness within it would let it move to. If you are visualizing it as a cord, it is just a matter of letting it dissolve. Especially with people who are very important in our lives – family, perhaps close friends, co-workers, even a boss sometimes – there may be karmic relationships developed in other lifetimes. In that case the personality-to-personality cord can be dismissed or simply dissolve, and it will reveal a Soul-to-Soul cord.

The Soul-to-Soul cords tend to not get out of time and tend to not get out of tune. They tend to be a foundational connection we have to other Souls. One of the easiest and clearest examples of Soul-to-Soul cords happens when someone dies. As we grieve, that grieving process dissolves the body-to-body and personality-to-personality cords. That allows the Soul-to-Soul cords to be revealed. As the Soul-to-Soul cords are revealed, we are able to sense the person on the Other Side. Or, we simply come to that point of acceptance with their death and passing. There is a peace that comes over us when the Soul-to-Soul cords with anyone are revealed.

Take a moment and tune in again to the Heart Chakras. We are also beginning to tune into the lower body. How, now, does your Soul's Journey want to engage with your low body?

Looking down into the Navel Chakra that we spoke of earlier. Here is that sense of Who We Are. That wonderful mix of personality, Soul, and body. The personality, in this case, being the result of the body and Soul coming together.

Allowing that Navel Chakra to be supported by your Soul right now. Your Soul's Journey right now is reflected in the very core of that Navel Chakra. All the other rift-raff, all the other things, and stuff and energies in there, don't need to be in there. The very core of your Navel Chakra reflects your Soul's Journey right in this moment of time. As long as we each have a physical body, we obey linear time (at least mostly).

Here at the Navel Chakra, right here right now in this moment; your Soul has a plan. Our personalities have no idea what that is most of the time! But the Soul has a plan. In the very core of the Navel Chakra that plan has a clear vibration and a clear quality. Where and how does your Soul, right now, what to engage with the core of your Navel Chakra, and likewise, how does the core of your Navel Chakra want to be engaged by your Soul right now?

In order for the core of the Navel Chakra to be fully engaged, your Soul needs to be present. If there is too much clutter, taking up space in the core of the Navel Chakra, the energy of the Soul has a very hard time generating more energy that is in tune with the Soul and the body. Our Soul is present in the core of the Navel Chakra. But it is like it is standing in the middle of basement totally packed with boxes that are 20, 30 and 40 years old.

Where to start?

That is where you come in.

You are the one who packed all those boxes and stuffed them in there. Not consciously of course. We all have things that happen, we don't know what to

do, and we put things [like issues] energetically in different places. And we will get back to it soon...yes, we will get back to it...soon. So all this clutter and kerfuffle are just old things that got packed away.

Experiences, sometimes just emotions, but usually just the experience as a whole will be stuffed in here. So a whole bunch of different memories and people experiences and moments may just flash for a second. Nothing will release that you aren't ready to release. Chances are a lot of these energies you have already processed, and this is a final release. Anything you need to have more insight about, you will have it. This process helps the boxes that need to be unpacked and looked at to be unpacked and looked at.

Continuing to tune in, and ask at the very core of the Navel Chakra, how does your Navel Chakra want to be supported by the portion of your Soul that is on its Journey right now? And as this opens up more and more, the Soul now has more space to generate the quality of energy that the body and Soul together want to generate here at the Navel Chakra. This is that sense that people talk about when they say 'the Fire in the Belly' or when they say 'owning your body' or 'owning your life'. Now you have space for that energy to be generated!

And, because you are generating it in this clean space, the energy you are generating is in tune with you right now. It is in tune with your body. It is in tune with your Soul. It is in tune with your Soul's Journey right now.

Allowing whatever space within the core of the Navel Chakra, whatever space there is, that the Soul legally incarnating can step through and engage with the body. Allowing that to happen. Honoring that over time more boxes will be opened, unpacked, and moved out. There will be a greater and greater amount of space in the very core of the Navel Chakra for more energies to be generated. Start with whatever amount of space you feel is present. Notice the quality of stillness. There might be a little bit of a sense of spinning in there, or a little bit of a sense of flow. You might be able to begin to feel a connection between the heart and the navel. And from there you may also begin to feel something happening in your feet, something happening in your grounding, something happening in your first chakra.

Just breathe gently into your low back. Imagine all of the many many many many chakras on the bottom of your feet. Those of you familiar with Reflexology and similar things know that every single bit of our body is reflected in many other places in our body. Our feet reflect our entire body. The big toe is the head, and the heels reflect the pelvic region, hips...and everything in-between.

I am imagining all the chakras relating to all the all the different organs, all the different parts of the body...all this multitude of chakras on the bottom of the feet. And how these chakras want to release any cloggy energies, or anything

that is getting in their way. Allowing all the feet chakras to release whatever they are ready to release.

Anytime you have been nervous and trying to ground, oftentimes Nature Spirits relating to the floor, the linoleum, the carpet, or even the grass or stones of a sacred place...those Nature Spirits will jump into our feet chakras to help us ground.

Now is a wonderful opportunity to let our feet chakras open, to thank and release Nature Spirits from a garden, from a sacred space, from a workspace, from a floor we've stood on, from anyplace where we were nervous and trying to ground...and they helped us! Let them go back to making the linoleum nice and the carpet fine and making the grass green and rocks beautiful outside.

This frees up the chakras on the bottom of our feet to connect directly with the Earth energies that nourish our body right now. And we don't need to know what that is. The intelligence within our body knows what that is. We are simply allowing the feet chakras to not have to continue to conform to some mental concept that we told them. Ground! We are no longer staking our energies into the Earth, or sucking on Nature Spirits to keep us connected. We are letting go of that. We are allowing all of the chakras along the bottom of our feet to simply release what is not ours and not in tune with us right now, and resume their natural, innate connection to Earth energies that nourish our body. From here the energies can move throughout our entire physical body.

SONG: Opening Your Feet for Grounding

Allowing all the energies to move however your body wants them to move. Notice, in particular, these grounding energies tend to fill the pelvic region, oftentimes with a sensation of comfort or warmth. Again, anything that doesn't feel comfortable, ask if it is yours. As your body connects in more and more with those Earth energies that nourish your body, that which no longer nourishes you will become more apparent. So pain in the hip, or low hip, sometimes indicates energies that simply aren't in tune with you as you are right now.

Let them go to the time frame they belong to, let them go through Archangel Michael. Trust that there is a consciousness within each energy that will help it go to wherever it needs to go to. You don't need to know where that is or how that is.

And again, releasing out of the pelvic region, out of the abdominal region and out of the low body, all of those energies that now recognize they simply are not in tune with the physical body. Thanking them for being of service. They must have helped us at sometime – we invited them in for some reason. Thanking and releasing them.

Letting any agreements, contracts or energetic cords they might also be connected to dissolve. Who we are now, simply doesn't vibrate in the same fashion as who we were. Whoever else is related to this situation, contract or idea...it doesn't matter what they choose to do. All that matters is what we choose to do.

So as we choose to release the old way of being, the old agreements, the old cores dissolve. Who we were continues to release and we step into who we are now.

The guides and angels, particularly those behind the low back, oftentimes get very out of tune. Thanking and releasing any pressure, tension, or any discomfort in the low back. Letting the guides and angels, energies, and even beliefs (little energy packets of beliefs) can cause this.

Letting this all release from behind the low back. And very gently allowing more space for the guides, angels and who you are to be present behind your low back. Allowing those energies to go to wherever they need to go to, wherever the consciousness within them would guide them to now.

Take a moment. Feel the space around you. Feel the space within you. Notice the stillness, the quiet. This indicates that the energies are in tune with you. Validate for yourself, the changes that you have made. And again, YOU are the one who is changing. No one else needs to change.

As we draw to a close, we thank Archangel Michael for being present. We know all the energies have seen Michael; they can go home or go to wherever they need to go to by moving through Archangel Michael. As humans it is important for us to enter into Sacred Space and then to move out from Sacred Space, bringing with us the experience, compassion and wisdom. But also returning to this world in which we live. So gently thanking and releasing the conscious magnified connection to Archangel Michael and the Nature Sphere is a part of returning to our world in a conscious manner.

Feeling Archangel Michael's presence again. Thanking and releasing our conscious magnified connection to Archangel Michael in the upper dimensions. Thanking and releasing our conscious magnified connection to Archangel Michael in the lower dimensions; in third, second and first dimension. Letting Archangel Michael's energy step back into relationship to each of you in whatever way is appropriate now. Even during this meditation that aspect of Archangel Michael that works with you may have changed. So just letting that portion of Archangel Michael connecting to you, to your body, to your Soul's Journey right now, return to whatever connection is appropriate now; however your body, your Soul, your wiring connects to Archangel Michael now. Letting that happen once again.

Feeling that sphere all around the room. Allowing the Nature Spirits of the room to clear and cleanse themselves from this particular meditation. Clear and cleanse the room and you and the energy of the sphere from the meditation. Thanking them for their service, releasing them from holding the sphere, and releasing our conscious connection to them.

Nature Spirits of the land beneath the room, again those vibrating at their level of unconditional love, letting them clear and cleanse themselves from the sessions, the land beneath from the session, a little bit of the floor of the room from the session and clearing and cleansing the lower part of the sphere. Thanking and releasing them for holding the sphere, and releasing our conscious connection to them.

And finally the Pure Energy of Nature, back where we started. Let's take a moment here. While the Pure Energy of Nature is indeed part of the energetic presence of the sphere around the room that we are releasing, because each of one of us has a drop of our consciousness within the Pure Energy of Nature, our bodies have a unique connection to the Pure Energy of Nature.

The consciousness of everything, everywhere composes the Pure Energy of Nature. Letting yourself touch the Pure Energy of Nature allows you to touch the consciousness of those guides, beings, angels, and other Souls that *your* Soul most desires to connect with and connect to. Connecting to the Pure Energy of Nature allows your body to take a bath, or have a little dip, into the energies that most nourish your body now. Connecting into the Pure Energy of Nature allows your body to immerse itself within the energies that it desires to be most nourished by now.

Continuing to release those other energies that recognize they are no longer in tune with your body or Soul's Journey. They have all seen Archangel Michael and can continue to move through Archangel Michael to go home. In this moment we thank and release our magnified conscious connection to the Pure Energy of Nature. Our body knows how to connect into it again. It is simply a matter of allowing our mind to come to the point where it is not trying to organize our body.

Take another breath into your low back, and when you are ready find the space around you again. Notice whatever you notice. How does the space around you feel? How does your body feel? Validate for yourself the changes that you have made. Notice how the navel feels, how the heart feels.

Today's focus was on bringing wholeness inside of our body. Allowing that sense of completion to be present. By completing this entire meditation, you have set an example for the rest of your life. There is a beginning, middle and completion. The cycles can be focused open done completely and fully in their

entirety. All the possibilities of each thing that you do can be seen, and you can choose what to do, how to do it, and when to do it.

From this point of wholeness and completion, there is stillness deep within you. This stillness allows you to see beyond those moments of trivial adversity. It allows you to step forward and be present when others are expressing a sense of violent adversity. There is no need to engage. Your presence is all that is needed.

Feel the silence around you. Feel the space within you. Allowing this deep silence to continue to resonate within you as long as you want that to happen. When you are ready, let yourself return to the world, carrying this sense of deep silence within you. This sense of being connected and nourished naturally and innately by Earth within your body as well.