

October 13, 2019 Meditation Summary

Your Wellspring of Being

A Meditation on the Traveler's Full Moon

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AUDIO HERE: http://www.healingchants.com/recordings_60.html

SECTIONS:

1. Creating Sacred Space with the energies of Nature and Archangel Michael
2. Recognizing how you are *already* connected to Archangel Michael
3. Guides and Angels from the Past cause Issues in the Present
4. Meditation (you can repeat) to Thoroughly Clear your Body and Aura (2-4-6 Meditation)
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6. Meditation and Sound Healing: Tapping into Your Wellspring of Life
7. Your second chakra determines the level of comfort that your Soul wants your body to experience in this lifetime.
8. Releasing Sacred Space from the energies of Nature and Archangel Michael
9. Releasing connections to Other People and Guides and Angels who have completed their task during this meditation
10. Completing the Healing Cycle Energetically

Summary of Meditation

1. Creating Sacred Space

with the energies of Nature and Archangel Michael

2. Recognizing how you are *already* connected to Archangel Michael

3. Guides and Angels from the Past cause Issues in the Present

VIDEO HERE: <http://www.healingchants.com/videos-med/OldGuidesAngelsCauseIssues.mp4>

If something doesn't feel quite right in the physical body, if it feels a little heavy or stagnant or even painful), or if you are noticing something like a looping thought, or a series of chatty thoughts in your head; that can be one or more guides constantly pushing at your brain, and as a result creating these loopy thoughts. Emotions can also arise, without seeming to have a reason, and they are often connected to a loopy thought - like a worry

Here are some examples:

Oh my God what if..

Oh that's going to happen...
Oh I have to do...

Again, these worries and thoughts reflect something that is not really you and that is not really yours. They are being triggered, (the thought, the emotion, the physical sensation), by guides and angels that simply aren't in tune with you anymore.

So notice whatever you are noticing happening around you. Focus in on whatever you are noticing, and ask it: Is it really You? Is it really Yours?

No matter what it looks like, no matter how much you feel like you should fix it...give it permission to simply move to wherever it needs to go now. It may be on its way home.

So often we forget that there is a consciousness within everything we perceive as energy. If random energies organize into any sort of pattern, be they thoughts, emotions, physical sensations...there is a conscious within them. That consciousness knows what to do and where it can go to.

When you ask 'is it really me? Is it really mine?' you are giving the conscious within the emotion you are feeling, the thought you are thinking, and the physical sensation you are experiencing permission to be active, and to take action and to leave.

If there is something you need to know about the emotion, thought or physical issue, chances are you will know it as it pops out. If you are not getting anything, you probably have already figured out what you needed to know, and you just didn't let the pattern go all the way out of your energy field. If you feel like you can't let it go because (it's bad and you have to fix it), or because (it might hurt someone) or because...even ask that sensation if it is really you and really your desire to not release it?

The desire to know everything about a pattern causing looping thoughts, a lack of emotional boundaries and physical 'owies' is almost always linked to holding onto old guides and angels.

So if you feel like you can't let go because you've got to know all about it, or you've got to understand...ask if that need to understand is even yours. I trust that if there is something you need to know about a pattern the information will come to you through a comment, something you see online, a book you happen across...you will get the information.

When your current time guides and angels have more space to operate in your body and aura, information flows much easier from them to you. The quality of

energies generated by your body is more in tune with your body. Your life choices improve as your spiritual vision is clearer as well.

4. Meditation (you can repeat) to Thoroughly Clear your Body and Aura 2-4-6 MEDITATION

And just very gently notice the whole space around you...

Start by noticing 2 feet, then 4 feet then 6 feet around the body and inside the body. This begins to bring who you are now into the space. There isn't as much room for what isn't you now.

Ask a large or older tree or plant (a devic grandmother or grandfather tree or plant) if it can assist you. Hold the image in your mind's eye or place it in the bloom of a rose.

NOTE: The rose can help you better 'see' what is happening and comes to me from John Friedlander <https://www.facebook.com/pages/category/Public-Figure/John-Friedlander-and-Gloria-Hemsher-Psychic-Development-161806693211/>

All the energies that aren't you become more apparent as you stake your space by bringing your awareness to the space around you repeatedly. So again, find the space that is 2 feet, then 4 feet then 6 feet around you, each time including the space within or inside your body.

And as before, all the energies that aren't you within this 6 foot space are becoming more apparent. You are physically staking out the space with your awareness saying 'this is me' and energies within your body and aura are responding saying 'oh, we aren't really in tune with you now, are we? And they are letting themselves be seen! And they are glad to go to where they are in tune.

As you exhale, it is as if you could roll up everything that isn't yours, as if it were forming a carpet...

Tree branches are heavy and bending...as each breath releases a bit more of the energies that know they are no longer in tune with you.

Now in your mind's eye you have a picture of this tree....You may see all sort of strange things...you are seeing the leftovers or wrappers on things (beliefs, emotions, behaviors) you no longer need. Letting them go honors that we are recycling. We are putting them into their own evolutionary journey.

All energies have a great recycling capability. All these energetic patterns on the tree branches have a conscious within them so that they can go home, or continue on. They can go onto wherever they need to be so that they can keep learning. Each of these energies has an ability to expand, to learn and to go home. The consciousness within them knows where they need to be and how they need to get there. Don't change them, no matter how strange they look!

Instead, imagine they, and/or the entire picture in your mind's eye turns to gold. Let the rose turn to gold as well. Let the golden image turn to dust and dissolve, or dissipate, or fly away. Whatever works for you.

Archangel Michael is always connected to you and can receive all these energies (without changing them at all) so you can might also allow the image of the tree and of the rose to more into the octahedron or image you have of Archangel Michael

You can also see the issues that you have been working with/releasing that are sitting in the tree simply turn gold themselves and leave.

I am going through different iterations because everyone is wired a little differently. And I want you to understand there is no right or wrong, there is simply what system of processing works for you, for today, for now.

You can also send out a beam of gold from the top of your head and let the beam of gold turn to turn the image, the tree, to gold.

Pick something that works for you of all of these ideas. Gold allows for transmutation.

Thank the tree for being of service. Release it from your mind's eye with this gratitude. If it hasn't already been released, spend a moment in gratitude. Ask it if there is anything the tree wants to share with you? Thank it and release the conscious magnified connection that you and the tree have been sharing.

Thank the rose for being present, thank any other additional guides/angels that came in through this process. Or guides/angels connected to the rose itself.

Feel gratitude that you are supported by and connected to so many beings in Spirit.

NOTE Gratitude releases the magnified connections we establish during deep meditations and healings, allowing our bodies to resume the connections at an intensity that allows us to function well in our normal waking state.

Just take a moment to see how you are feeling....

Now that you have cleared we are going to welcome more of who you are to be present.

...and so often I see the Soul as being bigger than what can fit into our body

5. Healing through Our Imperfections

VIDEO HERE: <http://www.healingchants.com/videos-med/HealingThroughOurImperfections.mp4>

How does your physical body want to be supported by your Soul, right now? I see the Soul as being much bigger than what can fit directly into our body at any given point in time. So I am going to use a phrase 'The part of your Soul legally incarnating'. By this I mean to energetically tag just the part of your Soul connected fully into your body right here right now. Not the portion that was present yesterday, nor the portion that will be present tomorrow. The portion of your Soul legally incarnating right now, in this moment. Letting that portion of your Soul step forward, and support your body in whatever way your body wants to be supported by your Soul.

So often we forget that life is not about being perfect...it's not about making our bodies look like a text book. It's about our next step. If our Soul wanted our body to be perfect, well, that would be an interesting Soul's Journey. But in all likelihood, our Souls chose to incarnate here in the third dimension with a whole lot of things that are not perfect, so that we could learn and understand how Spiritual Expression can impact what is not apparently perfect.

Within this imperfect world, we learn about judgment. As we deal more and more with this dimension of imperfection, what we are really seeing, is evolution. We are seeing an unfolding, an unfurling of Creation. We are seeing something new happen, that comes not out of perfection, but that comes out of what we think of as human foibles and imperfections. Without these foibles and imperfections there would be no creative evolution.

We are seeing how poor choices can be transformed to create something new. And we are seeing that the more we see clearly the results of all of our choices, then we have the information to make less poor choices.

and by poor choices I just mean choices that make it more difficult for us to move in the way the Soul wants us to move.

6. Meditation and Healing Song: Tapping into Your Wellspring of Life

VIDEO HERE: <http://www.healingchants.com/videos-med/TappingIntoWellspringLife.mp4>

I am convinced that our Soul wants us to have a certain amount of difficulty in life... but most of us create difficulty at a level that is **far beyond** what our Soul really wants our body to experience.

So here is a short video excerpt to remind yourself and your body of the quality of energy that your Soul truly wants you to experience and interact with now in Life.

As you watch this, keep in mind that a group of people moving in sync can impact the energy of a room and of a space. Not by inflicting this quality of energy upon others, but by making it more visible. A group of people moving in sync can demonstrate a means by which humanity can begin to make choices where we flow together.

What if this thick, rich smooth energy actually reflected the shared unconscious of all those (not just humanity) in form? What if it were shared by all Beings of conscious and all things in form? How does your body want to remember that this energy is already within you?

Listen now to the Healing Song: Resolved

7. Your second chakra determines the level of comfort that your legally incarnating Soul wants for your body to experience in this lifetime.

How is this energy already present? In your first chakra, in grounding, pelvis, and legs? Second chakra?

The second chakra provides the level of comfort that our legally incarnating Soul wants for our body to experience in this lifetime. This part of the meditation helps your body reset your second chakra to the level of comfort that your Soul truly wants for your body to experience now in life. This will also potentially release blockages in the knees, ankles and feet relating to moving forward easily. And release tension and blocks in the throat chakra, jaw and neck. These blockages are not just about speaking up, but about drawing to yourself those people and situations that are useful now. And releasing from you those with whom you have completed the cycle. The second chakra setting of comfort allows you to reorganize who is in your life and who is not.

Sometimes we have to take a few steps backward in order for our forward trajectory to be accurate.

Returning again to the thick, rich energy, and letting it be in the navel...moving up through chakras to top of head.

One of the things that we think of in Western culture, is that we should never ever have anything wrong or be sick. I love the fact that our immune systems are built exactly for this reason. While we are clearing energetically, we are also in a season where our immune systems will be brought online and triggered into action by various bacteria and viruses. And additional toxic elements within our physical body can be carried out as our lymphatic system is hard at work.

And for the days that we don't feel good physically, we can reflect on what is ready to change and move.

8. Releasing Sacred Space from the energies of Nature and Archangel Michael

Let that one guide or angel who has come in to sit with you share one thing that would be useful for you to know right now? And that is your message

Releasing AA Michael
Releasing Nature Sphere

9. Releasing connections to Other People and Guides and Angels who have completed their task during this meditation

10. Completing the Healing Cycle Energetically

Thank you all for joining me. For more information just go to my website, www.HealingChants.com. If you would like to support me in continuing to offer these meditations, please give a donation (office@healingchants.com) or purchase some of my music or sign up for a private session...however you feel that you want to continue the flow of energy. Thank you so much for being part of the energetic context for today's mediation. If you are not on my mailing list yet, sign up at HealingChants.com Otherwise, may you have a wonderful, rich and fulfilling day.

