

Transcription  
**A Meditation for Renewal**  
January 1, 2021

from sound shaman Norma Gentile  
with Archangel Michael, Mary and the Hathor Atamira  
[www.HealingChants.com](http://www.HealingChants.com)

## **Introduction**

Welcome. I am Norma Gentile, and you are listening to a Meditation for Renewal. If you haven't already done so, find a comfortable space where you can lie down and be at rest, undisturbed, for about an hour. We begin as many of my meditations do, by creating Sacred Space. This is a way of consciously defining and stepping into a Sacred quality of consciousness, apart from our day-to-day lives. I will also use songs throughout the meditation to deepen into the experience of inner rest and stillness. This helps you create space to embrace what your Soul sees as useful for your next step. Let's begin.

## **Creating Sacred Space**

To define and step into a Sacred quality of consciousness, apart from day-to-day life.

Turning our awareness to the Nature Spirits of the room and land beneath that vibrate at what they consider to be unconditional love.

Magnifying our connection with the Pure Energy of Nature

All things in form spring from this quality of energy, which Nature Spirits call 'Grandmother'.

Welcoming a conscious connection with Archangel Michael into the sphere that surrounds the room. Michael assists all energies in getting to where they need to go to.

Releasing energies to Archangel Michael (or engaging in any healing process) isn't about *making* something happen, it is about *allowing* something to happen by releasing our control over it.

There is a consciousness within all energies. As humans we have a hard time recognizing that an energy or emotion that we feel is heavy or difficult or makes us feel bad is fundamentally just an energy. Which means there is a consciousness to it. How it makes us feel is simply our reaction to it. There is a consciousness within the energy that knows where it needs to go to and how it needs to get there. We don't need to fix the energy or worry about it!

When we honor this, Archangel Michael (or the energies of any healing guide/angel) have a greater capacity to work easily with us.

Asking what one guide or angel or connection to your Higher Self your body and Soul desire to be present during this meditation. Put a question mark out about 8 inches behind your Heart Chakra and ask, don't tell. This is a place where your Higher Self sits, and guides and angels often connect with you here as well. I trust that the guide, angel or connection to Higher Self that is most useful for you is present now during this meditation.

## **Cycles of Creation**

The concept of renewal often begins with a sense of having a blank slate as a starting point. But the reality is that there are constantly creative cycles starting and ending that are going on. Think of it as a wheel, somewhat like the old-fashioned wheel that would be turned by water in a flowing river. Half the wheel is above the water, half is below. A cycle of creation in the same. Half or more of the cycle is not visible to humanity. It is not until the cycle comes into form that we can see it.

So in terms of paradigm shifts, in terms of what we are going through right now in the world, we are allowing form to change, but only because there has been so much energetic work before this change. And after the change has arrived into form there will be additional energetic work to let it continue to transform.

Nothing is stagnant, not even form that appears to us as new. Our consciousness is changing rapidly, and the form around us in the world must also adapt and change each day. We can no longer find stability in the sameness of things. We can only find stability inside of ourselves.

The spiritual tradition of mysticism that I studied included the idea that Spiritual energies needed at least two cycles before they could come into form. There would be very long periods where energies and ideas sat within people's consciousness and unconsciousness before it pops into the place where we feel like we can move forward and take action. 'Oh yes, I can do that now!' 'Yes, I want to do that now.'

When we look at New Year's Day or New Year's Eve or any time when we mark the beginning or end of something (Full Moon or New Moon), as humans we have a tendency to just look at the form, and think 'this is a blank slate now...we start clean and new!' The reality of course is that we are carrying all the existing energies into this new time. This is a time to remember that as humans we impact form by choosing what we give our attention to, as well as choosing the quality of our attention.

So on this New Year's Day, or beginning day of renewal, we carry with us all that is coming from the past, but we have an opportunity in this meditation what isn't ours and what we do not need to carry into the future.

One way we do that is by looking at the Navel Chakra – the unsung hero!

SONG: Delving Deep (voice and bowl)

And breathe as if you could breathe from your lower back. Let your back feel the support from the bed, chair or couch.

Bringing awareness into the Navel Chakra allows us to have a more complete experience of the Spiritual energies, including telepathic information. That our Soul is giving us through the lower chakras. This information tells us that there is stability and consistency. That there are energies that continue for millennia. And that what we might be noticing is short term.

Continue to bring your awareness into your navel. Let your navel area feel the expansion in front and in back as you breathe. As you expand into that space behind your navel, feel the support from the bed, couch or chair. I am wondering now how your Soul wants to connect into your Navel Chakra. How does your Soul want to connect into your Navel Chakra now? How does your body want to be supported by your Soul? Don't try to make a color or a texture. Just allow your Soul to support your Navel.

## Our Lower Chakras Follow Larger Creative Cycles

We plan to do so many things in life. Most of these plans come directly from our brains. We seldom consult our body! Yet it is our body's telepathic lower chakras that inform us of what is happening in the physical world, and what choices are available to us. When we don't listen to our lower body chakras, we put things on our agenda to do, and then we can't get them done! And certainly this last year has taught us that having an agenda doesn't really mean anything. Our human (brain-derived) agendas simply did not happen.

But there are larger cycles that we can follow and feel, especially in our low body. Using the low body as a barometer we can feel a profound sense of stability within the Earth – an energy that I call the Pure Energy of Nature. It arises from within the Earth and is present within everything that is in form. Connecting into the Pure Energy of Nature brings us a sense of stillness, but not stuckness. This connection, which is innate within our body, allows us to find and feel the essence of ourselves that never changes. This is the essence of ourselves that continues throughout millennia.

How does the essence of who you are express now through your physical body? How does the essence of who you are want to express through your body now? This allows energies from your low body to move up through your heart, where they are colored by what you love and what you like. Then they eventually arrive at your head, where, with a little luck, your mind is in listening, rather than telling mode. In listening mode the mind hears what the body is suggesting. And it hears from the heart what is liked and loved. Only then does it choose what to focus upon.

Doing something just because it is on the agenda (as a linear next step) often depletes our energies because it is not a Spiritual next step. Spirit creates in a spiral pattern, not a linear pattern. Our brain, however, loves linear patterns. And it loves to decide what is good or bad. Spirit, on the other hand, knows there is no good or bad. Those of us who have been in form for a while recognize there is no good or bad. There is comfortable and uncomfortable.

Allow yourself to find that space within that is neither good nor bad. This space simply is. Looking into second chakra, slightly underneath that navel area. Second chakra, throat and the knee chakras – this is where our Soul loves to help our body feel comfort. As we tune the throat, second chakra and knee chakras to the level of comfort our Soul wants our body to have now, life becomes a bit easier.

Tune into whatever of these areas is most prominent in your awareness, and ask it how it wants to feel. Don't tell it, ask it. How does your Soul want to step through your body and support your body? What is the level of comfort that your Soul legally incarnating right now wants for your body to have? Release all those energies that are not yours. These energies feel sticky, heavy or full of static and can be freed up to go home through Archangel Michael. By freeing them up and allowing them to go home, we are also allowing them to change, to grow, and to evolve. Allow your Soul to determine the level of ease and comfort for your body now. And this process will continue for a bit.

## Opening the Your Energy Body to Deeper Healing

Moving our focus down to first chakra and grounding.

In Western culture we think about Spiritual healing as coming from up above, from Heaven. And these energies can be magnified by going down first. Clearing and resetting the lower chakras allows our body to have a complete flow of the energetic river from up above the head to down below the feet. And when that river flows completely, all the way up and down so it moves easily, then we can access more energies.

When the lower portion of our chakra system is closed, we can only bring in a limited quantity of energy before our entire energy system fills. Our First Chakra balloons out, full of energy, but unable to release it into the Earth. When there is no place for the energetic river to flow to, it just stops. That is why we get a lot of issues like bloating in the abdomen.

I don't know about you, but I was never taught that putting my feet on the ground and letting my feet feel the ground (or the carpet or the floor) was a good thing. I was taught to put on my shoes each morning and get moving! In retrospect, this is a perfect way to have a child or adult constantly spring out of their body. By taking a moment each day to let your feet and lower body chakras plug into the Earth, you are opening the lower

portion of the energetic river so your system won't overflow...it will simply open. That is what we call grounding. As a result you will be able to have a larger and more consistent flow of energy all the way down *and* all the way up through your chakra system.

Allow yourself to feel your breath. Let the breath be a normal size breath. Let the lowest portion of your torso feel how it wants to be supported by your Soul. This support can come through the ovaries or testicles. How does your body want to receive your Soul? As your body and Soul embrace each other, there simply isn't room for those energies that are not yours. Let these energies go through Archangel Michael to go home, so that they can continue to learn, grow and evolve.

SONG Opening the River (voice and bowl)

## **Clearing Your Pelvis**

As the lower chakras reflect more of who you are, other systems of energies begin to awaken. One of those systems is the system we call Kundalini. This awakening need not be a harsh experience. It is simply your life-force awakening, and having a stretch. It is tuned to you and no one else. It is a unique result of your Soul and body embracing each other. It is a reflection of all of the lives that you have lived within this reality.

Allowing the first chakra to reflect your Soul legally incarnating, into your physical body. Allow those energies that recognize they are not in tune with you to ease on out. They can go home.

Therefore, allowing your legs, your lower body, that energetic system we call 'grounding' to also reflect that quality of energy that your Soul and body want to create together. As your Soul embraces into your body, it wants to create something unique for you and unique to this moment.

Welcoming your legally incarnating Soul to step through the grounding energy. Letting your low body generate the quality of energy your body and Soul want to create together in your life. Letting this energy drop down your thighs into your knees. Letting it fill the space behind your knees, the backside of your knee chakras, where we hold a lot of habitual tension. Again, this is often related to not allowing our journey in this life to be as easy, flowing and comfortable as our Soul wants our journey to be. As we recognize this, we can release the habitual tension and related energy patterns. This let's our knees feel the sense of ease and comfort that our Soul wants for our body to have now.

This allows for the flow of energy to open, so the energy can move from your pelvis into your thighs and knees and down into your calf muscles, into your ankles and feet and even the feet chakras. How do all the multitude of feet chakras want to feel? How does your body want to plug itself into all those Spiritual energies within the Earth that nourish

you? Plugging into the Pure Energy of Nature that nourishes you. Allow your Soul and body to soak up all that energy.

SONG for Grounding (solo voice)

## **Clearing Other People's Guides (Low Back)**

As the lower portion of the river and all the blocks there that are ready to be released have left, there is a greater flow of energy through your feet and legs and low body. This allows for a greater flow of energy in your middle and upper body.

Feel the space a little bit above your Navel Chakra where your kidneys and adrenal glands reside. Again, your Soul can enter through there, releasing the old patterns, the old ideas - what you thought was going to happen. Releasing the old guides and angels that you pulled in, or that people sent you to help you do whatever it is that they thought you should be doing, or what you thought you should be doing because they told you so.

Those guides and angels tend to sit right behind the low back, and just slightly above that. Letting these guides and angels move to wherever they need to be if they no longer reflect your Soul and body now. Let your kidneys and adrenal glands be supported by your Soul now. What is the quality of energy that your body and Soul want to generate through your kidneys and adrenal glands now? Letting that fill your body.

Each portion of our body talks to other portions of our body, and they adjust accordingly. So, as we have been working primarily in the low body during this meditation, the information has already passed through to the upper body.

We are going to look at heart for a moment. Allow the guide or angel that has been sitting behind the Heart Chakra to share with you for a moment one image or idea. Allowing your Soul to step through Traditional Heart Chakra as well as High Heart Chakra (thymus gland). Allowing those energies that your Soul legally incarnating wants to create and co-create with your body to be available now.

Releasing those things that you thought you should be doing or you had to do or you ought to do. Allowing the Traditional Heart Chakra and High Heart Chakra to reflect whatever it is that your Soul, legally incarnating, has in mind for you to do now. What is the new direction, or how might you continue along as you have been? Releasing the old guides and angels no longer in tune with your Heart Chakras. Let your portion of legally incarnating Soul re-tune the energies of the High Heart Chakra. What does your Soul want to do now, and how does that happen through your physical body now?

## **Clearing Other People's Guides (Throat)**

Allowing this same process to happen around your throat; here lies the thyroid gland which creates the Fifth Chakra. Again, releasing especially from behind your neck those guides and angels that don't reflect your Soul's journey now or who you are now. Letting them release and move through Archangel Michael to go home. Releasing, so that your thyroid gland can generate the quality of energies your Soul and body want now. What is useful in your life now?

## **Clearing Other People's Guides (Top of Neck – Inside Head)**

There is a space, and a lot of people know it because of the amount of tension we hold there. It isn't a place we can touch, but if you stick your fingers in your ears and draw a line straight through, it is there in the center of your head. Sometimes you will feel the tension as being just a tiny bit lower, or towards the front or back of the head. There are several glands nearby that generate large fields of Spiritual energy, including pineal and hypothalamus glands. Our body and Soul create a tension pattern here when we try to do what isn't ours to do or be who we really aren't.

When we look at the outer world through our Third Eye (related to the pituitary gland that sits behind our physical eyes) we see images and pictures from both our outer world, our guides and angels, and from other people. One type of image that we see are what psychic teacher and author John Friedlander calls 'perfect pictures'. These images are ideals, they are not really achievable. They are perhaps a goal, but usually they are too bright and shiny and glossy for us to attain...we will never ever be that perfect!

Our Third Eye (pituitary gland) receives all sorts of different energy pictures. These images come from the world around us, from spiritual helpers, and from other people. We see the ideals that other people send us (or that we draw to ourselves) in order to achieve the ideals in the pictures. We can become wealthy, we can become skinny, we can somehow miraculously get everything done in a day that we need to get done and still get eight hours of sleep and cook our own organic meals! At least that is what these 'perfect pictures' tell us.

## **Updating Your Life Plans (and the guides / angels to help you)**

If you have been able to work from home this past year, your life may have been easier but it may have been crazier. If you are a health care worker, I am sure that you have come to the end of it all at least once by now. Taking care of ourselves when we are taking care of others leads to something known as 'compassion fatigue'. This happens when we can't get away, when we don't have respite and when we don't have a time to come into a deep space of silence and stillness where we can renew. We renew by building those energies that truly belong to us, and differentiate our energies from the energies of others around us. This takes a bit of practice.

Tension patterns build up in our body when we don't know the difference between us and everyone else. Or our guides and other people's guides, or even guides and angels that helped us a few days or few years ago that are no longer helpful because where we thought we were going to be by now has changed. What we thought was a linear line became a spiral. We are still moving, but we are moving in a spiral pattern, not in a direct line. So the guides and angels that helped us yesterday, because we are moving along on a spiral, are not necessarily exactly the same guides and angels that can help us today. Or at least not the exact same *versions* of the guides and angels.

Think of it as computer software – we have 10.1, 10.2, 10.3...so each day your guides and angels can do the same thing. You just need to ask them to shift a little bit to accommodate the external changes as well as your internal changes as you move along the spiral.

I mention this in hopes of freeing up some of the energies that might be locked in around the first, second or third cervical and near the hypothalamus, right in the center of your head. These tension patterns occur when our brain insists on following the linear instead of the spiral path. It is appropriate to release those guides and angels that were helping us to follow a path that no longer exists, and a way of living that no longer exists. As we do so we allow the new guides, the new angels that reflect your Soul legally incarnating as well as your body to step forward.

Allowing those guides and angels that support your body to step forward. Letting them create and generate the quality of energy between your ears that fits now. How does your body want to be supported by your Soul now? Allowing that to move all the way through the head, through the pituitary and pineal glands as well. Honoring now all the changes that have been made throughout the body.

SONG Onward (voice and bowl)

## **Releasing Sacred Space**

Feel your body and how it is supported now by the couch, the chair or the bed you are lying on. Bring your awareness back into the room. We release ourselves from Sacred Space in the same way we began.

Thanking and releasing the aspect of Archangel Michael that has been supporting and working with us throughout the meditation. Letting Michael release out of the upper and lower dimensions. Letting the aspect of Michael's energy that fits you now, with all the changes made during the meditation, step back into relationship with you in whatever way is appropriate now. I thank and release my own conscious connection to Archangel Michael at your end.

Feel now the room or space around you. We begin with the Nature Spirits of the room. Anything from the meditation that they can cleanse within themselves, the room or the



sphere letting them clear and clean those energies now. Releasing them from holding the sphere and releasing our conscious connection to them. In the land beneath, those Nature Spirits vibrating at unconditional love, we ask to clear and cleanse themselves, the lower portion of the sphere and the land beneath. We thank and release them from holding the sphere and release our conscious magnified connection to them.

And the Pure Energy of Nature. We always have some connection to the Pure Energy of Nature. We release the magnified quality of this connection now. Thanking and releasing this magnified connection now, allowing whatever appropriate connection continue. We are always connected to this quality of energy, and can return to this magnified connection whenever we choose.

Thanking and Releasing as well that conscious (and again) magnified connection that has been sitting with you. Letting your innate connection to that guide or angel be released knowing you can always come back another time. For right now that space behind your heart will return to support your physical body and its return to breathing and functioning as a human being. Letting your Higher Self return to the space behind your Heart Chakra.

And I thank and release my own conscious connection to all of your energies. I thank you all for being present today. May this time of renewal allow for new insights and possibilities; new ways of perceiving the Spiritual Path of Spirit that is laid before each of us. Namaste

-Norma Gentile

Postlude

Thank you for joining me. If you enjoyed this meditation, you might want to explore my website, [HealingChants.com](http://HealingChants.com) to try out my online courses, music, additional meditations or schedule a private healing session. Donations for this meditation are most welcome at [office@healingchants.com](mailto:office@healingchants.com)

Many Blessings to you.

