

# Resting into Healing

## Creating through Ease, not Effort

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### **INTRODUCTION**

Welcome, this is Norma Gentile. This is a simple hour of healing. Coming to rest into those natural processes that already surround and support us. Find a space ideally where you can lie down and not be disturbed, where your body is comfortable.

We start by finding and welcoming those aspects of Sacredness that are already present in the physical world around us. Find in your awareness the floor of the room you are in. Find in your awareness the corners where the walls and floor meet. Now find in your awareness how the ceiling of the room meets the corners of the walls.

Now you have found 8 corners of the room. This allows the Nature Spirits within the room to step forward and support you more fully.

### **RESTING INTO SPIRIT – Discerning how to use Activation Energies to Manifest**

I feel that sense of Spirit that surrounds all of us and carries us is something that we are learning more and more to rest into and to lay back into. [This is part of] our ability to simply be with others in a way that allows us to more fully develop who we are. This allows us to feel safe.

I think that sense of safety is what I am most noticing right now. There is this call to be able to relax so deeply; that it is a deeper relaxation than we have ever known before.

And especially in this particular moment as we are doing this live [June 2023], we are moving into some interesting times. Because this particular moment for us we are working with the energy of the Summer Solstice, we are working with that incredible awakening.

This year, more than others, I am feeling a sense of what I want to call Activation Energy. It is energy that you can use to pretty much do anything. It is up to us to have the discernment over *what* we are going to do, and *how* we are going to do it.

### **CREATING SACRED SPACE - Nature**

I welcome you again to just rest. Find the corners of the room around you, find the floor and how it meets the walls, find the ceiling and how it meets your walls. Just define, with your awareness, the space around you, so that those Nature Spirits that vibrate at what they consider to be THEIR level of unconditional love can join you. They join in with the

consciousness of the human in the room, or humans in the room. All we have to do is turn and ask.

And then we are also turning and asking for the support of those Nature Spirits directly beneath the room. Those Nature Spirits [in the land] vibrating at their level of unconditional love, just welcoming them to be present. Just [those within] the footprint of the room. We are not looking for anything more. Just the Nature Spirits that are directly related to the room you are in right now that vibrate at THEIR level of unconditional love; not our imposed assumption of unconditional love, but what they tell us is THEIR level of unconditional love.

Welcoming as well that Pure Energy of Nature. That wonderful quality of energy that the Nature Spirits have referred to as Grandmother. They see it as where they come from; their ancestor. And so too it is a quality of energy that we, as humans, are fully connected to. Our connection can be greater or lesser depending on what we are doing and our awareness.

Oftentimes I explain this to people as being a quality of abundance, of verdancy or of a verdant nature energy. The kind you feel right after the rain has come and the grass is growing and the plants are so happy. Or, if you are lucky enough to live in a place where you can walk through a setting of trees or a small forest area, that is the quality of energy that the Pure Energy of Nature nourishes, and helps to bring into our planet.

That Pure Energy of Nature then joins with the Nature Spirits of the room and the land beneath to create a sphere all around the space we [you] are in. This sphere, again, reflects the unconditional love of Nature as defined by Nature.

So there is nothing difficult, or hard, or rushed. And as we have been creating the sphere all around the space you are in, your own consciousness has been shifting bit by bit. As your own consciousness is shifting, it is allowing you to see and know and feel things that otherwise you might not see or know.

### **LET NATURE SUPPORT YOU even MORE**

This is the wonder of healing! [It is] almost always not about getting something from outside, but it is about remembering something. And we are remembering that 'something' oftentimes because we are seeing outside of ourselves. Or feeling it outside of ourselves. And it awakes or resonates something from within us that we remember. We know all about connecting to Spirit but we do not know all about healing. All we are doing is simply reminding ourselves of the balance and the presence that we already know.

There is no such thing as being fully disconnected from Spirit. It is simply that we have forgotten.

We have become busy. We have been distracted by the world.

So I invite you, whether you are on Facebook or the phone, or listening to this later on as a podcast, to try this little experiment. And it goes like this: Feel wherever the weight of your body is. Feet on the floor and butt in the chair perhaps if you are sitting. Or are you lying down on a bed? Or on a couch? Or on the ground?

How much more can you let the couch, the ground, the bed, the chair, the floor support you? How much more can you let those Nature Spirits that make up the couch, the bed, the ground, the chair...that make up whatever it is that your body is in contact with now...how much can you let those Nature Spirits support you?

Let them do their job. They love to do their job. Let them more fully support you.

### **KNEE ISSUES may RELATE TO SHAME FOR NOT ACCOMPLISHING GOALS**

This seems so strange...but one of the areas we hold a lot of tension in are the knees. I think often of chakras as being either spherical in nature, or of having a front side and back side. So the cones that we think of opening out, can open out in the frontside and backside of our body. They don't just open in the front. I know we see pictures all the time like that [of the front chakras] but there is a backside too. And there are [vortices or cones] that go up and down too. Hence the idea of it also being a sphere of energy.

Chakras are just a fancy word for energy. And if you look at the energy around the knees, almost always the space on the backside of the knees, that soft tender place, is full of guides and angels that we have drawn to ourselves, or perhaps received, and agreed to hold for others, [who by sending us the guides or angels are] trying to help us move forward. Trying to help us advance in some way.

And the thing about the knee chakras is that they really don't like to have energies stuck in there. Our knee chakras, like all of our body, prefer to have just out guides, our angels, our energies.

But so often in Western Culture we feel a sense of shame or guilt for not accomplishing something that is visible in physical reality. I know that has been a standard. And coming into a sense of rest (I am hearing the word 'recline' right now in my mind from one of the guides) [means] allowing yourself to be *supported* by the physical reality and the energetic reality...we don't talk about that very much.

### **NOURISH APPROPRIATELY NOW, CREATE LATER**

We talk about nourishing ourselves, but there is always this goal of "if you nourish yourself it is because you want to create something or have something happen". So it is a quid-pro-quo. [example] "If I eat this good food, then I can do this" or, "if I let myself sleep an extra hour, then I can do this". We seldom consider simply meditating because...but I think that is probably the

best place to start in terms of looking at how this sense of allowing ourselves to rest and recline comes into our lives more fully now.

The awareness of the couch, the bed, the ground, the chair, the floor that are supporting you, can allow your body to release habitual tension patterns more and more. Go back to the knees. Now that we have talked about this and let some time pass your own guides and angels are much more apt to be behind you, [even] behind your knees. And, you might be able to feel a little bit more motion or tingling or flow of energy in your legs or some other part of your body.

### **KNEE CHAKRA CLEARING**

Knees relate to 2<sup>nd</sup> chakra [in the] low belly, and relate to throat as well. So working at the knees these other areas are apt to begin to raise their hands and say “hey, we want some attention too!”

So let your body...and if there is nothing else signaling [for your attention] go back to the knees. This is the root of working with that sense of coming into an even deeper ability to rest right now. And the more we are able to rest (I am hearing) the more we are able to receive nourishment, information and support as we live our life, and as we meditate, and do whatever practices we each do each day.

So thinking about the knees, the knee chakras, and [putting attention to the space] about 3 inches, 4 inches, 5 inches, 6 inches behind that soft tissue of the [backside] of the knees. Letting the Nature Spirits of the room receive whatever your body is ready to let go of. They can carry most of this to wherever it needs to go to. They are excellent at sorting things out and helping those energies, especially those energies relating directly to our physical body, that first layer [of the aura]; they are very good at helping that stuff move.

And I know that Archangel Michael is also present in some way, [although you may know this energy by some other] name, which each [person listening]. And Michael’s energy is also available to discern how and where each energy can go, and to help that energy get to where it needs to go to now.

Allowing yourself for the moment to continue to feel how your energies want to move through those knee chakras. You may be starting to there. There may also be energies that are starting to move through the calf muscles, the ankles, the feet [and] the bottom of the feet.

### **AS WE SHIFT, GAIA AND ALL REALITY CHANGES**

Without recognizing a huge single moment of shift, our Earth has done another shift vibrationally in the last 6 weeks. Keeping in mind the process humanity is going through of changing consciousness is reflected within the Earth herself. [It is] reflected within all of physical reality. We are moving together. As we change, our bodies change, and the availability of our body to change, and remain in form, is based on the changes that Gaia, the Soul within the Earth makes, and the changes that all the plants, and the animals, and everything in form

makes. And my guides also want me to mention that they too are effected by the changes we make. And not only are they effected by the changes we make, but they also have this response to it. And their response to the changes that we are making let us make additional changes.

It is easy to think of guides and angels as static, unconditional loving beings. It is more challenging to think of them as beings that do reside in the realms beyond right and wrong, beyond polarity; realms that I would qualify as unconditional love, and yet they learn from us and with us. As humanity changes, guides and angels, even the Big Guides get to change.

There is an energetic connection and interconnectedness between all consciousness. Whether it is a pebble in the lake, or the lake itself, or the sand, or a grain of sand...there is an energetic matrix that surrounds each. One of the things we are learning is that this interconnectedness in Spirit is reflected in the interconnectedness of all life globally, all physical life.

What each of us chooses and does impacts others. When we choose something that leads to greater ease and comfort and nourishment for ourselves, It almost always does the same for others. Likewise when we choose something that is painful, forcing, driving us...it almost always brings that same energetic 'spear' (I want to call it) into the physical reality. And creates more of that same driven quality.

### **SUPERMOONS, EQUINOX and SIRIAN ENERGIES**

In the time of the solstice there is this abundant solar energy there is so much easy access to [energies for] doing stuff; to getting stuff done. This July – August – September we are going to be experiencing some additional energies. So just as the energy of the sun begins to dissipate in a very palpable way, as we move into Equinox time in September, before that, we are going to have a couple of Super Moons. And those energies tend to contribute to this sense of emotional overload or overwhelm. So what I am noticing this summer is instead of having a period of doing things that then begins to slow and is then heightened again [from the] end of July into the middle of September by the alignment we have with the Sirian Sun. There is going to be a Full Moon energy on top of that having to do with emotions and really bringing a sense of magnification of emotional issues.

I don't see this as necessarily wrong. I see this as something to be aware of. So as we are feeling our own bodies, and feeling that sense of rest [and] repose, we have the ability to remind ourselves, always, that we are connected to Spirit. That we are connected to the energetic matrix within each and every being. Whether that being is our couch, or the planet herself. Everything around us can support us. Everything that surrounds us can be part of why we choose to do something and the energies that we use to do it with...whatever that action might be.

Just allowing yourself, again, to tune in, as I have been speaking. When there are challenging concepts we often re-grip into our bodies. We often find areas of our bodies that all of a sudden

we have tensed up again. This is a good indication that “ah, here is a little extra tension that we really don’t need to have.”

### **WHAT IS COMFORTABLE can ENFOLD WHAT IS DIFFICULT**

We can meet whatever might be more difficult to hear, or even slightly adversarial, we can meet that also with a sense that within us is ease and comfort, and that no matter what is happening external to ourselves, if it is difficult, there is also that which is not so difficult. There is always a way to create that which IS NOT so difficult to encompass and embrace that which IS difficult. Not to be rid of it, but simply to make it possible to address and sit with the discomfort long enough to understand what we need to know from it.

So again, I ask you to feel that space all around you. And feel how your own body, your own couch or sofa, or the land or chair is supporting you now. Trust the Nature Spirits to do their job. Let them do their job. Let them support you now. Allow yourself to sink, more and more, on whatever surface your body is lying on now.

As you breathe in, imagine that your feet can widen. Imagine your feet can lengthen. Imagine your ankles can widen, and lengthen, and expand in all directions as you breathe in. Our attention allows the energies that are naturally ours to be created in whatever part of our body we are feeling or looking at. There is no right or wrong. This just allows our body to come to rest more and more. And as we are surrounded by our own energies more and more our body comes to rest more and more. It goes back and forth.

### **MEDITATION to HELP YOU FALL ASLEEP**

This is also a wonderful thing [focus or meditation or visualization] to do if you need to [fall] asleep. Just breathe into some part of your body and imagine it expanding with each breath [inhalation]. Putting your attention on any area of your body, allows you to build more of your own energy each time you inhale. And that quality of energy will be built most specifically in that area of the body you are putting your attention on.

And at some point you can begin to notice your exhale and release whatever your body doesn’t want anymore. Just release, and give your body permission to release what it already knows it is ready to let go of. The energies know they are ready to go. Anything you feel or notice...it’s those little energies tapping at your body saying “we are ready...come on, pay attention...we are ready...we have some place to go to...someplace to be.”

Even old guides and angels from past projects, other parts [times] of our life can be released. Releasing past guides and angels allows the current time guides and angels to be [more] present.

### **DEEP CLEANSING of FEET CHAKRAS**

Around the feet it is lovely to release Nature Spirits you may have collected up into those feet chakras when you were walking in a particularly beautiful space, or walking in a Sacred Space. It

is OK to let those Nature Spirits go back and keep the stones happy or the sand happy or the grass happy...or whatever you were walking on happy.

We also collect up Nature Spirits from floors, where we have been standing or sitting, and felt nervous. It is lovely to let go of them at the same time. You may not have even known that you collected them up. Maybe you were in a meeting. Maybe you were talking, or maybe you were the presenter. The Nature Spirits would have come [to help you] when you had a sense of “oh, I need to ground more.”

It is OK to let them go back to wherever they came from. The concrete [or] linoleum floor, the carpet,...wherever. I honor that the Nature Spirits we collect into our feet chakras often have a role to play in maintaining the surface that our feet were in contact with. We can also release any Nature Spirits that we may have collected up from arch supports or from shoes. [It] sounds a little crazy but that can happen as well.

And again, this is a wonderful thing to do as you go to sleep each night. To thank and release all those Nature Spirits you may have interacted with in your body and especially in your feet.

Allowing all that multitude of feet chakras, because we have feet chakras that reflect all the different organs and energy centers in the body; so all those reflex points, all those energy centers in the body, can release energies that they have collected or been interactive with. All you need, right this moment, are your energies and your own guides and angels. Your body knows exactly what it needs, and how it needs it.

### **OPENING ANKLES and lower leg CHAKRA ENERGIES**

And oftentimes when we start to open those feet chakras, all this energy starts to run, and our river expands tremendously. And all of a sudden our ankles hurt! Or someplace else hurts. Because we worked with the knees a bit, and the feet a bit, it only makes sense that the other major energy center in the ankles [in the middle between them] may start to hurt or feel a little uncomfortable.

So we can release out of there, or wherever else in your body you are noticing something, by doing the same exact process. We honor, around the ankles, that as we breathe in we want to create more of our own energies. The chakras around the ankle shift and change. They expand and grow. They reflect you, more and more. They reflect exactly how old you are, and exactly how wise you are. And they reflect the balance in your life. They reflect the strength your Soul has to give you the tools and the information to maintain that balance.

I love how our chakras will grow so quickly when we pay attention to them. And I also appreciate how the action energetically of each chakra reflects its physical location in the body.

That ankle is such a wonderful flexible part of our body. It allows us to support the weight of our body, but in a way that isn't rigid or stagnant. Ideally the ankle has a sense of mobility. So that as we plant our foot on the ground, if we tilt one way or the other, our foot remains

anchored. And yet it shifts just a tiny bit, one way or the other. The foot itself might move to accommodate lumps and bumps, and the ankle allows the weight [of the body] to continue to come down into the foot in whatever way is appropriate. It just has this wonderful mobility about it.

And again, it is not rigid. It does not insist on holding in an exact location [position]. It is not a perfect 90 degree angle at all times. Obviously! This quality of flexibility while supporting weight allows us to deal with tension patterns in the world, and allows us to move from a sense of overwhelm, especially a sense of emotional overwhelm, into a sense of feeling like “oh, this is difficult, but I’ve got it.”

Letting ourselves feel that nourishment we receive through our feet chakras allows us to expand that ability to create stability in our ankles. With that stability we can move forward through the knees more and more easily. So much of the low body is about how we interact with our world; [especially] the quality of moving forward [and] the quality of engagement.

### **HOW BEING NOURISHES your ability TO DO (and effects your gut)**

In Western culture, too often we see external to ourselves the ideal of “simply do it.” “Have another coffee and simply do it.” That unrealistic, ungrounded quality of energy creates more objects, more things, that are typically not fully comfortable, not integrated into our reality, or into life.

What if we were to allow ourselves the time and space, just like now, to simply be and let the past energies move elsewhere? Especially around the ankles. And you might hear, in your head, [all those times] when you have been told “just do it, go clean your room!” (as a kid), [or] “just go do your homework!” (as a kid), and then you started telling yourself the same; “I just have to do this now!” There is a huge difference between feeling *ready* to do something, and pushing through and *forcing* yourself to do something. Big difference!

That pushing through, that forcing rewires the enteric nervous system, which is the nervous system that wraps around the gut and it rewires the nervous system in the brain, and I would say it rewires the Central Nervous System all the way through the body through {utilizing} the spine.

Instead of our nervous system listening for opportunities to rest, and relax and be nourished, it begins to listen in fear mode. “When will I be attacked?” “When will I be told that I must do something?” It becomes turned on in a way where it is constantly on guard. In order to truly relax, in order to truly nourish ourselves, that switch needs to be turned off.

We have had a lifetime of keeping it going. We have had a lifetime of experiencing things where we felt/thought we had to keep it going. But we don’t have to.



## **WHAT OUR ANKLE CHAKRAS DO**

Bring your awareness to your feet. Letting those feet chakras continue to plug into all those Earth energies that your body wants to be nourished with now. And the ankles; that wonderful spherical round ball of energy at your ankles. How does your Soul want your ankle or ankles to feel? How does your Soul, right now, want to support that wonderful round ball of energies at your ankles? That chakra that comes from the front and the back and the sides of your ankles, again, reflects who you are, reflects your Soul's ability, and all the guides and angels that support you, it reflects all of their abilities to help you move forward gently, easily, [and] maintain a sense of balance and stability while you interact with the world.

The ankles have a wonderful spherical round ball of energy that acts as its chakra. This chakra extends in front, in back and out of each side of your ankle. It reflects the abilities of your guides, your angels and your Soul to help you move forward gently, easily, and maintain a sense of balance and stability while you interact with the world.

## **CLEANSING ANKLES and FEET**

And all those other energies around pushing and forcing and having to move forward are probably not really in tune with you anymore. In all likelihood those energies can easily move onto wherever they need to go to now. Your body is fully supported by your own Soul, right now. And it is fully supported by that portion of your Soul, right here, right now, today, that is choosing to incarnate in your body.

The quality of energy that you create as you imagine breathing from your ankles, breathing from the bottom of your feet...that quality of energy you create with every inhale reflects your legally incarnating Soul, right now, the portion that wants to be with your body, right now, and it reflects your physical body, right now.

Continue to release all those energies that aren't in tune with you now. There is no right or wrong. There is only "How do those energies want to be now?" Allowing who you are to be present now. Allowing those guides, those angels, to be present who are in alignment with your choices, your Soul's choices, to be present now.

## **CLEANSING KNEES**

Coming back up to the knees, where we started. Allowing those knees, and that wonderful sense of the space behind the soft tissue of the knees, to reflect who you are now, [and] to reflect that portion of your Soul legally incarnating now. This allows the front side of the knee, and the space up above and down below it, because again, the chakras can be a big ball of energy. So it creates all of that area in a way that reflects who you are now, that reflects your Soul legally incarnating now, that reflects all of who you are now, that reflects the tasks and the things you are choosing right now. All those issues in life that your Soul and you are choosing to engage with. And you are choosing to engage with them in such a way that your guides, your angels, your connection to Spirit, your Soul...is beyond that which is defined by the difficulty that you are engaging with.

Whatever you are engaging with lies within this wonderful, nourishing sphere of energy, and that sphere of energy is represented by each joint of our body, each organ, each cell. The connection with Spirit and the support we receive from Spirit is always present, always available to us. It is merely our turn [our job,] to remember what that connection is.

Releasing the fixation on external “doing”, external tasks, and turning that focus of our brain to that which nourishes us now. We start by asking our body “what does *it* want?” Not imposing anything upon the body but simply asking “What does it want?”

### **OPENING into EARTH GROUNDING**

Today we started by asking the river of energies, especially relating to the low body, how our body wants to relate...how does the river of energy that moves through our body want to move? How does our body want it to move? Can we simply release all the sticks and stones that may have accumulated within the river of energy within our low body? Can we simply release them and allow ourselves to feel that innate connection to the Earth, to Spirit?

Notice again, down all the way in your feet. You are connected to that aspect of the Pure Energy of Nature that reflects your body [and lies] within the Earth. Warm and rich and soothing. You have the ability to make this connection anytime you want. There is no right, no wrong.

### **HEALING TONES**

#### **RELEASING extra energies HEAD NECK SHOULDERS and WILL CHAKRAS**

Releasing as well any related guides, angels, energies from behind the head, neck or throat. Releasing especially those guides and angels reflecting beliefs that no longer serve. Letting that area behind the head, neck and throat reflect who you are now, and your connection into the physical realm now.

Releasing as well from behind the thymus gland, high heart, shoulders, between the shoulder blades and releasing out of heart chakra, again, releasing those guides and angels reflecting beliefs around healing, or what is “good” or what is appropriate. Releasing what is no longer of service to you, to your Soul.

Continuing to release out of the diaphragm area just beneath the heart, out of solar plexus (sort of mid-torso) all those Will Chakra energies that we will work with in the next Meditation (Aug 11, 2023). All those energies around “I Can Do It” “I Can Push Through”. We can just have a sense of humor about that and say “well, it’s a lot easier to catch that wave and surf on it, and be creative and expansive rather than insist that we are going to ‘make something happen’ and somehow we are going to go through this huge wave of energy, instead of surfing on it.

## **YOUR BODY'S WILL CHAKRAS want to LISTEN to YOUR SOUL, not to YOU**

Oftentimes our sense of what we should be doing (and our plans) simply will not line up with external reality. More and more this may simply be because our external reality is changing a lot faster than it used to. I think we are getting pretty good, usually, "OK, that meeting isn't going to happen" or "that trip isn't going to happen" or "I am not doing *that* this afternoon I guess I am doing *this*" So, we are getting better at that.

The next step is discerning when our Soul is thirsting for us to do [something] that may not be within the range of thoughts we are having at the moment. I think we are getting better at recognizing when there is a pull or tug to do something but nothing of what we have planned seems to be the thing that we really need to be doing.

## **LISTENING for CHANGE**

Simply sitting and nourishing ourselves, reconnecting to Earth so that we can listen to Gaia's changes. So that we can understand that as the physical reality in which the Soul, Gaia, in the Earth lives, as that changes, all of a sudden our reality changes too. It is not just occasionally. It is fairly constant now. It is not about having a moment in time where something changes. It seems to be more that it is an ongoing process, millimeter by millimeter by millimeter. And this allows us to look back, to look back over the past 5 weeks for example, and there have been some slow but steady shifts made around many of the political and ecological issues going on. This will continue slowly, bit by bit by bit by bit...

Continuing to have that sense of who you are and how you are allows you to feel, appropriately, what to do and what not to engage with. Especially as we move into the heightened emotions in July and August, it will be very useful to recognize that when you see something external to yourself you can (let it) respond, and let it resonate your issue up [into your awareness]. Then you can clear your issue *before* you take any action.

In that way you are not reactive to the external, you are simply addressing it, and choosing whether or not to be in relationship with it, and then choosing the *quality* of relationship to have with it, whether it is a person or a situation. We can always [also] choose to see something external to ourselves and feel our own issue arise, and feel as if what is external to ourselves is being placed into our [energy] field or being pushed into our field.

## **USING ANGER as part of HEALING**

When we feel a sense of something impinging upon us, anger is a very natural reaction. One way to lessen anger from circumstances where we don't really need the anger, is to simply recognize what is external to us is indeed reminding us of something internal. Finding the space where whatever that is can be addressed, surrounded, supported...so that we can feel that sense of being in deep rest and repose. Reclining into our guides and angels in a way that whatever is within us can be addressed, seen and released. And then whatever is external to us becomes neutral...neither here nor there. We can address it, or not.

## **NAVEL and SECOND CHAKRAS CLEARING**

And so with that little preview about third chakras and will power, we come down to that navel chakra. Allowing the navel chakra, and again the sphere around the navel, to reflect each person present. As you breathe in, allow that navel chakra, front and back, up above and down below, just letting it be a reflection of how your Soul and body want to embrace each other now.

Thanking and releasing any other energies, and releasing again, going down one more chakra into your belly, and letting that sense of ease and comfort and flow that your body wants to have now, letting that ease and comfort and flow that your body want to have at the second chakra...allowing it to be present now. Allowing those voices, those beliefs around heard work and difficulty and pain, just allowing all of that to release out.

And it may release now. [And] you might notice over the next couple days odd strange beliefs or weird, other people's voice popping into your head. That means they are on the way out! Don't hold onto them. Thank them profusely. Feel that sense of gratitude because it must have been of service, it must have been of use. At some point in time that was useful for you...it is just no longer useful. It's OK...it is a pair of clothes or shoes you have grown out of. Just letting your body retune the belly...the area that includes the navel all the way down to first chakra to pubic bone to grounding. Letting your body feel all that supportive energy now available to it coming up through the feet, and the ankles and the knees.

## **HIPS and BELIEFS**

And the hip chakras. The joints creating this wonderful matrix, and again containing so much mental energy, mental beliefs built into our matrix. And it is OK to let go of them bit by bit by bit. We have spent a whole life-time growing them. It may take more than 30 seconds to release...or [more than] a day or two days. Let your body be the guide.

Notice from your navel on down, anything that seems like it is tapping and saying "I am ready to go". Whether it is a physical sensation or an emotion, just releasing it [and] letting it move onto wherever it needs to go to now. And just very gently allowing that release to create space for your Soul, just the portion of your Soul right here right now today that wants to sit into your body, that wants to embrace your body, that wants to step through and be within your body, especially that low body area, just letting your Soul, this portion of your Soul be present and generate along with your body the quality of energy that reflects who you are with each and every breath.

## **NEW YOU, NEW GROUNDING**

Who are you now? How are you now? And releasing any other energies that your body and your Soul, is ready to let go of. And just letting this new river of energy, or I should say this newly expanded river of energy, move all the way through. With each breath [let it] move all the way through from below your feet to up above your head. Allowing the body to expand side to side and front to back. This is just your own electromagnetic field, your own aura, your own energy. And wherever you feel a little static or a little impingement or a little heaviness, that is just something that is no longer in tune with you. Feel free to let it go.

## **RELEASING HEADACHES and TINNITUS**

Feeling up above your head...so often we collect guides and angels up through here [above the head in the crown chakra]. And they may sit inside the head and cause tinnitus and headaches, they may also be slightly above the head or to one side or the other sometimes, or behind. All we want to do right now is to look at those major life-time guides and allow them to sort themselves out. They may need to upgrade or update because you have changed. [So] it is time for them to change as well. And again, it is just like software, 6.2 [updates to] 6.3 [which goes to] 6.4. We are just updating. Letting them update. Letting your body update. It goes back and forth. It just toggles back and forth.

Letting the space up above your head reflect who you are now, and how you are now. And just very gently thanking and releasing any guides or angels that are ready to be released, especially out of crown chakra and out of the space around the head, neck and shoulders. Letting your guides and angels, that sit with you right here, right now, be present.

## **YOUR ONE CHAKRA at the MOMENT of CONCEPTION**

Letting the area up above your head, what I would call the 8<sup>th</sup> chakra, about 6 inches (more or less) above your head, letting it reflect who you are now, Just as we allow the lower 8<sup>th</sup> chakra, underneath your feet, to reflect who you are now. And both of these chakras emanate from that moment of conception. The 8<sup>th</sup> chakra, in mystical terms, is that very first cell. And that very first cell, when it divides into two cells, that becomes your upper 8<sup>th</sup> and lower 8<sup>th</sup> chakra.

## **CREATE from EASE**

So the energetic context of the 8<sup>th</sup> chakra (6 inches above your head and 6 inches below your feet when you are standing) is that these chakras interface with reality and how your Soul has set up or created and expanded a space within reality for your body to exist within. *Shifting upper and lower 8<sup>th</sup> chakras allows for major shifts in life.* And it allows for those shifts to happen slowly, over time, so as not to be disruptive. So as to bring the same sense of flow and ease to your life and to the changes you are making to your life.

When changes can be made in life with this undergirding sense of flow and ease, that change is going to create the same quality of flow and ease in other people's lives, and it will continue to replicate and to magnify within your own life.

Just choosing one issue in life and saying "ok, I am going to be mindful of making choices around this one issue in an easy way, in a way that I don't feel rushed". Doing that in one area of your life will help you cultivate that quality of energy. And it will begin to be something you want to do and can tag and do in other aspects of your life more easily.

Accessing this quality of ease is natural. It is part of your birthright. It is part of who you are.

Turn your attention for a moment to that upper 8<sup>th</sup> chakra and the lower 8<sup>th</sup> chakra. You will even feel a pranic tube that connects them. And there is much more to all of that. But for right now just [notice] the upper 8<sup>th</sup> chakra and lower 8<sup>th</sup> chakra beneath your feet, and you may

notice the pranic tube running through your body connecting them. Again, this is who you are, and how you are. No right, no wrong.

### **RELEASING SACRED SPACE**

So for right now, we are going to thank and release all those energies that have supported us and helped us get to where we are now. Find the room around you again. We are going to thank and release all those angels, guides and beings that have entered into the sacred space around you. Letting each of them step to wherever they need to go to now. Making room for the guides and angels that will help you as you come out of trance and as you move back, into your day to day life. Releasing the conscious magnified connection to the healing guides and angels that have been present for each person.

And thanking as well the Nature Spirits of the room. Those that have stepped forward at their level of unconditional love to help to hold the sphere around the room. Letting them clear and cleanse anything from this meditation within themselves, within the room, or within your space or your body. Thanking and releasing them from holding the sphere and releasing the conscious magnified connection to them now.

And it is OK for it to feel a little empty and a little lonely. That's going to come to balance in a second.

Feeling the Nature Spirits of the land beneath, again, those that vibrate at their level of unconditional love and have stepped forward, very gently just letting them cleanse and clear anything from this meditation within themselves, within the land beneath, within the lower portion of the sphere, which may include the floor of your room.

Thanking them so much for doing what it is that they love to do today, and for showing us an example of how easy it is to simply follow the programming, the matrix of consciousness laid within each of us. They just gave us a nice demonstration of that!

So now we thank and release our conscious connection to those Nature Spirits of the land beneath. Thanking and releasing them from holding the sphere, and releasing the conscious, magnified connection to them. Letting them step back to wherever they need to go to.

And again, it may feel a little odd or a little different, and that is OK.

And addressing the Pure Energy of Nature, that has been holding the full sphere around the room. Knowing that we continue to have a connection to the Pure Energy of Nature at all times. But we are going to turn it down to about 10% or whatever your Soul and body want to have now. That connection to the Pure Energy of Nature can always be reopened or energized and turned back on [more fully].

But for right now, allowing your body to recognize that it has plugged itself in [to the Pure Energy of Nature] and it has gotten nourishment, and it has received what it was ready to receive. And so allowing the Pure Energy of Nature to cleanse and clear anything from the meditation that it can help to cleanse and clear from anyone's room. And letting it gently release out, as we let go of it. Allow our conscious connection to the Pure Energy of Nature to return to whatever amount or percentage is appropriate now for our body, our Soul, to maintain.

And allow yourself to feel the space of the room. And again, it is OK for it to feel vacant or empty. In many ways this is an excellent sign! It means that you have changed. It means that a lot of the debris and energetic clutter that was in your space (in your body and your aura), as well as in the living space around you, is gone. There is no need to fill it up right away. A sense of emptiness can also contain a sense of stillness, a sense of just being.

And that sense of stillness and just being, means it is just your energies, your Soul, and your guides. We have become habituated to constantly having all sorts of stuff around us. And just like when you take the extra furniture or stuff out of a physical space, you look at it and you think "wow, it looks empty now!" Well, it is not really empty. It is now containing the appropriate amount of stuff. It has been overly full. So this is a wonderful time to not go back and fill it all up again. Let yourself feel whatever you are noticing, and just be with that right now.

I invite you to come to rest, and whenever it feels right, to go ahead and resume your day.

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