

Transcription

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Obstacle or Spiritual Redirection?

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Welcome, this is Norma Gentile, and you are listening to “Is it an Obstacle or a Spiritual Redirection?” This is my 60th audio meditation! Like all of my audio meditations, this is offered as a podcast and freely available to everyone. Please visit my website, www.healingchants.com if you would like to explore my music, online courses, and one-on-one individual sessions. For now, find a quiet place where you can lie down and not be disturbed during this meditation.

I am aware of a lovely quality of energy that has been present with me today, and it has been around for a couple of weeks now. It sneaks in, and feels like an undercurrent to all of the very (very, very, very) loud things going on in the world. Even [if you are] not paying a lot of attention to news stories, there is still ‘something’ happening. I am feeling that ‘something’ has to do with [long standing and long term] astrological events...and I bow to other people who know much more than I about such things.

But just for the sake of invoking this energy that we are all bathing in right now, [let me describe it]. It is a sense of constriction or restriction. I wrote about it in terms of it being an obstacle, or potentially a redirection. Because what I was noticing with myself and with clients, is that we could feel the energy and interpret it in terms of things going on in our life and saying ‘My job just won’t let me do this...’ or ‘So-and-so is standing in my way’ or ‘I just don’t have enough time to do...’

And I thought, it’s really our *interpretation* of these energies that is saying, “This is constricting, restricting...this is an obstacle that is stopping us.” Instead of looking at things and saying “This is helping me focus in a different way. This is encouraging me to look in a different direction. This is something that is allowing me to pause, to stop, to pause, and to remind myself and remember *why* I am choosing to do what I am doing right now.”

This is a quality of energy that says “Go back to your roots, go back to your source. Find who you are. Remember who you are again. Now move forward.”

When I was doing that, and was encouraging clients to do that, what I found was that doors started opening and things started flowing again. It wasn’t necessarily about following any playbook. It wasn’t anything that was so tangible that I could say ‘do this and this and this.’ It was simply a sense of going into the very core of the body, while letting go of beliefs about ‘having to do this’ or ‘should be doing that’.

Go into the core of the body and feel what that innate energy of Who You Are wanted to remind you of. In our navel, in our second chakra, in this core area of the body, there is a ball of prana, a ball of energy, that has different names. This chi ball, ball of prana, this area of the body, also is where we have that intuition, that gut sense. So many of us also know it as our Body's Intelligence.

As I psychic, I am aware that the low chakras of our bodies are just as valuable, and we are just as empathic down there as we are up around our sixth chakra, our seventh chakra, and our heart chakras. But we often don't recognize when information is coming into our bodies, and into these low chakras; into the navel chakra, the second chakra and the first chakra in particular.

And because of that, oftentimes we end up processing energies from the world – places we have walked through [like a shopping mall] or places [or people] we have been around. These energies come into the low body and the low chakras in a way that we can't really make sense of them. So we draw from our past. From our experiences, from our own belief systems, and we package them, we actually envelope them, in our own energy. And we believe that this must be our experience because...and then we make up a story about it.

'Because I was never seen as valuable'

'Because I was never pretty enough'

'Because I always piss people off in a certain way when I am who I am'

So we take these energies that don't belong to us, and we package them, and we feel responsible to somehow heal or fix them.

There are both plus and minuses to this process. They become a way that we really can change a basic belief or habit that we are ready to change. Like the belief that 'I am not enough' or 'everyone's out to get me if I really share my truth.' So it's a good way to tag these things, because it blows them up, literally. It makes them really big.

And it makes them big enough that then other things from the outer world start approaching us. And as other things start to approach us, our [pranic or energy] ball is like Velcro on the outside. It grows and grows as it gets stuck or covered with more and more of these things. And again, these things aren't really ours, but because it has a piece of us in there, it sure feels like it's ours.

So, what we are going to do is create Sacred Space, and then do some healing work down in that middle and low body area, so that who you really are can be more clear. Because what often happens is these chunks of who we aren't (but are somewhat in the vicinity [they may carry beliefs/vibrations that are very similar to our own beliefs/vibrations]), those chunks that we have grabbed from

where we have walked – the shopping mall, the stores, the family we have been with over the holidays in particular – will have these energies that we [in turn] picked up in our low chakras.

This, as it has become covered with our own belief system and then attracted similar patterns from other places around us has grown. As we remember who we are, the very core, that piece that we picked up, becomes void. It simply isn't us and our body recognizes that it isn't us, and releases it.

It is exactly like what happens when you have a balloon that is covered by paper mache, and then you pop the balloon, and the paper mache stays but there is nothing really holding it together. So any amount of pressure on the paper mache makes it crumble. Letting that balloon that isn't your energy, that you just picked up, become void, happens when who you are becomes more potent. And as a result, the big belief that you have placed around it, the paper mache, becomes accessible to heal, to change and to do something about.

So, from there then we are going to also release all the extraneous energies from everybody else that you picked up along the way. [Energies relating to] believing that you were wrong or they were wrong or you were right and that something needed to happen – we will just help those energies get home.

So close your eyes, and find a space that you can be in...

CREATING SACRED SPACE

The Pure Energy of Nature is a quality of energy that is seldom addressed in our culture. It is the Grandmother energy, according to Nature Spirits. It is the energy from which all form comes, be it created in a laboratory or invented by a human, or a form like our physical body, or trees or plants. All form comes from the Pure Energy of Nature. It imbues each element of our world with its own life-force.

Some of you know me as a singer, and many of you know me as an energy healer or channeler. In reality I tend to do both. Because even while I am speaking I am aware that my guides and angels can ride on the sound of my voice to reach you. And when I when I am singing they do the same thing, just without the words.

Sometimes toning is easier or singing is easier without words because the logical mind cannot argue with a tone. Sometimes words are easier, because they become a distraction so that the mind is busy wondering if what I am saying is accurate. 'Are those words really right?' And it stops [the mind from] putting up a wall or a barrier to change that is happening elsewhere.

So while part of the brain may agree or disagree with what I am saying, oftentimes that is the guide's and angel's way of distracting our personalities so deeper healing can happen.

For right now just take a before picture. Notice how your body is feeling. It is perfectly appropriate to notice if you are feeling a sense of boredom or a sense of wanting it to go faster, or a sense of having a thousand different lists starting to happen in your head, or a lot of different conversations happening in your head. There is a fascinating connection between the conversations in our head (generally speaking the number of conversations that our head can have [going on in it]) and almost a roiling or a boiling that can go on in the intestinal track. As the intestines settle [down] sometimes the conversations get louder in the head – but sometimes not.

So for that reason I am actually prompted by the guides to start with the head for a minute. Knowing how much energy our culture [has taught us to] hold in our brains and in our heads, lets start by gently allowing all those conversations you may be having in your head to be addressed. So I know this sounds weird, but turn and ask whatever conversation you are hearing [that is] front and center in your head [the loudest or most insistent thoughts]...turn and ask it if it is really *your* conversation? Is it really a conversation that needs to be had now? Are the voices or thoughts really the thoughts that are most useful right now? Are they really in tune with you right now?

And if there is a second conversation or set of voices, repeat the process.

Is it really in tune with you right now? Is it serving your body right now? Is this voice, this conversation, this awareness truly in service to your physical body right now?

I fully believe that our Souls inhabit our bodies, thereby creating a personality. So in the healing and meditation process, I am very aware that I am wondering what the Soul wants, and I am wondering how the body wants to respond to the Soul. Whether or not we, our personality like it...well, that is a whole other thing!

But, if something is going on that the body is responding to and saying 'yes' to, chances are it's a means by which the Soul can more fully embrace the body, and the body truly desires to be embraced by the Soul

Let your breath slowly drop down, dropping down into the navel area, into the low back. If you are sitting down maybe you can drop all the way down into the pelvis. If you are lying down, you can feel how the air, with each normal size breath, can slightly give you an inner massage. Not just in the middle of the body but all the way down into the hips.

A FEW TONES TO HELP YOU DROP INTO YOUR BODY

Remembering home is about drawing out that which you already are aware of. Being within yourself is like coming home. Those obstacles that we have drawn to ourselves, are never in tune with our deep inner being. But they are 'off' by just enough that we can distinguish between who we are and who they are. And at a certain point we recognize something needs to happen. Our body, our Soul has always known who we are, and who we aren't. Our body, our Soul always knows when we are busy trying to create something that isn't ours to create or isn't ours to do. It knows when we are following a path that we believe we should follow, rather than a path that is truly the Soul's path, or the journey of the Soul, to follow.

So looking down within that navel chakra, I am wondering how many threads to ideas, or aspirations...how many energy cords are we creating to things we don't really...

How many cords or threads or aspirations are we creating to ideas and assumptions about ourselves and things in our life, that our Soul does not need and that our body does not want to have to be in relationship to?

Just asking that question, allows the energy cords to begin to dissolve. Those people, those things, those situations, those believes that do not serve your Soul's journey in your body right now can very gently and simply remove themselves and dissolve from life. Just allowing, in this case the navel chakra, to reflect who you are now and how you are now. To reflect all that your Soul desires for your body to express now.

What is that unique quality of energy that your Soul wants to create or co-create with your physical body right here at the navel? With each breath, you generate a little bit more of that quality of energy. As long as your focus is upon what is the Soul's desire, what is the Soul's Journey, what is the body's desire? Letting the Soul and body together meet in your navel chakra, and create that amazing web of life that is yours to live now.

And gently releasing, especially out of the back side of navel chakra in the low back, releasing whatever is ready to be released, including any old guides or angels that are ready to be released. There is no right or wrong, there is simply what is ready to be released. And these guides, these angels, whether they are yours from a different point in time or whether they belong to others who meant well, trying to help you, all of them can move through Archangel Michael to go home, to go wherever home might be for them. And if you suspect they might belong to someone, let them gently come to rest in the arms of that person's Guardian Angel.

Just releasing and allowing your navel chakra, especially the very core of the navel chakra, which is deep inside the body, letting it reflect who you are now, and how you are now. And allow your attention to come inside the body, behind

the navel, and then drop down, just a little bit. And ask if what you notice is really truly yours now.

Is this really truly a part of your Soul's journey now? Is this truly who you are now? Is whatever you are encountering deep inside your body, is it truly how your Soul wants to express through your body now? Is it a reflection of what your Soul has come to do right now?

And just again releasing those energies that no longer reflect who you are or how you are. Allowing those energies deep within your body to reflect your Soul, your Soul's journey in your physical body now. And allowing that sensation inside your body to drop down again, as if you could drop down within the body behind the navel and then a few inches inside your body and go down even deeper. So you are inside the body behind the 2nd chakra. And even lower than that perhaps.

And just allowing that space again to reflect who you are now.

This is an area that many people talk about in terms of being the seat of the Kundalini. I also notice that throughout the Pranic Tube, which is what we are clearing right now, there are a series of MerKaBas, very small MerKaBas. Right now I am looking in general at that quality of energy and asking your body, your Guides, your Angels and your Soul how they want to meet together in this area of your body. Whatever system it is that works for you...Whatever system, whatever structures, whatever beliefs would be of service for your Soul's journey, may your guides and angels support right now this clearing to reflect who you are and how you want to be now in the world.

And releasing out of the backside of 2nd chakra and 1st chakra areas those guides that are no longer needful. And releasing out of the front side as well of 2nd and 1st chakra those energies, [which are] oftentimes pictures we have picked up from other people about how we should be, how we should behave, what we should look like, how we should act, what we should eat...all those things.

All those picture psychically that come in at 1st and 2nd chakra from other people, spoken or unspoken, [whether they are spoken to us aloud or thought], just thanking them for their care and letting their energies return to their Guardian Angels.

And even sometimes just walking through a store someone can, without totally understanding, project upon you something. And you can feel it sometimes when you meet someone's eyes or gaze and you think 'huh, something is going on there'. And we accidentally get into an energy loop with them.

We are going to release all of that. No need to understand everything right now. Just releasing whatever is ready to be released. Just letting that 2nd chakra and 1st chakra area reflect who you are now and how you are now.

When anyone gazes upon you in a way that makes you feel better, that is an empowering gaze. And sometimes that gaze has absolutely nothing more to do with you other than it was where the person was at in the moment. They were content within themselves, your eyes met or you had a brief interaction and that was that. But you came away feeling a bit better.

And other times even with a brief interaction you may come away feeling not as good. That sense of energetic projection when other people are not in a happy place, or a balanced place...their ability to have discomfort hanging off of them. Oftentimes we don't mean to but we might pluck a bit of their discomfort off of them, perhaps trying to heal them or fix them, perhaps because we are a little uncomfortable too. Again it's our way of bringing attention to the fact that there is something going on that we need to pay attention to [ourselves]. So if we just cover it with energies that aren't ours we are going to pay attention to it because it is going to grow.

So much of what is contained in our low bodies is preverbal. It happened to us long long ago. We don't necessarily have a conscious memory of it. We don't necessarily *need* to have a conscious memory of it. But we can fill in the lower portion of our body in a way that allows us to become who we are now, and therefore less of everybody else.

And very gently we are going to go back to the navel area. And just ask, how do your energies now want to be more present within the navel, in front, in back and in the very core of the navel inside your body. How do your energies want to be now? How does your Soul express itself through your body now?

And again let your awareness sink down through the Pranic Tube, the tube deep inside your body, and let it sink all the way down, if you can, to the tailbone. Who are you now? How are your energies now? With each breath, you create a little bit of who you are.

And just allowing those energies of who you are to move through your pelvis, to move through the thighs and the 1st chakra, to move through the pubic bone and tail bone, moving into the knees. Moving into the calf muscles. Moving into the ankles and the feet. And while you are present in your feet, if there is any more conversation in your head ask that conversation if it is really in tune with your Soul and your physical body right now. Keep an awareness of your feet [while you ask the question]. Any doubts, any conversations in your head just ask if they are really yours now? Are they really in service of your body and Soul now?

And this [same process of asking questions] can be applied to beliefs that you may have about yourself that are very common. You may already recognize that these beliefs are not helpful beliefs. 'I am not enough' 'I am not good enough' 'I am not smart enough' 'I am not pretty enough' Whatever that limiting belief might be.

Find your feet. Let the feet be solidly energetically connected to you in your awareness. And whatever that belief might be that pops up ask if it is really yours.

This is a style of energy healing that basically allows the old beliefs, the baby beliefs, to exit as the adult beliefs are ready to take their place. Just like we have adult teeth that gently push the baby teeth out of the way, the beliefs that worked for us when we were younger and part of a family unit, no longer serve us as adults.

The same sometimes [applies] for that first or second or third job. Where we had to kowtow and follow the communal company line. Those beliefs about what we are good at doing, what we are not good at doing, how we should be, or how we should relate to others...all of these beliefs that we adopted...no longer serve us.

And even the guides and Angels that may have helped you through experiences with family or jobs or living in community...those guides and Angels can also be released once the experience has past.

And this allows for the guides and Angels working with you right now to have clearer access to who you are now. You will be able to hear them better! They won't have to be screaming from the back row to tell you, or give you ideas, about how you might handle things right now.

And just go back now to breathing and feeling your knees.

Knees are so interesting. They move us forward, and the energy grids on the backside of the knee chakras, those energy grids are almost always full of more difficulty, and more hazards in life, than what our Soul truly wants us to have.

We have plucked these out of the many many many circumstances we see around them us. And we have somehow inserted them in our throat, in our second chakra, and in our knees (that space behind the knees).

So, I honor that there are things that our Soul wants us to be constricted and restricted by in order to learn. And that sometimes obstacles can mean 'go a different way'. Sometimes obstacles mean 'tune in more deeply, and find that different way'. And sometimes the boulder that we think is front of us is really just a small stone, something we can step over or step around.

Looking into the knee area and just feeling whatever is going on in the backside of the knees. Allowing the backside of the knee chakras to simply release those boulders, those obstacles, those constrictions, those restrictions about how life should be that are not yours, that are not truly in tune with your Soul or your physical body.

All that you may have picked up, all that may have gotten attached, just gently releasing. Allowing that quality of forward motion and forward flow that your Soul truly wants your body to experience in this lifetime to be present. Where is that sense of forward motion and forward flow that your physical body and Soul together want to have present in your life now? At your knees, at your second chakra at your throat chakra? And just continuing to let your knee chakras talk to other areas of your body. Continuing to release what isn't yours, and let your Soul and body together create what is yours.

And very gently, feeling the knee chakras and then feeling the hips. Feeling the joints of the hips, right where the legs come into the pelvis, right where they articulate.

The joints of the hips also create amazingly intricate energy grids. Beliefs about who we are at a fundamental basis are held here. In order to survive in community, be it family, jobs, whatever it has been...when we are in relationship to other people these are the grids that we oftentimes fundamentally change in order to be perceived as someone who will fit in.

Let's unwind some of that now!

And as we do so you may notice shifts in your entire body, because this will change how various parts of your body, such as the sacrum relates to the cranium, your head, as well as how you weight bear through your pelvis, ankles and feet.

Just allowing whatever is ready to unwind, especially within the joints of the hips, to do so. And we are going to look specifically at the left hip, and just asking that left hip, how does your Soul right now want to step through? How does your body want to be supported by your Soul? What is the quality of energy that your body and Soul want to create together? How do the energetic grids around the left hip reflect the journey of your Soul now? Letting the hip joint reflect whatever you are ready to do now. Whatever the body is ready to do now.

Being realistic about change is very important. While a part of us things that we can snap our fingers to have immediate and perfect change – well maybe at some level we can – but our bodies move a little slower. The body moves a little more slowly than Spirit. And in most cases, our body will move step by step by step into its new reality.

So what is the step your body wants to take right now into a new reality that is reflected around *you* right now? What is the new reality your body wants to step into now? Especially around your left hip and the left side of your body?

And looking over to the right hip, and unwinding those patterns of who you are or who you should be. Since so many people in our culture are right hand dominant, our perception of who we are is much more potent on the right side than on the left. It is almost like we live more strongly in the right side of our body than in our left side.

So just feeling into the [right] hip. Feeling, and asking if all that you perceive of as being you, in the right hip, is this truly in current time? Is this energy or energies truly a reflection of the journey your Soul wants to be on with your body right now? Thanks and releasing those energies that recognize they are simply not in tune with you anymore. Letting those energies go to wherever they need to go to now. Making more space, more availability for your body and Soul, together, to flow through that right hip area.

And just allowing the right hip and left hip to gaze upon each other. Letting the right side of the body, all the way through the body from the right foot all the way up to the head reflect who you are now. Letting the hip sockets, the right hip and the left hip, talk with each other. Letting the ovaries or testicles, listen, and be in the conversation as well. What is the fundamental tuning of who you are now?

And just feel the energies around the pelvis, around the knees, and now around the ankles and the feet.

Our bodies come from the Earth. Every single molecule of our body comes from Earth. We are part of Earth. Likewise, our bodies can be animated, can be nourished, by those Earth energies that the molecules know as home. I usually think of it in terms of cells. That each of our cells has a unique vibration; yet, it also has a little tiny mini grounding cord. So each cell has it's own mini grounding cord. It knows where it has come from. It knows it belongs to the Earth.

Each cell of our body is innately and inherently connected to the Earth energies that nourish it. On a larger scale, each of the chakras in our entire body is already connected into Earth energy, and is being nourished by Earth energies. All the many chakras on the bottom of our feet are connected into Earth energies. And it is how we accidentally pick up other energies that can get in the way of grounding. So now that we have cleared the lower chakras of the body, let's take a moment and give a little tender attention to our feet. The many chakras on the bottom of the feet, that reflect the entire body, and energetic system of who we are. Each connects into Earth energies. Those subtle Earth energies that our Soul is already connected to, as well as our body.

And again releasing off the bottom of the feet those energies and energetic patterns and energetic cords that served us, until now. Releasing them with gratitude to wherever they need to go to now. Allowing all the chakras on the bottom of the feet to remember their own connection to subtle Earth energies now. At the body level, how does our body want to be supported by the Earth energies that it wants to connect into now?

How does your body's intelligence direct your feet chakras to plug into Earth energies now to nourish your body?

And letting that quality of energy flow through the entire body to wherever it wants to go to now.

And very gently bring your awareness back by taking a breath into your back, into your low body. And just as we began by entering into Sacred Space, we now exit from Sacred Space as we end.

With greatest gratitude we thank and release that magnified conscious connection to Archangel Michael from the upper dimensions as well as from the lower dimensions. Letting the aspect of Archangel Michael that has been present with each person step back into relationship with them in whatever way is natural and appropriate now. And that aspect of Archangel Michael connection to you may have actually changed during this hour. So if you are a conscious channel, just connect in, next time [you connect to Spirit] and ask what aspect of Archangel Michael, or whatever guides or angels you utilize, what is new? What is the new connection you might have with them now?

Letting Archangel Michael gently nestle back into the appropriate connection with each person now. I thank and release my conscious connection that that aspect of Archangel Michael.

And the Nature Spirits of each room, vibrating at their level of unconditional love, letting them cleanse and clear anything from the meditation they can cleanse and clear. The Nature Spirits of the land beneath also cleansing and clearing anything from the meditation they can cleanse and clear themselves. And the Pure Energy of Nature, letting it cleanse and clear anything it can cleanse and clear from the meditation. Thanking all of these elements together, for their conscious magnified connection to us, for helping to hold a Sacred Space and Sacred energy sphere around us. Thanking and releasing them from holding that sphere, and releasing our conscious magnified connection to each of them; to the Pure Energy of Nature, the Nature Spirits of the room and the Nature Spirits of the room; thank you, and releasing you.

And finally thanking and releasing any last guides or angels, unique to each person, knowing that you can always revisit this meditation and you can always

re-listen to the podcast. You will always be able to revisit the energies because this is a part of who you are. Nothing external has been given or taken away. All that has happened is that you have met up with more of who you are.

So when you are ready just take a breath into your back. And when you are ready bring who you are to whatever the next piece might be in your day. For right now, I just want to thank each of you for participating, and I welcome your feedback through Facebook, or through an email or text later.

Thank you each, and may each enjoy a new, easier, and more simplified path in life.

If you would like to give something back:

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