



INSIGHTS and a MUSICAL MEDITATION **Magnifying Your Body's Connection to the Pure Energy of Nature**

Welcome! I am Norma Gentile, a sound shaman and energy healer. This is an exploration of how our bodies are nourished by a specific quality of energy, what I call the Pure Energy of Nature found within our world.

Let me talk about the Pure Energy of Nature. As I do so, place your hands so that your palms are facing each other, about 6 or 8 inches apart. You are allowing the chakras that emanate from the palms of your hands to interact with each other, creating a neutral energy space. Feel how that feels to you. As I talk it might begin to change.

By speaking about the Pure Energy of Nature my intention is to magnify your own soul's innate connection to the Pure Energy of Nature. Remember, each of us, and every thing in form, has a drop of its essence within the Pure Energy of Nature. For humans the drop of our essence comes from our soul. Because our soul is already connected to, and contained within the Pure Energy of Nature, our body is also able to connect to the Pure Energy of Nature.

In fact, I would say that a small percentage of our life-force always comes from our body's connection into the Pure Energy Nature. Increasing the amount of energy our body receives from the essence of its soul within the Pure Energy of Nature creates a very strong potential for physical healing within the physical body.

How does this energy feel? I sense it is warm and rich, somewhat like warm flowing chocolate pudding. As my body opens its innate connection to it, I find my sensation of breathing changing. I feel as if I am breathing in thick misty air that is so full of water droplets that I breathe in more moisture than air. I also notice a deep sensation of comfort and timelessness.

How does the energy field between your hands feel now? Has it changed, and if so how? Is there a regular pattern of pulses, or a smooth flow? There is no right or wrong. However your body interprets the energy is up to you. While some people may have similar experiences, each of us is unique, and so each of us will have our own perspective and experience.

I find that magnifying the naturally occurring connection of the body into the unique vibration of its soul within the Pure Energy of Nature also allows for the body to hydrate itself. In my experience this is one of the fundamental principles of Breatharianism; the ability of a human body to convert energies like sunlight and prana into nourishment and water within the cells of that same human body. I realize this is probably a bit of a stretch to hear about, but if you are intrigued I co-taught a workshop with the Breatharian Elitom that was recorded and is available on my website

[Breatharian Meditations](http://www.healingchants.com/recordings_bm.html)

(http://www.healingchants.com/recordings_bm.html)

Suffice it to say for now that when I look at all of us normal people, I see between 5 and 10% of our overall life force comes from our pre-existing connection to the Pure Energy of Nature. While I am not convinced we are all destined to become Breatharians, I am certain that we can, and do open our body's connection into the Pure Energy of Nature for a short time when the need arises. And this magnified connection allows the body to engage more easily with its own healing process.

As I have been talking, my focus is not so much on the words but on welcoming the Pure Energy of Nature to step forward into our shared awareness.

Let me do this now through music This song was recorded live during one of my Meditation Concerts. As I sing, my focus is on welcoming the Pure Energy of Nature to step forward into your awareness. Remember this connection is innate. It has always and will always exist. The energies within the song merely magnify the connection your body has into its own soul's essence within the Pure Energy of Nature. You can continue to have your hands facing each other, or place them, palms facing down, onto your knees. Close your eyes, and let yourself enter into the music.

MUSICAL MEDITATION (Blooming, a healing song drawn through Norma during a Meditation Concert. Live recording.)

How do your hands feel now? By chance, do you notice yourself having to swallow more than usual? As our body connects itself more fully into the Pure Energy of Nature many people have an increased saliva production. This is a reflection of our body's shifting into the process of creating its own water, or hydration, when deeply remembering its connection into the Pure Energy of Nature.

It is not unusual for your body to take this opportunity to recharge and nourish now that you are deeply connected to both the Earth and your soul's essence within the Pure Energy of Nature. Rest now. Take whatever time it takes. And when you are ready, offer gratitude to all those beings, within and surrounding the Earth who have been present during this meditation. As we offer a sense of gratitude to them, we also allow them to step to wherever they need to be now, and allow our connection to them to be however the connection needs to be now.

We can explore how your body is already connected to your individual essence within the Pure Energy of Nature in a [Private Session](#). Additional meditations and insights on using the Pure Energy of Nature in your own healing practice are included in my online course, [Reinitializing Reiki](#).

I thank the conscious connection with each of you, and gently release it, allowing our energies, for the moment, to pause and separate.

Namaste

Norma Gentile
www.HealingChants.com