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Revealing Spirit

Deepening Your Trust in Spirit and Revealing Your Natural Intuition
with a related Audio Meditation and Healing Songs

Dear Friends,

We are now within the annual opening of the Sirian Portal, which bathes us in that quality of Sacred Masculine energy from which our planet, and our own bodies, were born. During this time (the last week of July through mid-September) our physical bodies as well as all that surrounds us feels a magnification of our Divine Father's presence. Each year this presence offers a process of remembrance of our own ability to reflect our personal aspect of the Sacred Masculine. As a result, the Sacred Masculine within ourselves and our world is slowly re-awakening.

Our honoring of the Divine Feminine, referred to as the Grail Chalice, makes it possible for our world to receive this annual influx of Sacred Masculine energy. During this time of the portal it is important to remember that stillness, reflection, self-nourishment and compassion serve as means of generating a stronger Divine Feminine chalice into which we receive these Sacred Masculine energies.

In past years I have noticed that this flow of Sacred Masculine energy intensified the chaos of non-sacred actions. Especially actions taken out of fear. This year I expect world events will make this very clear. This is a time to identify and address behaviors and underlying energies in our lives that are no longer comfortable.

Here are a few thoughts from myself and Archangel Michael:

When we seek to maintain something in our lives that is no longer part of the journey that our soul desires for us, we hold ourselves back from embarking on the next step of our journey. I think the hardest things to let go of are unrealized dreams or ideas that we never had the chance to fully develop.

Releasing old to-do lists is vital to being able to follow our soul's journey now.

In order to do this, we need to spend a few moments recognizing and releasing all those potential new idea that we considered, but are not going to pursue right now...that's why they were potential ideas. All too often we confuse a potential idea with a firm urging from our soul, and move the potential idea onto our to-do list. It is not a failure to release a potential idea or project whose completion alludes us. It is only a failure to hang onto it when our soul is presenting us with something we need to be engaged with fully now.

How many of you like to sew or knit, and if so, I'm betting you have bags of patterns, fabrics, yarns, and projects started but not completed? Or perhaps you have a pile of partially read books? Or many bookmarked websites to read? Rather than feel guilty about not finishing something, try looking at it in terms of your soul choosing to reprioritize what is most useful for you to engage in now.

Why would that happen? Perhaps other people made choices that suddenly allowed for you to have a new experience with them. Your soul saw their choices create a change their life trajectory, and this opened up a possibility for you to interact with them. Your soul then said to your personality "Don't worry about that project, it's not that important. Put it away for now and follow this new idea. Follow where your joy, your inner 'yes' is coming from."

*From my audio meditation [REVEALING SPIRIT:](#)
Deepening Your Trust in Spirit and Revealing Your
Natural Intuition*

TRUST

Relaxing and truly opening to spirit, whether it be Heavenly spirit or Earthly spirit, requires trust. This is not a quality that we have learned much about in our daily lives. Trust requires first knowing ourselves. Trust requires knowing our bodies, the vibration of our bodies, and our emotions. When we trust in our own competence to know ourselves, it becomes easy to feel and to know when what surrounds us is either in tune with us or not in tune with us.

As my guides remind me often; "When you do not focus upon that which is not in tune with you, you do not feed it. It will seek its nourishment elsewhere." This is true of people, patterns and behaviors.

Where is your 'yes' right now in life? That is the potential your soul is seeing that is opening for you. Again, releasing your previously self-imposed to-do lists is vital to being able to follow your soul's journey.

Until recently we did not have such quick energetic shifts in the Earth, and therefore, our to-do list stayed pretty firm throughout our entire lifetime. Before incarnating our soul would chose to explore a few things over the course of our entire lifetime and that was that. The to-do list was followed and seldom deviated from.

But in the middle of the last century, around 1935-50, things began to change in the vibrational field of the planet. Our souls are constantly responding to these changes. Now our soul picks a few things to work on before we incarnate, but with each shift in the vibrational frequency of the planet even the portion of our soul incarnating into our body has the possibility of changing. Other people change. Circumstances change. And our soul recognizes that this is a perfect opportunity to experience something that it has not yet been able to experience in this or other lifetimes.

Suddenly we find ourselves developing a new skill, a new set of friends, and even new life challenges. In order to fully embrace each of these new choices made by our soul, it is essential to release all of the guides and angels that helped us with the previous projects and tasks that are no longer ours to do. Whether we have called angels and guides in consciously or unconsciously, at this point in our evolution of spiritual mastery, it is up to us to consciously release them.

As you read this, let yourself feel a sense of general gratitude towards all those spiritual helpers that have been with you during your lifetime. You are releasing these spiritual beings from the past so that you might have more receptivity to hear and comprehend the gentle urgings of those guides and angels that work with you right in this moment. You are also completing an agreement you have with them. By releasing them now you allow them to be about the other work they need to be doing.

And as they depart, you create space for those guides and angels that reflect this moment of your soul's journey to be present with you. This often releases tension from the body, reduces 'chatter' from the mind, and allows for a deeper experience of spiritual connection.

If this is making sense to you and you wish to continue, please see meditation #46 [Revealing Spirit: Deepening Your Trust in Spirit and Revealing Your Natural Intuition.](#)

What I have shared in this essay is based on a portion of this meditation. You will find both the original audio recording you can listen to (best option) as well as a transcript to read. Listening to the meditation will allow you and your guides to more fully access the energies offered and connect into your own new potential next steps.

My blessings to each of you,
-Norma

UPCOMING EVENTS

Sept 27
1pm EDT / 10am
Pacific

World Wide Telephone Meditation
(Lunar Eclipse/Supermoon)

Oct 4
4-6pm

Ann Arbor, MI
Singing the Chants of St. Hildegard

Nov 14
at 8pm

Ann Arbor, MI
Meditation Concert of Chants by Hildegard

Jan 28-31

Anna Maria Island (near Tampa, Florida)
Sound Healing Practitioner Training

Inviting the
Sacred Masculine
to enter our
presence

**A Call to
the Sacred
Masculine**

with chanters
from the
**Naqshbandi-
Hagqani Sufi
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So much has been written and shared by others about the chaos in the external world, and I thought I would share something about healing. For me healing is not fixing or making something better. Healing is the process of being present and creating a sacred container into which grief, fear, anger and all those uncomfortable but transformative human emotions might flow.

<http://www.healingchants.com/soundhealings.html>

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Unfurling Love's Creation

Based on compassion as an aspect of Love, these chants illuminate the finer energies of the Divine Feminine. This recording is especially suitable for those seeking deeper stillness.

Chants by Hildegard of Bingen
Sung by Norma Gentile

*with Harmonic
Drone Chorus
and
Tibetan Singing
Bowls*

[Listen to a Song Now](#)

<http://www.healingchants.com/soundhealings.html>

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Revealing Spirit

Deepening Your Trust in Spirit and Revealing Your Natural Intuition

Meditation #46 from June 21, 2015

Relaxing and truly opening to spirit, whether it be Heavenly spirit or Earthly spirit, requires trust. This is not a quality that we have learned much about in our daily lives. Trust requires knowing ourselves first. Trust requires knowing who we are first. Trust requires knowing our bodies, the vibration of our bodies, and our emotions. When we trust in our own competence to know ourselves, it becomes easy to feel and to know that what surrounds us can either be in tune with us or not in tune with us.

When we do not focus upon that which is not in tune with us, we do not feed it. It will seek its nourishment elsewhere. This is true of people, patterns and behaviors.

[Listen to a sample: Trust](#)

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[Transcript
& more information](#)

I included the short toning passage that occurred spontaneously during the meditation

More of Norma's healing songs, along with videos, can be found under [Sound Healings](#) and [Recordings](#).

[CELEBRATE H](#)

Designs based on Hildegard

iPhone & iPad goodies / organic
children / notecards / tote b

[Wearable & Usable Sacred Art - bring you](#)

long sleeve

iPhone cover

ceramic travel mug

A Note on Phone Meditations and Recordings of Meditations and Teachings:

As of today, I have [44 Meditations and Teachings recordings](#) available. They cover all on different subjects, some are direct channelings from my guides, most often Archangel Michael, Mary, the Hathor Atamira, Thoth, Shesat or a group of Ascended Masters. Most of them invoke Sacred Space and then focus on an issue and provide time for your guides and angels to work with you energetically.

Many are drawn from the live Phone Meditations that I offer a few times each year. About half contain healing songs or chants. All are offered freely as podcasts (you can subscribe directly on iTunes > Podcasts > Norma Gentile) or a few are available as CDs. At this time donations provide the funding for the free monthly (or so) Phone Meditations, the recording and editing process, posting them online and paying the monthly fee to maintain them online for free download. As of today, more than 90,000 downloads of these meditations has occurred. And chances are you have participated. Thank you! I know it is your energy that shapes each meditation and newsletter, and helps pull the information and insights that I share through me from Spirit.

I look forward to many more meditations, and many more downloads! And yes, please share these newsletters, podcasts and phone meditations with your friends, your email circle and others.

Private Healing Sessions (offered in person or by phone)

I am very good at helping to lift off heavy energies and get chronic issues to begin to move. Any energy released goes home, to follow its own growth and evolution. This means that what is released does not return. And it means that those energies with awareness know that I mean to help them. In this way your agreement to "keep them safe" is brought to completion, because they are released with honor and respect onto their next step. This is true of all energies, big or small, that your soul and body are ready to release.

Remember that any energy in your body or aura that is not in time or in tune with you will cause a slow, steady draining of your vitality. This leads to larger issues arising in the physical body, emotional overwhelm, and psychic cloudiness. A complete "deep cleaning" regularly can help you find, address, and release what is no longer yours to carry. This frees you up to engage fully with your own life's issues. (and yes, we can address life issues as well in the session).

A recording is made of the session. When you listen to the recording your guides and the healing angels will return to continue to help your personal inner understanding and release continue. Sessions are \$185 and last about an hour. Please be in touch with me to secure an appointment time. norma@healingchants.com or 734-330-3997. [Read more about private healing sessions here](#)

Norma's other offerings ---

Norma's other offerings

FACEBOOK

Get Norma's free videos, sound healings and essays regularly.

VIDEOS

Watch Healing Chants online

MUSIC AND CHANT RECORDINGS

Sacred chants from Hildegard, improvisations from Spirit and healing songs from the Hathors, CDs or download

SPOKEN MEDITATIONS

Meditations and information, available as podcasts)

SOUNDCLOUD

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YES please pass this email onto anyone you think would be interested. Just be sure to include my contact info.

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