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Three Great Freedoms

Insights from Norma and her guides
and a related song by Hildegard and upcoming free phone meditation

Dear Friends,

I'm noticing a pattern of going backwards and reconnecting with what I thought I had left behind and re-engaging with it in order to move forward. Things and people that I stopped interacting with months, years and even decades ago have returned to my life.

As I look out at friends and even world events, it is as if concepts that we engaged with months, years and even decades ago have returned. We have collectively hit a giant 'reset' button.

Hitting the reset button: Restarting cycles with people and situations that you thought you had left behind

A Note from Norma:

As many of you know I often use a method of 'blended channeling' when receiving ideas and information from spiritual beings. This means that in order for what they are sharing to apply to our world, I need to provide the human side of the equation. From time to time they want to express ideas with which I don't have enough familiarity. Such is the case with this section of text, and so my friend, [Stephen Rassi](#), (PhD, LMSW) offered me a bit of informal history, which I include here for those interested.

Let me illustrate this with one of the many issues that are now returning as visible current events. The various socio-political equality movements (such as race, gender, sexual orientation) from the 1920's arose again in the 1960's and are clearly visible today. This time the transgender community is at the forefront. In the 1960's the African American community led the movement for equal rights, which in turn fueled the movement known as Women's Lib, and also led to a raising awareness of (what was then) the gay male and lesbian rights movement for those falling outside of the traditional binary system of sexual orientation and gender. However, the gay and lesbian movement of the 1970's that I encountered at college was rarely inclusive of people who lived as transgender.

"In the 1970's the movement encompassed "gay male and lesbian", then they added bisexual and started to call it GLB, then moved the L to the front to reflect the additional oppression that lesbians faced so it became LGB, then added the T in the 90s (LGBT). Now some people call it TBLG because of the additional oppression and invisibility that the T and B groups face."

For me this perfectly illustrates the motion of waves working repeatedly in small motions upon the grains of our understanding of this

area of our cultural sand.

The current movement now more fully includes a call to honor equal rights for all regardless of one's gender identity and sexual orientation (LGBTQ). I have to admit, at some point this 'alphabet of equality' will reach a point of needing a single phrase...as I do anticipate our exploration and subsequent re-defining of sexuality and gender identity or expression will continue to deepen.

According to Stephen: "There is a single phrase emerging that encompasses all of the alphabet letters, MOGAI; meaning "marginalized orientations, gender alignments, and intersex"."

Our culture is opening to understand that both gender and sexuality are not absolutes, but lie along at the very least a continuum. My guides suggest that as we loosen the reigns of our polarized reality, we will come to understand our physical bodies as having loving expressions that fall primarily between the poles of feminine/masculine. In this scenario we might better say that the expression of gender and sexuality both exist as spheres, intersecting within our bodies in as many variations as each of our soul's vary.

But this is in the far future...At this point in time, I am seeing swift changes in attitudes in the mainstream culture around gender and sexuality that are based upon changes made in the past. Each time our culture holds up an issue to reevaluate, waves of energy from our attention interact with the issue. It reminds me of watching ocean waves interact with a sandy beach.

With every wave that strikes the sands of a shore-line, some sand moves. It may be imperceptible to the view of the human eye watching. Only when we compare the shore-line day after day, week after week, can we appreciate the action of the waves upon the sand. Those who live along shorelines know that it isn't just one wave, or one week of waves that changes the beach. Despite the dramatic changes that appear after a major storm these changes do not happen solely because of the storm. Years of waves create the beach upon which the larger storm waves act.

This same scenario is true for our collective human consciousness. In the 1920's and 1970's (and in previous centuries) waves acted upon our perception of civil rights. At this moment our attention is drawn to the grains of sand representing the movements within civil rights and other freedoms that I believe are innate to all of us as humans. The freedom to express ourselves sexually in whatever gender body we define ourselves in is just one freedom. Freedom to live safely, to worship safely, to love safely...we are experiencing the waves of Spirit acting upon all of these grains of sand as well. And as the waves move the sands here and there upon the shore, the freedoms that are most important for humanity to address come into our daily awareness.

The freedom to live safely...It is not a coincidence that waves of Middle-Eastern refugees are making their way into Europe, particularly Northern Europe at this time. Nor that individuals are publically choosing to assist them. Most corporations and governments reflect the old qualities of the profane masculine in their principles of organization. Social groups of individuals (and some businesses) that honor the principles of the newly emerging Sacred Masculine are in the forefront of offering assistance. Not because they must, but because they believe that it is what is right to do. Governments are now being shamed into following the lead of their citizens. We are all redefining the freedom to live safely. Again remember, each new story to appear in the media is the equivalent of the action of one wave. Years must pass before there will be a significant change in how government's political

structures cede to the rising migrant tides. And there will be many more tides of migrants.

The freedom to worship safely... Does it not follow that the trappings of religion are now being exposed when they serve merely to hinder an individual's spiritual journey? Our polarized world view has created a belief (in most Abrahamic religions of the Middle East and Western countries) of a superior God, made in the image of the male gender. Religions that embrace this male God naturally embrace the dominance of the male gender. And so we have cultures that worship the profane masculine, and all that keeps this quality of non-sacred masculine in its seat of power.

Slowly, as we re-embrace the role that the Earth and Nature have in our lives even the Western world will experience deity in its feminine form. The feminine Trinity of the Bible (the three Marys) will rise again into prominence as the Divine Feminine is already awakening. The Sacred Masculine, not profane masculine, is her dance partner. And once these two sacred examples of our polarized reality are understood, our own comprehension of reality will no longer need to be limited to male/female or right/wrong. But the only way to reach this point beyond polarity is to dive headlong into the dual expression of our sacredness here, in this world. As I often hear, 'the only way out is through'.

The freedom to love safely... This is the last of the freedoms to fully emerge. Based on the time it takes for our world's cultures to achieve significant shifts in the other freedoms, this freedom will unfold. As religions release rules (a symptom of the profane masculine) in favor of compassion there will also be a recognition of the role that all faith traditions have. Wisdom arising from indigenous cultures will be especially honored.

Mary has provided me with the inspiration and ideas for what you just read, and has asked to share something directly in closing:

It is not that I, nor any spirit need speak to you of what is to come. Your journeys are not written upon the stones of time, nor are your thoughts always observable to those of us within Spirit. We merely seek to offer guidance, as guidance can in some instances assist you in seeing that which is hidden from your view. Our vantage point merely allows us to see around the corner, never to see better than you what your choices might be.

It is always with deep compassion and loving kindness that we in Spirit reach out to those of you who have undertaken the great journey within physical form. Our presence, our love is always with you, and upon the Earth.

Many, many blessings to you and to all who read this,

-Norma

FREE PHONE MEDITATION

Sunday September 27

1pm EDT (New York City time) / 10am Pacific Time

[\(will be recorded and available as a free audio meditation podcast\)](#)

This coming weekend is the second of three Full Supermoons, this one with a total Lunar Eclipse, called a Blood Moon, because those of us able to see it will watch the moon turn red as it is eclipsed. Adding to this is the annual influx of Sacred Masculine energies from our celestial Father, Sirius, which began in late July and just finished this past week.

This time of year also brings observances in most religious calendars, and the obvious seasonal shifts as well. All of these events together remind us of the external change to which our physical world (and we) are subject. These events are juxtaposed with the energies of the autumnal equinox, reminding us to also be aware of that deep stillness within.

I offer this time on the Lunar Eclipse - Supermoon for whatever meditation my guides, usually Mary and Michael, might share with those who feel drawn to join in the meditation.

This hour includes a series of silent and spoken meditations, most likely from my guides Mary and Archangel Michael. Plan on finding a quiet space where you can lie down and be deeply at rest and undisturbed for the duration of the meditation. This will be recorded and posted as a [free podcast for download or can be listened to online.](#)

Previous Meditations are available at iTunes>Podcasts>Norma Gentile or [Here](#)

All are welcome to participate. There is no charge. If you are

To Participate all callers must enter
Access Code 654222#

United States and Canada (712) 775-7031
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Please note:

- Callers may be charged for the cost of the call within your own country.
- Recordings of previous meditations are available to stream or download here

Donations Welcome!

Paypal Email:
office@healingchants.com

Checks to:
Norma Gentile
PO Box 971020
Ypsilanti, MI 48197

All are welcome to participate. There is no charge. If you are able to make a donation that is most welcome. Donations help me to edit, upload and maintain this meditation freely available to everyone.

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

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

Feb 1-2

near Sarasota - Tampa, Florida
Private Healing Sessions

My purpose is to provide a forum where the experience of sacred music can be felt, heard, and participated in by all, regardless of the ability to read music

**Singing the
Songs
of
Hildegard**

*an experiential
workshop
open to all*

*led by
Norma Gentile*

[Flyer Here for Sharing
more info here](#)

Listen to a chant by
Hildegard [here](#)
(#6 Kyrie-Creator of Life)



St. Hildegard of Bingen
(1098-1179)

**Sunday,
October 4
from 4-6pm**

LOCATION:
[Interfaith
Center for
Spiritual
Growth](#), 704
Airport Blvd,
Ann Arbor

COST
Suggested
Donation
\$25 or \$30
cash/check
at door
or online
now

\$25
Donation
\$30
Donation

WHAT IT LOOKS LIKE:

During this time of relaxed music-making everyone will have the opportunity to learn two sacred songs by the 12th century abbess Hildegard von Bingen.

Music is taught by 'call and response' method, repeating phrases until they are learned. Musical scores in the 'Gregorian style' of chant notation will also be provided. Music reading skills are helpful but not necessary.

This is an experiential time in which everyone can participate. Even those who believe they have limited range or ability can join in on 'drone' tones to provide harmonic accompaniment.

No previous musical skills are necessary. Those present will learn about the historical background of Hildegard's music and have a familiarity with chant notation by the end of the workshop.

All of
Creation
is a
symphony..
which is
joy and
jubilation
All of
Creation
is a song of
praise
to God

*-St. Hildegard
of Bingen
(1098-1179)*

Norma Gentile is a professional singer and choral conductor who has recorded four CD's of chant by Hildegard von Bingen: [Meditation Chants](#), [Healing Chants](#), [Songs of Spirit](#), and [Unfurling Love's Creation](#)

SAVE THE DATE! Nov 14 ANN ARBOR Meditation Concert of Chants in Candlelight
St Clare Episcopal / Temple Beth Emeth at 8pm



Hildegard's own representation of her experience when receiving Spiritual guidance.

[mp3 listen now](#)

O Eterne Deus

O eternal God

- a medieval chant composed by St. Hildegard of Bingen

Stepping beyond the polarity of 'right and wrong' is often done through the sensation of Gratitude. As you see polarized extremes externally, those that are internal and personal to you are revealed to you. We each have the opportunity to express gratitude, and in return receive the grace of healing those aspects of polarity, which we experience as judgments, that we carry within ourselves. My guides remind me that when we judge ourselves or another, we are in polarity. Only when we can witness something and experience grace and compassion are we free from judgment, and therefore existing outside of polarity.

This song is from Norma's newly released album [Unfurling Love's Creation](#)

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

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Listen to a Song Now

**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*

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Email

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NORMA'S NEWSLETTER has timely links to monthly healing chants, meditations via phone, audio podcasts, essays and upcoming events (Concert, Workshops, Private Sessions) in a city near you.

Get the healing power of a Private Session with Norma's Meditations

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](#)

[iTunes](#)

[Listen to
mp3
directly](#)

[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
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 [46 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

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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)

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PRIVATE HEALING SESSIONS (by phone)

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info@healingchants.com

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

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