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## **First, Be Still**

**Some thoughts to clarify our decision making process.  
with a related audio meditation and upcoming Healing Chants in Candlelight Concert**

Dear Friends,

Are you finding yourself putting off making decisions or not making changes that you know need to be made? It is easy to say 'in order to change your life you have to change.' Actually knowing what that first step of change might be is hard. Sometimes we don't even know which way we want to change! Just that what we are doing now isn't what we sense we need to be doing in the future.

This sense of 'not being who we are meant to be' is intensified by the last of three SuperMoons (October 26) along with our entering into the window of (this year's very potent) Winter Solstice. My sense is that whatever quiet times we have this autumn means we simply aren't able to see the movements that Spirit is making in our lives and within the Earth.

Not surprisingly one of my guides, Mary, helped create a new audio meditation FIRST, BE STILL which assists in the decision making process. This meditation brings you to a point of stillness where you can comprehend what the next step might be in your life. This meditation can be used simply to find a deep stillness within yourself, or to assist you in making small (or large) decisions about changes in your life.

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Healing Chants Concert in Candlelight

Sat, Nov 14

Ann  
Arbor



**Candlelight Meditation Concert**  
 Chants of St. Hildegard  
 & Songs from Spirit

Norma Gentile  
 Voice & Tibetan bowls

Atmaram Chaitanya  
 tambura

Saturday November 14 at 8pm

Temple Beth Emeth  
 St. Clare's Episcopal  
 2309 Packard  
 (at the light with Jewett)

Tickets \$15 online or at door  
 HealingChants.com

Featuring medieval music of St. Hildegard of Bingen, improvised songs from Spirit, and meditative chants from eastern contemplative traditions.

I am thrilled to be returning to sing in the sanctuary in the round at [Temple Beth Emeth/St. Clare's Episcopal](#) for a Candlelight Meditation Concert on Saturday, November 14 at 8pm. I am of course bringing my set of Tibetan singing bowls, inviting the audience to add their voices with harmonic toning, and adding a small women's choir to some of Hildegard's chants for a deeper experience of the healing power of chant.

I am joined by [Atmaram Chaitanya](#) playing tambura and harmonium, traditional Indian instruments for accompanying Eastern chant. Doors open for tickets and seating at 7:30. The church/temple is located at 2309 Packard, at the light on the corner of Jewett. Plenty of parking is available behind the Eastover Professional Building.

[Purchase Tickets \(\\$15\) online now](#)

print & share [postcards](#) / [flyer](#)  
 more info [here](#)

[Listen Now](#)

There were a few bits of information from the audio meditation (First, Be Still) that I received deeper insights about out as I was re-listening to it, and I think they are timely, and worth sharing with you.

#### **Our Soul's Desire resides in our High Heart Chakra**

When we experience many events we do not always have sufficient time to process them, either in meditation or in Dream State. The energetic patterns of the events, and of the personal issues that the events relate to, become entangled in our energy field, especially the upper heart chakra. This high heart or thymus gland chakra is where we feel both drawn to things as well as repelled from things. This chakra naturally leads us to our soul's desire, by making choices about what we do in daily life. When there is inadequate time to process the day's events, this chakra becomes clogged, and the voice of our soul becomes difficult to hear. As a result we may choose to spend time and energy on tasks or engaging in other people's dramas that are not ours to engage with.

The unconditional like of the thymus gland or high heart chakra is how our soul guides



us in daily life. You might say that the thymus gland reflects our soul's to do list in the present moment, not the past nor the probable future. Just right now. When our thymus chakra is well tuned to our body in present time then our entire body is tuned to our soul's journey, and that makes it easier for those energies not in tune with us to recognize that they belong elsewhere.

**Why is healing the body sometimes so slow?**

Remember that our physical body straddles the past and the future while existing in present time.

When we decide to make changes in our life, our body is the last to change. During a life shift, the body is subjected to energies from the past (that it is physically built upon) as well as psychic energies from one or more potential futures that we project upon it. No wonder our present time bodies are under stress! Accepting and caring for our physical bodies exactly as they are now provides them with a clear connection to the life-force that our physical bodies need to change. The more we project onto the body how we want it to be, the harder it is for the body to heal. It is the body's intuition that must be unearthed and listened to in order for healing to manifest on the physical level.

Links to the meditation are [here](#) and below, and I have posted the complete transcript online as well.

My best to each of you,  
-Norma

PS

If you enjoy this newsletter or the meditation, I would ask that you consider sharing this newsletter and/or the [audio meditation](#) with a friend via [iTunes](#) or the [podcast page](#) of my website. Likewise, you might gift an album of my music to someone through [amazon.com](#), [iTunes](#), [CDBaby](#) or the [CD page](#) of my site,

**UPCOMING EVENTS**

Nov 14  
at 8pm

Ann Arbor, MI  
**Candlelight Meditation Concert**  
**Tickets \$15 online now**

Jan 28-31

Anna Maria Island (near Tampa, Florida)  
**Sound Healing 2016 Practitioner Training**

Feb 1-2

near Sarasota - Tampa, Florida  
**Private Healing Sessions**

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

**First, Be Still**

**A meditation to bring you to that point of stillness where you can truly comprehend what your next step might be in a decision making process.**

*Meditation #47 from September 27, 2015*

- 1 Intro**
- 2 How to know when to leave a relationship, be it a marriage, job or yoga class**
- 3 Straddling the Past and Future while in Present Time**



- 4 Meditation: Quieting the Mind by connecting the brain to the body
- 5 Sacred Space Invocation
- 6 Our roles as cocreators...Listen, then Speak
- 7 Our soul's desire resides in our High Heart Chakra
- 8 Archangel Michael / Michaela & Angels are neutral in gender.
- 9 Meditation to clear the 2 heart chakras and invite those guides and angels working with you now to be present.
- 10 SONG: O eterne Deus (O eternal God)
- 11 Completing the Healing
- 12 Releasing Sacred Space

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This meditation includes O eterne Deus (O eternal God) composed by St. Hildegard of Bingen. This song is from Norma's album Unfurling Love's Creation, available on iTunes and at Amazon as well as her website. More of Norma's healing songs, along with videos,

[iTunes](#)

[Listen to  
mp3  
directly](#)

[Transcript  
& more information](#)



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>

[Click Here for more sound healings, available as mp3 and video](#)

<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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Norma's Newsletter Sign-Up

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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.



## 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

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

As of today, I have [47 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.

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## **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](mailto:norma@healingchants.com) or 734-330-3997. [Read more about private healing sessions here](#)

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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**

Stream Norma's music

### **TWITTER**

### **MONTHLY FREE ONLINE SOUND HEALINGS**

### **PRIVATE HEALING SESSIONS** (by phone)

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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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