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## Polarity - Are You In?

spoken audio meditation and healing channeled songs

Dear Friends,

*A short note to start:*

Friday, May 6 is a New Moon and Supermoon. That means the moon is at its closest for the lunar month, and typically at its strongest. We have learned how to energetically approach Full Moons that are also Supermoons. We have had a lot of those in the past few years! But this is happening on a New Moon. And you have probably noticed it in the past few days...It feels disconcerting. People look (to my psychic sight) to be very ungrounded. It is like we are each chess pieces, and we have picked ourselves up off of the board and are debating where to put ourselves down on the board. Of course this means we are choosing to potentially change how we relate to all the people and things in our life! And it is not an understandable linear change that we are making. For this reason many people are feeling stranded and unable to move forward. Clearing out what was (energetically) will help tremendously in seeing the next step. Please keep this in mind as you read (or listen) to the information below. And yes, I have [Private Sessions available this weekend](#).

The opposite of a fact is falsehood, but the opposite of one profound truth may very well be another profound truth. -  
Niels Bohr

For the past few months I have been fascinated by the obvious presentation of polarity in the world around us. And, I know the external events that present seemingly opposite extremes are assisting me to recognize Truth when it is wrapped in ways that I enjoy and don't enjoy it! An obvious example is playing out upon the stage of American political theater. As bizarre as American political events are, I know that the souls involved are doing all of us a great service when they model behavior and beliefs that reflect what we may be hiding from our own awareness.

What we judge in others usually relates to an unresolved issue or experience that we feel arising within us. During the time that we are actively giving our attention to judging another, whatever is arising within us is squashed down, safely held under the threshold of our awareness. So with this in mind, I asked my guides what is being revealed to us spiritually in this American political season, and how does this help us to grow and mature, both individually and as a society? Here is what I heard:

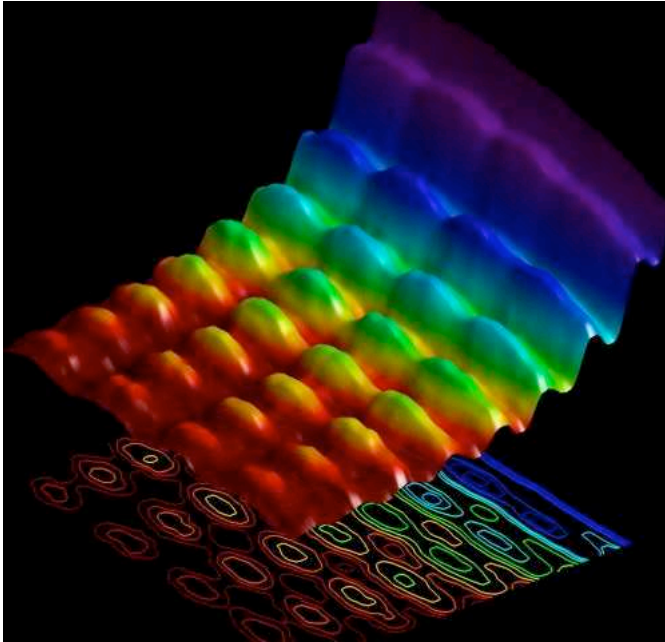
*from Mary*

Compassion allows us to see with Spiritual Eyes the potential evolution of any person or situation. Condemnation stops that process of evolution. It tells the person or situation they are bad/wrong, and encourages entrenchment. In this fashion polarities move more deeply into fixed positions, rather than resolving into something that neither side of the polarity could create on its own. Compassion for another tells them there are options and possibilities yet unseen. Using the quality of "I wonder..." allows life access to create and recreate anew within any situation.

One of my mentor-teachers, [John Friedlander](#), shared a concept from Niels Bohr, one of the first physicists to explore quantum mechanics. Niels Bohr was quoted as saying that the opposite of any Great Truth is also true. This, to me, implies that Great Truths, as Niels Bohr called them, express themselves into both sides of polarity. Simple truths, he pointed out, are merely facts, and can't do this. The opposite of a fact, such as  $2 + 2 = 4$  is merely a falsehood, such as  $2 + 2 = 3$ . For this reason Great Truths demonstrate the very essence of polarity; that one side of a polarity is equally as true and strong as its opposite side.

This idea of both sides of Great Truths being true arose, it seems, during the time that Niels Bohr was researching the nature of the electron, a sub-atomic particle. Or was it a wave? Quantum mechanics was finding that electrons exhibited behaviors associated with both a particle and a wave. From what I can tell all sub-atomic materials are now considered neither particles nor waves, and both particles and waves. A perfect example of the fundamental nature of our reality as being built upon polarity.

Even the [nature of light](#) is considered to be both a wave and a particle.



So if such basic components of our world exist simultaneously as opposite versions of themselves, why would we, living here in human bodies, exist on only one side of this polarity? After all, we exist here within a physical world built upon atoms whose components exist in both polarities of particle and wave simultaneously.

To me, this is why mystics have always seen the nature of reality as being fluid. Not quite solid, not fully ether...a bit of both, and yet fully neither. Scientists are now coming into agreement with this vantage point. From a spiritual perspective, I interpret this as meaning that it is not about meditating our way to a different reality. It is about both BEING (meditating) and DOING (action) our way to a different reality.

I realize many people believe that they can change their life by thinking. Thinking a lot and thinking often! But we live in polarity, which means creation happens because both poles, Doing and Being, are fully engaged. Thinking is a small aspect of the Doing side. (I know, you probably anticipated that I would classify thinking within the Being side.) But thinking (or avoiding thinking certain thoughts) implies that an end goal has already been decided upon. Being, on the other hand, implies an open awareness of possibility. During times of Being there is observation without judgment. The experience of Being allows for the spiritual energies to flow into Doing.

How wonderful that we have met with a paradox. Now we have some hope of making progress.  
-Niels Bohr

There is power in meeting opposing viewpoints. When we have to muster our energies and bring our beliefs into coherent thoughts, expressing ourselves through language and actions, then and only then are we impacting the external world. Here is a fundamental paradox; we must be insightful, and yet those insights only exist in the world if we act upon them. BEING and DOING dance together. Here is one of the most important Great Truths of our duality!

I offer several [healing songs](#) below, as well as a new spoken audio meditation, [HEALING FROM WITH POLARITY: The Gift of Polarity. How and Why we use Polarity in Our Lives.](#)

May you each be blessed, and offer that blessing to all in our shared world,  
-Norma

You can read more Niels Bohr quotes [here](#)

**And yes, please share these newsletters, podcasts and events with your friends, your email circle and social media. I am on [Facebook](#)!**

### UPCOMING EVENTS

May 6-9, 11-20, 22-31

### Private Healing Sessions

May 10 at 7pm

Ann Arbor, MI  
St. Clair Episcopal Church Tuesday Evening Service

May 21 4-6pm

Ann Arbor, MI  
Sacred Song, Chant and Healing (a participatory gathering)

### 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.

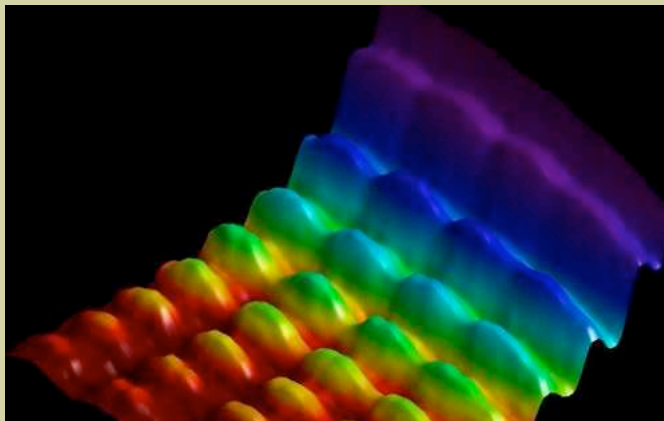
Remember that any energy in your body or aura that is not in time or in tune with you will cause a slow, steady draining of your vitality. This leads to larger issues arising in the physical body, emotional overwhelm, and psychic cloudiness. A complete "deep cleaning" regularly can help you find, address, 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](#)

### **Norma's Meditations (free podcasts)**

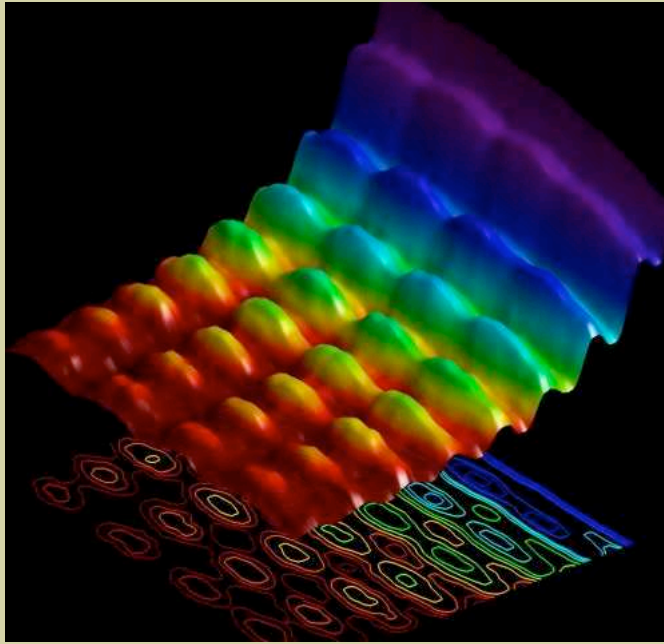
#### **Healing from within Polarity**

THE GIFT OF POLARITY: How and Why we use Polarity in our Lives.



*Meditation #49  
from February  
21, 2016*

As long as we have physical bodies here on Earth, we are creating within polarity. Our bodies are perfect examples of this polarity; organs that exist on both left and right sides, a brain with two hemispheres, and of course our upper and



Listen to excerpts now:

1. [Our souls choose to explore both sides of Polarity](#)
2. [We created Polarity](#)

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& more information

our upper and lower 8th chakras. We are designed to grow in our understanding of polarity while incarnate. Only by entering fully into polarity can we encounter our next step. When we resist this process, we may become disenchanted with our life, feeling sluggish and uninvolved; or we may spiral out of our bodies, feeling euphoric but disconnected from what surrounds us.

This meditation will assist you in becoming aware of the issues that you may be avoiding, and provide you with a nurturing safe environment in which to consider them. Here your guides and angels are present. Notice insights and ideas that may occur to you. These will be how you address your life issues. This is a time for you to choose how you desire to move forward.

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This meditation

includes two  
channeled  
healing  
songs. More  
of Norma's  
healing  
songs, along  
with videos,  
can be found  
under [Sound  
Healings and  
Recordings](#).  
Her albums  
are available  
on [iTunes](#) and  
at [Amazon](#).

These meditations are very similar to what I offer in my [Private Healing Sessions](#). If you are drawn to this idea, read more about my healing sessions [here](#).

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

## Norma's Healing Songs

### Opening

start wherever you are now



### Seculum

for all the ages of our worlds



### Being - Doing

A healing song for Balance

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

And of course if you like my music, you can find my recordings  
online [here](#) and at [amazon.com](#), [iTunes](#), [CDBaby](#)

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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*

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



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### 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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**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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