

READ ONLINE: <http://www.healingchants.com/newsletter4-13.html>
PRINT: http://www.healingchants.com/NormaGentile_Apr13.pdf

Dreamtime Council - see you there?

upcoming events in Portland, Oregon
and

What if Boston events are a means of releasing Earth Energies of War? (little essay and music)

Dear Friends,

I can't help but recognize the glamorization in American (and Western) culture of not sleeping. As a result our kidneys and adrenal glands are extremely overworked when they respond to the copious amounts of caffeine we ingest. We have built a societal belief pattern that it is a sign of weakness to want to rest, sleep or have nourishment for our bodies.

And yet the truth is that rejuvenation through nourishment (food for the body; music, playfulness and art for our emotions) and rest (sleep and times of meditation and deep relaxation while awake) are natural portions of our rest-work cycle in daily living.

During sleep we know that we enter into different types of rest. I believe that Dreamtime, or Rapid Eye Movement (REM) allows us to process the events of our waking day into patterns that our unconscious mind organizes. My guides suggest that it is here, within this deepest time of dreams, that our soul is able to commune with all the other beings of consciousness with whom we share this reality.

Science is reaching the conclusion that shamans have always known: much of the healing of our physical body takes place in Dreamtime. This is also where I believe that we choose to make major changes in our lives. These major changes are possible only when, during Dreamtime, we are connected into the shared field of consciousness amongst all humans and other beings acting within our reality. It is only with the support of all beings of consciousness that any one of us can fundamentally change. And it is because of the support of all beings of consciousness that this depth of change is possible.

The shared field of consciousness we enter into during Dreamtime is like a council meeting. Our unconscious mind energetically attends it each night during this deepest point of sleep we call Dreamtime. During other portions of our sleep cycle the energetic field of our unconscious mind reports back to our body, emotions and personality on the proceedings of this council of all beings.

When we are not available to attend this great council during Dreamtime our life experience is not actively participating in the decisions reached by all the other beings in attendance. So not only are we not represented, but we also don't know what decisions were reached and what changes were agreed upon. Our unconscious mind is not able to hear the proceedings and pass those proceedings onto us in some fashion such as intuition, personal dreams or insights.

On a physical level, our adrenals and kidneys as well as the webbing on many of our chakras, especially the navel chakra, are impacted by a lack of quality sleep and participation in Dreamtime. When we prioritize the time that we spend with all of the consciousness of humanity and other beings in Dreamtime, that message passes onto all other humans.

Now we just have to be present in the Dreamtime council long enough to share it or hear it!

I am reminded by my guides that the great shifts in consciousness may appear to happen suddenly within our culture, but those shifts in consciousness begin at the great council table in Dreamtime. It is only there that fundamental changes in consciousness can be agreed upon by all beings.

My blessings to all beings, in waking and Dreamtime,
-Norma

Norma Gentile in PORTLAND (Oregon)

[print and share flyer here](#)

Saturday, April 27 from 1-4pm **Sound - Energy - Healing Workshop**

Sunday, April 28 at 4pm **Candlelight Meditation Concert**

Mon-Tues April 28-29 **Private Healing Sessions**

LISTEN NOW

Two improvisations from my previous Meditation Concerts at The Old Church

- [Ode to Day \(video or audio\)](#) Portland 2012

- [Mother of Eternity, Maria \(audio\)](#) Portland 2010

[Tickets and more Information](#)

*By the Rivers of Watertown we sat down and wept,
we wept when we remember'd, O Boston.
Lord God of Heaven, preserve them, defend them...*

Watertown events resonate (and process) War energies from Earth

Solar flares, earth changes and the effects of changing electromagnetic fields on our human brains have combined to create geographical areas of opportunity for the Earth to release emotions, especially those of war and carnage. These emotional energies have been held for hundreds and in some areas (Middle east) thousands of years on behalf of humanity.

Written over two hundred years ago, this hymn by Boston native William Billings (1746-1800) could have been written today.

By the Rivers of Watertown we sat down and wept,
we wept when we remember'd, O Boston.
As for our Friends, Lord God of Heaven, preserve them, defend them, deliver and restore them unto us again.
For they that held them in Bondage required of them to take up Arms against their Brethren
Forbid it, Lord God,
forbid that those who have sucked Bostonian Breasts should thirst for American Blood.

A voice was heard in Roxbury which echo'd thro' the Continent,
weeping for Boston because of their Danger.
Is Boston my dear Town, is it my native Place?
for since their Calamity I do earnestly remember it still!
If I forget thee, yea, if I do not remember thee,
Then let my numbers cease to flow, Then be my Muse unkind,
Then let my Tongue forget to move and ever be confin'd;

Let horrid Jargon split the Air and rive my nerves asunder.
Let hateful discord greet my ear as terrible as Thunder.
Let harmony be banish'd hence and Consonance depart;
Let dissonance erect her throne and reign within my Heart.

- [Listen Now: Cantus](#)

What I would add is that we, humanity, are called to move beyond a fear based response into a state of active compassion. The energies being released from the earth in Boston and the US east coast make it very difficult for those living there to ground in traditional ways for this period of time. Those of us living elsewhere can assist by just grounding ourselves and generating through our meditations a sense of deep stillness. I also suggest not sending energy to that geographical region or to anyone (unless they have specifically asked for your support). I trust that Spirit knows how to use the energies we are all creating.

*You may find this meditation helpful
Breathing Stillness - Generating Peace*
iTunes >Podcasts>Norma Gentile

The simplest description of healing is that of two steps; release and renewal. After the first step of release, comes that second step of allowing the body to be nourished however the body wants to be nourished. As the Earth releases the emotional energies long held for humanity there is an opportunity to remember the quality of love innate within it.

In our culture we talk about energy healing, but what we really mean is releasing that which is getting in the way of the physical body (or Earth) having the balance that it desires to have. As the physical body returns to the balance that it desires, it does not mean that it returns to perfect health. It means that it returns to a balance that allows our soul to express through our body, and bring to us those events, circumstances and situations that our soul has desired for us to experience as humans.

There is an ability within the human body to generate deep stillness. And isn't it ironic that this stillness is generated within our ovaries, testicles and the root or first chakra related to them? The place from which we are able to generate the deepest stillness comes from this lowest portion of our torso. And so our ability to ground leads to our ability to generate stillness within our bodies and our lives.

My gentle blessings to all,
- Norma Gentile

for more on Releasing Battlefield Energies see Machaelle Wright's site www.Perelandra-ltd.com

UPCOMING EVENTS - Please pass the word!

April 27-30

Portland, Oregon [Candlelight Meditation Concert, Sound Healing Workshop and Private Sessions](#)

June 22 at 8pm

Ann Arbor, Michigan [Candlelight Meditation Concert](#)

PORLAND, OR

APRIL 27 - 30

COME, CELEBRATE THE NEW CYCLE!

[print and share flyer here](#)



Norma Gentile

with

- Tibetan singing bowls
- audience- derived harmonic tones
- schruti box

Sunday, APRIL 28 at 4pm

Candlelight Meditation Concert

**Chants of St. Hildegard of Bingen
and Songs of Spirit**

**This is a time of Sacredness,
devoted to deep inner healing,
nourishment and transformation.**

Norma's classically trained voice and her natural ability to intuitively weave music and spirit together come alive in the candlelight as she sings. This afternoon includes thousand-year-old healing chants written by Hildegard of Bingen, (the mystic, seer, newly proclaimed Saint and Doctor of the Church) as well as songs drawn through Norma from Spirit and her musical guides.

Come, meditate and let the sound bathe you. You are welcome to bring meditation pillows.

LOCATION: THE OLD CHURCH downtown Portland at the corner of SW11th and Clay St.

LISTEN NOW

Two improvisations from my previous Meditation Concerts at The Old Church

- [Ode to Day \(video or audio\)](#) Portland 2012
- [Mother of Eternity, Maria \(audio\)](#) Portland 2010

[Norma's free monthly Sacred Songs and sound healings.](#)



- schruti box



Saturday, April 27 from 1-4pm Sound-Energy-Healing Workshop

We will use sound, chant and toning in meditative healings, as well as share spoken information. My guides, typically Archangel Michael, Mary and the Hathors, will explore with the group how they each might continue to use the concepts within their own practice. In the moment someone commits to the workshop (or to a private healing session) both my guides and their guides will begin to work together, so you may notice changes ahead of the actual workshop day. \$35 advance online or New Renaissance, \$40 at door.

Held at: be space, 211 SE 11th Ave

Concert Tickets: \$15 advance (online and in person at New Renaissance)
or \$20 at door

[PURCHASE NOW](#)

Workshop Registration:
\$35 advance (online and in person at New Renaissance)
or \$40 at door

[PURCHASE NOW](#)

Doors Open for tickets and seating 30 mins before events

Norma's Meditation CDs and healing music CDs will be available for purchase after the concert

For me music is a form of prayer, drawing from within us the peace that already exists. We can allow peace to be present on Earth, because it is already present within each of us. Within our hearts, our souls and our beings, we carry our unique connection to Spirit. As we feel it each day in ourselves, we will see it more in others.

O orzchis Ecclesia
O boundless and unending gathering of Beloveds encircled by divine arms and richly adorned in sapphire iris,
You are the sweet smell,
the spice of the people's sinful mark
and the chalice of knowledge.
You are also anointed
with the noblest of tones
for you are the sparkle of the gem.
- St. Hildegard of Bingen (1098-1179)

Mon and Tues, April 29-30
Private Healing Sessions SE Portland

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. Attending the workshop and/or concert helps to loosen up the energies from your aura before the session, so please plan to attend if you can prior to your individual healing time. [Read more about private healing sessions here before booking your apppt](#)

To schedule an appointment time please email norma@healingchants.com or call 734-330-3997.

Location: Ramada (formerly the Holiday Inn) 9707 SE Stark, Portland, OR 97216 (This is just east of the 205, use the Washington Street exit and circle around back up north to the hotel on Stark. Yes, the hotel is across from the 205 Mall which is on Washington. Hotel Phone: 503-252-7400 if you need directions

COMING ATTRACTIONS:

Santa Cruz 2013

Toronto TBA

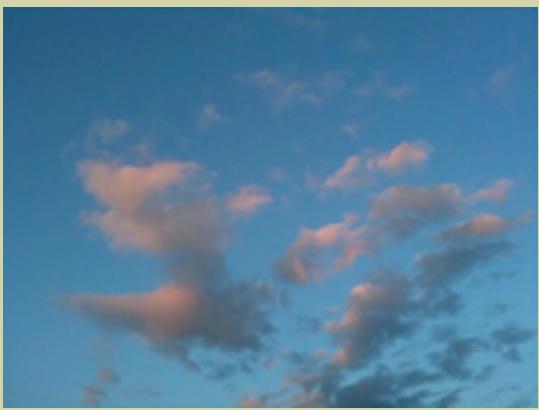
If you are an individual or organization interesting in sponsoring events please let us know. office@healingchants.com

Get the healing power of a Private Session on your iPod / CD player with Norma's Meditations (available as CD or mp3)

Meditation #37 from March 27, 2013

a meditation for
Breathing Stillness - Generating Peace
A series of Meditations to naturally Generate Power and Ease by
Connecting Your Body to your Soul's Journey

- 1 Introduction
- 2 Creating Sacred Space
- 3 Balancing Body, Soul and Spiritual Helpers
- 4 Good Brain!
- 5 Releasing Emotional Tumult in the Heart
 - [Completion A Sound Healing](#) to release High Heart tumult
 - with Gordon Johnston, harp and Jeremy Sills, singing bowls
- 6 Rededicating your personal High Heart; [Sound Healing Ode to Day](#)
- 7 Solar Plexus, Kidneys and Adrenals: Your True Power
- 8 Breathing Stillness / Generating Peace
- 9 Ovaries, Testicles and 2nd chakra; Deep Patience and Ease:
 - How much ease does your soul want your body to experience now?
- 10 Summary
- 11 Releasing Sacred Space



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Gentile

LISTEN to an EXCERPT
[Healing as releasing into balance](#)

New! - Free Songs, Chants, Sound Healings, Meditations and Videos
Receive a Sound Healing from Norma without leaving your home!

Ode to Day Improvisation from live healing concert (Portland, 2012) for voice and schruti box - [video HD](#) - [video \(mobile\)](#) - [Audio mp3 only](#)

An improvisation on Ave Maria (by St. Hildegard of Bingen) with tambura and voice

O vos flores - You who are Rose Blossoms (voice and harp)
Medieval Chant by St. Hildegard of Bingen, accompanied by harpist Gordon Johnston of Ottawa

Renewal A sound healing with Tibetan Singing Bowl and Voice
(with multiple photos capturing Spiritual Energies in the room as I sang)

What are You here to do Now? Two sacred geometry mandala videos

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Only about 10% of you see my free videos, online sound healings, essays etc that I post on Facebook. If you want to increase that possibility SUBSCRIBE on my [official Healing Chants Page](#), <http://www.facebook.com/HealingChants>

This album invokes your personal connection to Archangel Michael and provides a unique healing for you each time you listen to it.

This is a live recording of a healing concert. The focus is the opening of the heart to Sacred Masculine energies held within the Earth. These sacred energies provide a surround and support for the feminine, especially as it relates to the women living in the Middle East, and their emerging Divine Feminine power.

Featuring Harmonic Tones, Tibetan Singing Bowls, and a small woman's choir

- chants of the mystic Hildegard von Bingen
- new chants by Norma Gentile
- spoken poetry of Hildegard
- healing energies from Archangel Michael

AVAILABLE FROM:
[iTunes](#) / [Amazon](#) / [CDBaby](#)

Healing Chants a live concert recording

LISTEN for free TO A SONG from Norma's album HEALING CHANTS now: [Click Here](#)



[CELEBRATE HILDE](#)
(- 2012 isn't just about that old Ma

Designs based on Hildegard

iPhone & iPad goodies / organic
children / notecards / tote
[Wearable & Usable Sacred Art - bring yo](#)



long sleeve



iPhone cover



ceramic travel mug

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

As of today, I have [34 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 each month. About half contain healing songs or chants. All are offered freely as podcasts (you can subscribe directly on iTunes > Podcasts > Norma Gentile) or at cost 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 40,000 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

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Norma's other offerings ---

FACEBOOK

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

VIDEOS

Watch Healing Chants online

RECORDINGS OF HEALING MUSIC AND CHANT

(sacred chants from Hildegard, improvisations from Spirit and healing songs from the Hathors, available as a CD or download)

SPOKEN MEDITATION CDs and PODCASTS

(meditations and information, available as a CD or download)

TWITTER <https://twitter.com/healingchants>

MONTHLY FREE ONLINE SOUND HEALINGS

(hosted by spiritofmaat.com)

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States

Canada

When you order anything from amazon (my music, someone else's books or music, supplements or even a new kitchen sink) HealingChants will send you up to 2% of your purchase from Amazon.

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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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