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August 2009 email Newsletter

Compassion in Healing
Loving what Ails Us from Mary
and a note from Thoth on
Living Well

Dear Friends,

Announcements followed by two essays and my fall events in Cleveland, Tucson, Portland OR, Guelph (near Toronto) and the Weekend Intensive Training in Sound and Healing in Atlanta. See Below for more info.

Tues, Aug 25 at 9pm eastern (New York City time)

FREE TELEPHONE CONFERENCE MEDITATION

Featuring Norma and her guides (most likely Archangel Michael, Mary, the Hathor Atamira and perhaps Thoth and Shesat, as they suggested this meditaion date).

To Participate: Call (641) 715-3200 Enter Access Code - 555220# (be sure to include the # sign)

Suggested Donation \$10 (www.paypal.com, email to office@healingchants.com)

This meditation is offered freely. If you have the ability to help out with expenses, that helps me to continue to offer these for eveyone.

For those who inquired, yes, I completed the [HUDSON RIVER SWIM](#) last month. There are pictures and more info at the end of the articles below.

Compassion in Healing
Loving what Ails Us
(with a little help from Mary)

In our zeal to clarify and heal ourselves, we sometimes forget that what we feel no longer suits us may indeed at one time have been a blessing to us. When there is true compassion towards ourselves and what we are ready to release, then, and only then, are we completing our soul's agreement with that energy. Without reaching this state of compassion and understanding, we end up pushing and shoving the energy out of our space and our life over and over again. And it never truly departs.

In our zeal to clarify and heal ourselves, we sometimes forget that what we feel no longer suits us may indeed at one time have been a blessing to us. Releasing any energies or issues is dependent on our ability to truly come into a state of compassion toward whatever we are releasing. Coming into a state of compassion requires a lack of judgment towards ourselves as well as what we are releasing, and any other people or circumstances related to the energies or issues we are releasing.

When there is true compassion towards ourselves and what we are ready to release, then, and only then, are we completing our soul's agreement with that energy. This compassion allows us to fully release the energy. Without reaching a state of compassion towards what we are releasing, we end up pushing and shoving the energy out of our space and our life over and over again. It never truly departs.

In almost all cases where we perceive something as being in our space, we have an agreement to learn from the other energy, and to allow the other energy to learn from us. At the conclusion of this process, it is our responsibility to release the other energy onto its next step.

In this fashion we honor that all energies are themselves growing and evolving in consciousness, and that all energies are active parts of All That Is.

These energies can range from Nature Spirits that we picked up in our feet while attempting to ground ourselves to someone else's guide. Sometimes there are DNA guides from ancestors who are long deceased, or simply an out-of-time angel who helped you when you are facing your first day of kindergarten.

Even what we might perceive as dark or malevolent energies are energies that are seeking their home. What is not in tune with our reality will feel foreign and perhaps uncomfortable to us. Any energies that are not supportive of health in our physical human body often feel extremely cold and appear as psychic dark or even black in color. This is our own brain's interpretation of their vibrational frequency.

Because they are not supportive of our physical health and well-being, our brain interprets their vibrational frequency into cold sensations or into a dark grey or black color. This is the same as our body looking at motor oil and knowing not to drink it. Or smelling food that has gone bad, and knowing not to eat it. Our body knows instinctively what will nourish us and what energies will harm us. It is only our dependence on fear that makes us not trust our own body's information.

I find that as I am working in healing sessions with people, there are two principle reasons for energies that are not serving them to still be with them. I believe that these are common issues that most of us are identifying now and changing.

1. Judgment

We are trying to push the energy, which may be an out-of-time guide or issue away from ourselves. We all want to believe that we are loving people with the ability to love others. Our polarized way of looking at things as either good or bad doesn't let us move easily into compassion. If something is bad, we must shun it, because a good person would not have bad energies around her or him.

But a compassionate person understands that what no longer serves our soul will appear as 'bad' in order to draw our attention to the issue. In the moment we notice what we judge as 'bad', we have the ability to address the issue and begin to make different choices. In psychological terms one might talk about engaging with the shadow. In energy healing terms, it is moving away from polarity and into compassion. I personally experience this as an Active Compassion, to distinguish it from complacency.

2. Fear: A lack of Trust in Our own Body and Heart

We want to know everything possible about the issue, energy or guide and why it is there. Usually from past trauma, sometimes simply from our upbringing in western society, our brain doesn't trust that our body or heart knows what it is doing.

Without meaning to, our brain has grabbed the energetic tail of issues, guides or energies that our body and soul are done with. It is sort of like grabbing onto a mouse's tail when it is running out of the front door. Why stop it from leaving? In this case our brains don't trust the larger process of Spirit. Therefore, our brain does not trust that the energy can leave, and we will be safe without it.

Here we are learning to trust. We are learning to trust that whatever we might need to know will come to us. It will come in dream state, from books, from other people, and not just from our own heads.

We are also learning to trust our lower chakras. Information comes to us from our lower body (navel chakra and the Enteric Nervous System, also known as the body's mind) as well as through our heart. We are telepathic in each and every chakra. That means not just the 6th chakra that has been developed (overly so in my opinion) here in the western cultures, but also in the heart chakra as taught by Drunvalo, and in the lower chakras.

It is the lower chakras that connect us into the consciousness of the Earth, and let us hear the wisdom shared by the lower dimensions. Our navel chakra, connected well into the lower dimensions, offers us the information we need to know about our physical environment.

This is a learning edge for westerners. We must clear out energies that no longer serve our body's completion of our soul's journey, particularly from our hearts and lower chakras. As we move down into the strength and power of the energies of the lower chakras, we open the upper chakras to new levels of consciousness. We cannot open into these higher levels of consciousness without first going down and clearing the foundation of our lower bodies. We must go down in order to rise up.

This month's sound healing is based on just this idea. As you listen, close your eyes and let yourself feel whatever it is that you feel in your lower body and in the space around your body. Our lower chakras tell us when subtle energies around us are supportive or not supportive to us.

This is whispered information from the body's intelligence in the navel and gut, which moves up through the heart and into the mind. Listen, and take 'before' and 'after' pictures. Notice how you feel before listening and after listening. Notice both what is occurring inside your body, heart and mind, and then sense yourself and the space around you.

There is no right way or wrong way to experience healing. There is ultimately only a deepening into your own soul's journey and your ability to live compassionately with all that surrounds you.

My blessings to each of you,

-Norma (with a little help from Mary)

LIVING WELL

from Thoth

Living well is more than just living. Surviving is more than breathing while in physical form. Life is another word for what is happening every moment, every day, in every cell and minuscule complex within your body and outside of your physical body.

Your form is but the frame for your consciousness. Your consciousness is to be contained within your form during a single lifetime. Open to the outer world and you find countless numbers, beyond human measure, of consciousnesses surrounding you. The sensation may be one of overwhelm as you realize the number and size of consciousnesses that surround you and overlap into your physical body space from other realities and dimensions.

These other consciousnesses are for the most part harmless to your own consciousness. We are all co-existing here.

Just beyond the veil or boundary of your thought are worlds that you are about to explore. Just as sailing ships brought you in the past from one port to another, your heart and your ability to trust and know truth when it is presented to you are the vehicles for your journeys now. Your travels will take you into these new realms, through the mists of veils now fading away.

Your journeys will take you far, and for some your bodies may not make the journey. But your souls will indeed traverse the spaces, both within and without, of your expansion in consciousness.

-Thoth, through Norma Gentile
Aug 16, 2009

A Note from Norma:

I haven't felt or seen Thoth appear alone, and this strongly, in a couple of years. As I was finishing up another article at my computer I felt a presence behind me, almost as if someone were pacing back and forth in the room. When I felt into it, I realized it was Thoth. The words began to flow, and I sensed an urgency to get them quickly and accurately.

Thoth, at least with me, tends to be precise and not waste words or time. So I offer here what came through. As I finished the final words, I felt a deep sense of thanks, both from myself to him, and from him to me, for listening and transcribing his insights so others might also contemplate the message he offered.

Do not look for exact meaning in his words. Rather, feel and notice the quality of energies that come into play in your thoughts, emotions and physical body as you read the message. Thoth, at least the version that appears and works with me, tends to share larger energy ideas through the words. Quite literally, "read between the lines" is a good phrase to use regarding his teachings as he shares them through me.

My best to each of you,
-Norma

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](#)



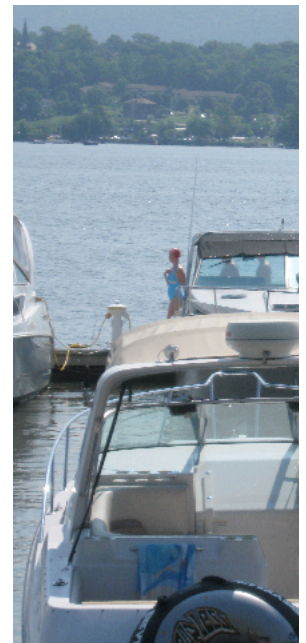
Pete Seeger's Boat, the "Sloop John B"

For those who inquired, yes, I completed the **HUDSON RIVER SWIM** last month. Thank you for your donations and support. About 200 swimmers, including myself and my sister Katie (who wrote the essay "Re-tracing 9/11") swam across the Hudson River to raise funds for www.riverpool.org and ongoing environmental awareness of water quality. I finished in 44 minutes, in the middle of the pack of swimmers. Katie finished fourth overall in under 26 minutes. It was wonderful to swim in open natural water, and I look forward to doing the swim again next summer. Here is a picture of us together

Pete Seeger, now 90 years old, sang on shore before and after the swim. His boat sailed across the river in front of the swimmers. Yes, the sails are really orange in color, and the boat was originally owned by Arlo Guthrie. Hence the name.



A view of the onshore spectators and some of the kayakers. Besides raising money and awareness of water quality in the Hudson River, the swim is a major aquatic event locally. Two hundred swimmers, a hundred kayaks, Coast Guard and Police boats, news cameras, and Emergency Medical staff surrounded us onshore and in the river, which was closed to commercial and other traffic during the swim.



My sister Katie and I on the dock are actually 50 swimmers space current can be strong, so the sw

~~~NORMA'S EVENTS~~~~~(complete list here)

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**FREE TELEPHONE CONFERENCE MEDITATION**

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CLEVELAND ----- Register [now online](#)

Fri Sept 18 Reinitializing Reiki, Healing, Financial Guides Workshop  
Sat Sept 19 [Private Healing Sessions](#)  
Sun Sept 20 [Private Healing Sessions](#) (morning only)  
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ATLANTA -- -- --- Registration [now Open](#)

October 9-11 [Weekend Intensive on Sound Shamanism Workshop](#)  
**Applying Sound to Energy and Healing Modalities (limit 12 people)**  
October 12-13 [Private Healing Sessions](#)  
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TUCSON AZ - - - - -Tickets [now online](#)

Nov 7 Meditation Concert of Healing Chants  
Nov 8 Sacred Sound / Sacred Healing Workshop  
Nov 9-11 [Private Healing Sessions](#)  
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GUELPH (near Toronto) - - - -Tickets [now online](#)

Nov 20 Meditation Concert of Healing Chants  
Nov 21 Sacred Sound / Sacred Healing Workshop  
Nov 22-23 Private Healing Sessions

(Toronto Private Sessions possible, please email if interested)  
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PORTLAND (Oregon) - - - -Tickets [now online](#)

Dec 4 Meditation Concert of Healing Chants  
Dec 5 ReInitializing Reiki Workshop  
Dec 5th Sacred Sound / Sacred Healing Workshop  
Dec 6-7 Private Healing Sessions

(Eugene area Workshop and Private Sessions in progress, check back soon)

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Norma's other offerings ---

**SPOKEN MEDITATION CDs and PODCASTS**

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

**WATCH HEALING CHANTS ONLINE**

[www.youtube.com/normagentile](http://www.youtube.com/normagentile)

**MONTHLY FREE ONLINE SOUND HEALINGS:**

sponsored by [Spirit of Maat](#)

<http://www.spiritofmaat.com>

My monthly articles and free sound healings are now available in English, German and Spanish online through [www.spiritofmaat.com](http://www.spiritofmaat.com) This is different from the newsletter, which you are reading now.

This newsletter is available in Spanish and English ([subscribe here](#))

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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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