

January 14th, 2009 email Newsletter

The Bumpy Road of Change

Dear Friends,

As I write this I feel like I am standing in a doorway, swaying back and forth between the old habitual sensations and a new clarity that is so clear I don't even know it is there. There is the violence and chaos but there is also this stillness. The stillness is so pristine that if my antenna is listening to the outer chaos I would easily trample upon it, clueless to its existence. This new clarity makes forward motion available to me, as long as I notice and release the patterns of emotions and thoughts that are still audible from the old way of being. Even a small action based on the old way of being causes discomfort.

My guides were giving me a similar metaphor to share in this newsletter. I was thinking about the transition process the USA is in right now, and how much I'm looking forward to the new era that awaits us politically. And yet, this road to change is so darn bumpy! When the focus of power moves from one point to another stuff gets chaotic for a bit in the shift.

In this case, on a personal level, it is like jumping on a trampoline, without having emptied your pockets first! Everything comes flying out and it lands all over the place. My sense is that the bumps and jumps we are experiencing serves to loosen those behaviors, patterns and energies that our soul has targeted to release. These are energies that our soul must shed, in order to walk through the doorway into the new era. "And it is our new era", my guides add.

Not surprisingly, this is what I've been doing in private sessions for other people also. Right now I'm often being directed to assist clients to address issues that lie several feet away from the physical body. This is so hard to see from inside your own aura. But it is fairly easy to see from outside. And once I point it what I'm seeing, most people can feel or see it in their own way.

These energies are much easier to remove sooner rather than later. Sort of like trying to wedge yourself through a doorway with a gigantic backpack on. It is so much easier to take it off before you get stuck in the doorway! If this feels right to you, please read about my Private Sessions

THANK YOU!

Last week I was overwhelmingly supported by you in my quest to be in a 'contest'. I won't lie – winning the opportunity to record for Sony Records with Yo-Yo Ma and have the song go world-wide is still within me, and within possibility. They will announce the official 'winner' on Friday on NPR. However, I am so pleased to have finished in the top 10 entries, which means my music was listened to and considered by record people and probably Yo-Yo Ma himself. Of these 10 musicians, I am certain the person best for this project will be chosen.

For me, I am content and happy knowing that my music was heard. Whatever healing my music carries, went out far and wide. And I thank you so very much for making that happen. I count this experience as something new. Seeing so many people willingly give their time and attention to my quest was a wonderful feeling. I so appreciate being on the receiving end of so much loving attention.

GENERATING STILLNESS: Meditations for Peace

Last Saturday I led a phone meditation which focused on inner stillness as a means of creating peace. Thoth, Shesat (his feminine consort) and the Ascended Masters they travel with worked with me, and Shesat stepped in and gave information and several deep meditations. It is now available as [mp3s](#) at no charge, but donations are always welcome. CDs are available (\$9.99) from [my website](#)

I wanted to share a little bit of Shesat's information:

So often in 'new age' terms we speak of illnesses as dis ease. And it is true, there is usually a sense of discomfort, not always in the exact location of where the physical disease may eventually manifest, but it may be a discomfort or imbalance in the life or life-style or emotions.

Very often the physical body registers discomfort at a subtle level. This happens long before the disease has manifested into the body. The physical body registers sensations kinesthetically of what is going on all around us, two, three, four, five or six feet away from us. Oftentimes when something begins to molest us and to manifest as illness or noticeable discomfort, we look at the body itself. We forget to look outside of the body, to where it is probably coming from; the subtle energy field two feet, three feet or more outside of our physical body.

In these spaces farther away from our bodies we intersect with other people. We intersect our energies with those groups of people we have agreements with, such as those who live in our neighborhood or city, our biological family, those people we work with, people at the school we are attending or a sport we participate in. Most people have easily a dozen primary agreements between themselves and a group of people in their life.

For example:

Each person's soul has an agreement with their own national consciousness. The soul has decided upon a quality of energy that reflects its agreement with the larger national consciousness. Therefore, whether they live in Canada or the USA or China, each person's physical body resonates with some aspect of their country's national consciousness. And, each person impacts that national consciousness. In this fashion, each of us, no matter where we live, is playing our part in that larger agreement that our soul has to the national consciousness.

Likewise within the world there are those who have agreements to hold certain qualities of energies. Simply by being in a human body, you carry an agreement of the quality of energy that you will manifest. As long as you are in that human body, the quality of energy that you have agreed to manifest here on Earth is present. That quality of energy resonates out, and is audible to everyone.

While there are moments that it seems rather odd to simply sit still and do nothing, in that doing nothing you have the opportunity to turn within, and find that vibration that your soul has agreed to bring into the Earth plane, on behalf of humanity.

And from the Ascended Masters:

Your stillness draws forth the remembrance of stillness from those involved in the conflicts, the wars and the battles. It draws through them that remembrance of home...and of the communion they share with you as humans here upon the Earth.

In this manner we do not aim to inflict Peace, nor to inflict an artificial straight line of resolution to conflict, but to offer that service of remembrance, that each might be nourished, might be fed, simply because there are those who sit in silence, and sit in alignment, which is true peace.

I have also included a song from my album [Meditation Chants](#) in both mp3 and CD form. The complete album is now available as an [mp3 download](#) at and [CD versions](#) can be pre-ordered now.

New Reiki Re-initialization Workshop

For many years I have seen the various lineages of Reiki has having beautiful light. But often that light seems constricted. As a flexible channel, I often pick up on other people's guides (really handy during healings, not so great in a tightly packed airplane). A group of guides associated with Reiki connected with me, and showed me how my talents at seeing 'the big picture' outside of someone's body lets me see energies that constrict or dull the light of Reiki.

As a result, I developed a workshop that is a series of meditations, led by these Reiki guides and your own Reiki or healing guides, to free up the Reiki light and re-tune it according to your own soul and the vibration of your consciousness now. Healers who have done this process with me say they feel much more power in their Reiki, and deep clarity in their own energy fields.

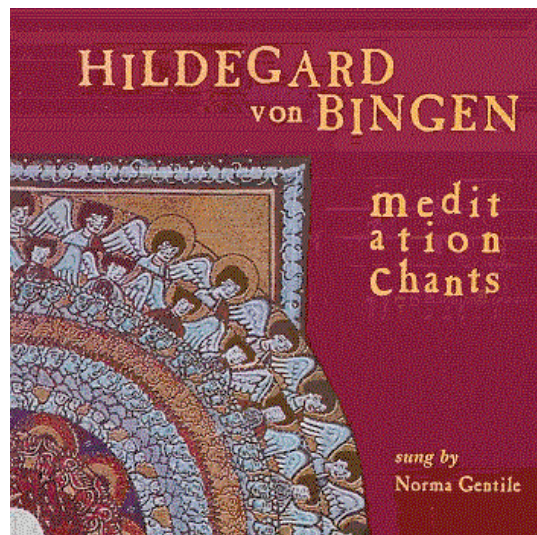
I'm offering this in Ann Arbor, MI on Feb 28, in Atlanta Georgia the end of March, and probably in a few more towns this spring. Please register on my Itinerary Page. If your Reiki group is interested, please be in touch with me about scheduling a workshop for your area.

New Tibetan Bowl Workshop

So many people have a Tibetan Bowl, and enjoy striking it and hearing the overtones. But there is much more you can do with a bowl. If you have seen me in concert you know I make bowls 'sing' by circling a wooden dowel around the outer rim. (I have an example of this at www.youtube.com/normagentile in the Candlelight Concert pt4 clip) I would love to help you learn more about your own bowl and how to coax new tones out of it. If you don't have a bowl, I have a few to lend, and we will talk about how to choose a bowl for your own meditation practice. I'm doing this workshop in my home here in Ypsilanti Michigan on Sat, January 31 from 2-4pm. Please register on my itinerary page.

Meditation Chants - CD and mp3 download

Pre-Release copies of my CD Meditation Chants are arriving in four weeks. You can purchase these early copies, and have me autograph them for you (include spelling clearly in email). This was originally recorded in the 1990's, and has been out of circulation for several years. It is a live concert recording that clears the chakras and body of emotional energies. It also helps infants and young children fall asleep.



Pre-Release Orders Accepted Now - \$20 -

Includes a personally autographed copy of the CD, shipping and taxes.

For orders outside of the US please add \$2 for international postage.

TO ORDER with credit card online now

or listen and see the CD Go to:

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You can see my **Healing Meditation Concert online** now at YouTube

You'll find three healing chants, some by Hildegard, others my guides singing through me, and be able to see me playing the large Tibetan Singing Bowl with two of them.

The newest Meditation CD, **Generating Stillness, Meditations for Peace** is ready for download or as a CD. Meditation CDs are one for \$9.99 or any three Meidation CDs for \$25, plus postage/handling. Order online now: www.healingchants.com/podcasts

~~~~~NORMA'S EVENTS~~~~~

**Private Healing Sessions**

available in SE Michigan in person or by phone to other locations

**ANN ARBOR**

Sat Jan 28 Tibetan Singing Bowl Workshop

Sat Feb 7 Community Healing Meditation

Sat Feb 28 Re-initializing Reiki Workshop

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Coming Soon

Atlanta March Concert, Re-initializing Reiki Workshop, Sessions

Virginia May Workshop and sessions

Portland and Eugene OR

Tucson AZ

New York City

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**Norma's other offerings**

SPOKEN MEDITATION CDs and PODCASTS

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

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

**WATCH HEALING CHANTS ONLINE**

You can see my **Healing Meditation Concert online** now at YouTube

You'll find three healing chants, some by Hildegard, others my guides singing through me, and be able to see me playing the large Tibetan Singing Bowl with two of them.

**MONTHLY FREE ONLINE SOUND HEALINGS:**

sponsored by [Spirit of Maat](http://www.spiritofmaat.com)

<http://www.spiritofmaat.com>

My thanks to Spirit of Maat e-zine for publishing my monthly sound healings and articles on-line. These are separate from the monthly newsletter, which you are reading now.

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