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Dear Friends,

Below is a new healing song and an excerpt from a recent meditation. I can't believe that we are already in July, and about to undergo the effects of yet one more Supermoon along with the annual Sirian Portal. My guides suggest that it is as if we are all traveling along the top of a swirling vortex, trying to best position ourselves for how we anticipate needing to be after we exit from the funnel creating the whirling process. However, if you have ever watched how things move through a funnel in that classic swirling motion, you understand the impossibility of predicting where any one particle will land as it exists from the funnel. So too we have no way of knowing where to position ourselves now as we ride on the uppermost edge of the churning vortex so that we will have a controlled landing in early Autumn.

So much more will be changing within the coming weeks, and it feels like the type of change that permanently shifts how we exist in the world. For this reason I offer the essay below, based on the audio meditation [Weaving Creation into Time](#).

May you each be blessed,

-Norma

Opening Psychic Potential within Your Body

Improving our psychic ability is not about learning to manipulate energies around us, so much as recognizing that we are already manipulating energy. In Western culture we have been taught that thinking is the ultimate way to control our lives. If we think hard enough we will solve the problem or manifest a result. Our minds are on overload trying to do it all by themselves!

The other partners in creation, our heartfelt emotions, our body's embrace of the physical pattern of form, and our soul's expression of love through us, have been left untapped. What would happen if we allowed the mind to be occupied with something long enough that these other aspects of our creative and psychic abilities could step forward?

Our mind has been trying to organize our lives and tell us what to do and when to do it for our entire lifetime. We can congratulate it on a job well done! Now we want to listen to our body, our emotions and our soul. We have reached the point in our evolutionary journey where our brain, the mass of cells that make up the physical aspect of our mind, can become the translator of the impulses of energy arising from our body, heart and soul. These other aspects of our being are constantly sharing their experiences with us. We need only quiet the process of thinking we are accustomed to in order to hear their wisdom.

This wisdom speaks to us as pictures, such as memories, images or symbols arising out of meditation. Sometimes our body speaks to us psychically as sudden twinges of discomfort or itchy skin or odd sensations. These are merely physical interpretations of energies that no longer vibrate in the same manner as our physical body.

Kinesthetic sensations such as a smooth easy breath or feeling stillness inside of our body are ways that our mind translates the energies that are in tune with each of us. The mind is not creating into the world of form, making something manifest externally, but rather into the world inside of our body. From there all facets of who we are support manifestation into our life.

As the world external to us is shifting and changing so dramatically, the one constant we have is our physical body. The intelligence wired into our physical form is the one constant that has connections to all the possibilities, potentialities and plans that our soul might choose for us.

The brain is but a tiny portion of our physical form. Information is brought to it from all of the nerves in our physical bodies. Within each layer of our aura we have equivalent nerves that bring us information. This information can only be heard and fully translated by engaging with the psychic abilities of our entire physical body.

In fact, each chakra brings us information at its own psychic level. Each cell of our body translates the energetic impulses of spirit for us so that we can feel, see, sense, taste and smell these spiritual energies. And the psychic ability that exists within each cell exists because that cell recognizes the divinity of each physical molecule of our body. We are not spiritual brains. We are indeed spiritual beings.

May your journey be so blessed,
- Norma

This is an excerpt from a blended channeling of Norma and Shesat (Thoth's female consort). A recording of the complete audio meditation is offered freely [HERE](#) (iTunes>Podcasts>Norma Gentile > #38 Weaving Creation into Time) or at Norma's website under [Meditations](#).

a song from Norma's last concert --
A Blessing for the Earth

Recorded during a live Meditation Concert in Ann Arbor, MI June 22, 2013.

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Meditation #38 from May 24, 2013

Weaving Creation into Time
Finding the Power of Who You Are



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LISTEN to EXCERPTS

- [Creation happens inside of Time](#)
- [The journey of your soul is no longer a straight line](#)
- [Changing the trajectory of your life](#)

This meditation includes a healing song. It is an improvisation from Spirit recorded during a live Meditation Concert. More of these

1. Introduction
2. Invoking Sacred Space
3. Creation happens within the moments of Time
4. How Dimensions Create Together
5. Finding Your Unique Vibration and the Power of Who You Are
6. Creating New Possibilities in life
7. Opening the Psychic Potential of Your Body
8. Healing Song: [Quantas Sabedes Amar \(Those who know Love\)](#)
9. Conclusion
10. Releasing Sacred Space
- 11 For More Information

Between the atoms of our bodies and the seconds of each minute lies the stillness of Creation. What we most desire is to follow our soul's journey. Here is a meditation to take you on that journey.

After linking the physical body to your support staff of spiritual beings we begin by recognizing that the quality of ease your soul plans for you to experience in this lifetime. The amount of ease is almost always much greater than the quality of ease we are actually experiencing. Stepping away from the mind and our insistence on using what our ego (or personality) wants to do as the basis for the goals in our life is the first step in relaxing into the quality of ease that our soul truly wants for us to feel in our bodies and in our lives.

As we become aware of a greater depth of stillness, especially in and around our Navel Chakra, we can begin to experience Time, and Creation, combining into a space within our being. Neither is an external linear action. Inexplicable but tangible, a sensation of fullness arises from within our body that is satisfying and

Spirit recorded during a live Meditation Concert. More of these songs, along with videos, can be found under [Sound Healings](#) or [Recordings](#).

arises from within our body that is satisfying and powerfully expansive. Entering into this stillness we are able to also enter into Time itself.

As we consciously recognize our soul within the lower dimensions we build bridges between the 1st, 2nd and 3rd dimensions. Our body, especially at the Navel Chakra, brings us information from these other dimensions. What is it that your soul wants to create in your life?

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(with multiple photos capturing Spiritual Energies in the room as I sang)

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

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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

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](#)

Norma's other offerings ---

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