

[READ ONLINE http://www.healingchants.com/newsletter6b-09.html](http://www.healingchants.com/newsletter6b-09.html)
[PRINT http://www.healingchants.com/NormaGentile_June09.pdf](http://www.healingchants.com/NormaGentile_June09.pdf)

mid June 2009 email Newsletter

Receiving or Rejecting Change

how we face change determines how we experience change

Dear Friends,

Joy and trepidation are both symptoms of the quickening pace of change in our shared world. Anger and resentment are also present, alongside a deepening in our ability to feel compassion and tenderness for others, even strangers, who are undergoing hardship.

How we face change determines how we experience change.

Regardless of whether we are feeling happy or sad, we are all being carried (or pulled, if we are resisting) along the path to the completion of the old world. And at the same time we are birthing a new world.

Can you imagine giving birth while in the middle of tearing out your home's kitchen, living room and only bathroom? That is the metaphor my guides give me for what we are all doing, everyday.

Please join me for a series of meditations and information from my guides, most likely Archangel Michael, Mary, and perhaps Thoth and Shesat or Atamira. These meditations are meant to assist you in finding your new balance so that your own guides can carry you, rather than push you, into the quickly changing days and months ahead.

Sunday, June 21 from 1pm-2pm EDT (same as New York City time)
TELECONFERENCE MEDITATION

Taking the Corner in 3rd -- Keeping your feet on the Ground while turning the corners of Spiritual Change.

As a teenager, I was given a VW Bug for my first car. I learned to drive in it, and eventually I learned to shift gears in it too. One day, with my mother in the passenger seat, I drove into a new part of town. As a traffic light threatened its ominous yellow glare, I opted to turn the corner, rather than wait for the next cycle of the light to turn green.

I followed my father's advice perfectly "always speed up into and through a turn". He was, after all, an ex-motorcycle racer. What I forgot to do was to slow down before I started the turn. As the little VW Bug rounded the 90-degree corner, its weight shifted and I could feel the wheels underneath me nearly leave the ground. "Well", my mother said, after her hands left the roof of the car's interior, "you can take a corner on two wheels, but it is safer to keep all four wheels on the ground."

At that point I realized I was still in 3rd gear. I've taken more than a few spiritual corners going a bit too fast in my life, and just as I learned to slow down and navigate a car into a four wheel turn, I've figured out ways to keep my feet, my body and my emotions balanced during major spiritual and energetic transitions.

DONATIONS toward the cost of the TeleMeditation are welcome ([click here to contribute](#))

Whoever is part of the teleconference is part of the energetic pool from which the information will come. I am asking that those who feel drawn to participate register in advance. If possible, a donation of \$10 or more helps me cover the costs incurred. Please know that your very presence, your prayer time and meditation place your energy into the shared pool. And your contribution can be this energy, or this energy and money.

To Participate Call 641-715-3200, enter access code 555220# (be sure to enter the pound sign).

Tools for Change

Norma's CD, [Meditation Chants by Hildegard of Bingen](#) helps to cleanse the chakras of old emotional energies. You can preview the chants at her website: www.healingchants.com/recordings_mc.html

You can download it as an mp3 or purchase the CD.

[Private Healing Sessions](#) - to release the old and invite the new
(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 EVENTS~~~([complete list here](#))~~~~

TELECONFERENCE MEDITATION  
June 21 at 1pm-2pm EDT (same as New York City time)

---

NEW YORK CITY -----

July 22-24 [Private Healing Sessions](#)

---

ATLANTA -- -- --

October 9-11 [Sound Healing Intensive Workshop](#)  
October 12-13 [Private Healing Sessions](#)

---

TUCSON AZ - - - - -

Nov 7 Meditation Concert of Healing Chants  
Nov 8 Sacred Sound / Sacred Healing Workshop  
Nov 9-11 Private Healing Sessions

---

PORTLAND (Oregon) - - - - -

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

---

[My official Hudson River Swim page](#) has more on why I'm swimming across the Hudson River this July and how to support sacred water.

---

### **Norma's other offerings**

SPOKEN MEDITATION CDs  
Order online now: [www.healingchants.com/recordings\\_med.html](http://www.healingchants.com/recordings_med.html)

WATCH HEALING CHANTS ONLINE  
[Healing Meditation Concert online](#) now at YouTube

### **MONTHLY FREE ONLINE SOUND HEALINGS:**

sponsored by [Spirit of Maat](#)  
<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.

---

### **Do you buy books or CDs and such from amazon.com or amazon.ca?**

If so, you can [CLICK HERE](#) and click on the amazon.com or amazon.ca logo at the top of the Store Page of my website to send 5% of your purchase back to HealingChants.com to support the free newsletter, free podcasts and free soundhealings offered each month. Thank you! And yes, my CDs are available at amazon.com as well.

---

Norma Gentile, Healing Chants  
PO Box 971020, Ypsilanti, MI 48198 USA  
734-330-3997, [www.healingchants.com](http://www.healingchants.com)  
[info@healingchants.com](mailto:info@healingchants.com)

YES please pass this email onto anyone you think would be interested. Just be sure to include my contact info.

[Click here to see other Newsletters](#)