

late June 2009 email Newsletter

An observation on the death of Michael Jackson and other public figures. How their passing opens our world to new Spiritual energies.

Please note:
the Solstice Meditation recording is now available
Meditations for Change ~~~~ new CD / mp3

Like most people with the ability to see spiritual energies, I tend to open my sight when working and then close my sight when not in use. So when something breaks through and presents itself, I know I must listen.

The meditation by phone last Sunday, June 21, was markedly deep. I am so very appreciative of each person who participated and allowed themselves to be carried into this experience of group healing. I know that as I was listening back and editing the recording I found my own body relaxing again into these same healing currents. I hope that each of you who desires to experience, or re-experience this meditation, enjoys it as much as I have enjoyed creating it with you. **More info, including two short samples you can listen to, are included at the end of this newsletter.**

And now for a note on current events. Take it with whatever size of salt you prefer; a grain, an ounce, or a few pounds...

As I said above, when I close down my psychic eyes it is because I need to focus on this more physical world. Yesterday where I live, just outside of Detroit Michigan (Motown), there was a series of very strong storms. Not unusual for this area and this time of year. What struck me was that the wind in the storms (unusual, nearly hurricane force) contrasted to an unusually quiet sensation within the land here. There was a deep stillness rising up from within the Earth to meet the ferocity of the storm. Almost like a mother containing a young child in the midst of an emotional episode. The emotions raged, and yet there was a sense of calm.

And in the midst I felt a deep sigh coming from the physical Earth as the hearts of many people who would never think of themselves as having anything to do with the word "spiritual" opened. My guides reminded me that it matters not if our hearts open in joy or grief, simply that they open.

Through the open gateway of our hearts Spirit pours into our shared world. Like a seldom used water faucet, those first Spiritual waters pouring through a newly opened heart may be rusty, bringing up old emotions that simply need to be released. Then the clear water pours out. And these hearts are available to express Spirit into our world.

As humanity clarifies their hearts, the Earth can release emotional energies that she has been holding on our behalf. **This release can affect weather patterns.** This release must happen in order for Gaia to make her transition into pure emotional energy.

This morning I am aware of a lovely new current of energy running through the Earth here. Just as we can express more fully who we are by releasing what no longer is serving us, Gaia is now free to express more of who she is becoming.

As public figures and events move us emotionally, our hearts open. Michael Jackson's passing has opened the hearts of the masses, world-wide, in a way that the passing of other celebrities has not. People are being changed by not only their grief in his passing, but by how they are choosing to grieve.

The passing of Princess Diana also opened hearts across the world, but humanity was at a

different level of consciousness. The quality of grief, and manner of expression of that grief, was very different. As the world processed their grief from her death, space was created within our hearts for deeper compassion. And also anger. It became acceptable to say "no" and for the Divine Feminine to create boundaries.

Archangel Michael suggests to watch for the quality of expression that comes about from Michael Jackson's passing. How does grief turn to joy? What is the miracle that lets someone celebrate while feeling loss? These are the questions posed to me by Archangel Michael.

As our hearts are open, we will also feel more keenly our interconnectiveness to each other. This heightened connectivity goes both ways. As we open our hearts, we are more able to both feel another's pain and offer another healing.

There are so many steps that we each will walk (and climb) in the years to come. No one event will be the beginning or the conclusion. I simply felt it important to mark this particular step.

(And as I am finishing, the strains of a familiar pop tune are coming down the street playing out of the local garbage collection truck.)

My blessings to each of you, in this summer (or winter) season of change.

-Norma

MEDITATIONS for CHANGE

AVAILABLE as CD and mp3 [HERE](#)

given on the Summer Solstice, June 21, 2009

with Archangel Michael, Mary, and the Hathor Atamira

"Change is allowing what is already present to carry us rather than drag us." (track #2, Archangel Michael)

The recording contains the teachings (from Archangel Michael and Mary), the two meditations and a sound healing from Atamira (not part of the original phone conference).

I'm including two sound samples of the recording below. Enjoy!

1 Introduction

2 A Teaching on Grounding and Change (Archangel Michael) **LISTEN**

3 Inviting Sacred Space (with Archangel Michael and Nature)

4 The Fourth Cracker Crumb

5 Meditation: The Stillness within the Heart **LISTEN**

6 Fear and the Enteric Nervous System

7 Meditation: Let Spirit work some Change on Your Central Life Issue

8 A Simple Song for a Simple Journey

A sound healing, recorded live in a workshop.

9 How to Release Sacred Space 9:04

This hour-long series of talks and meditations was exceptionally deep, and I thank each of you who participated.

Tools for Change

Norma's CD, [Healing Chants of Hildegard](#), draws Sacred Masculine energies of Archangel Michael from the Earth. This is particularly focused at supporting the emergence of the Divine Feminine in expression through those women now living in the Middle East. You can preview the chants at her website: www.healingchants.com/recordings_hc.html You can download it as an mp3 or purchase the CD.

My essay on **Women and Change in the Middle East** will appear in the July issue of the online e-zine [Spirit of Maat](#), along with a new sound healing. Both are offered free of charge.

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](#)

HUDSON RIVER SWIM

Much like other fundraisers, I pledge to swim across the river and invite anyone who feels to support this with a donation. I need to raise \$100 or more in pledges by July 5. My [official Hudson River Swim page](#) has more on why I'm swimming in the Hudson, the sacredness of this water, and how to donate.

~~~~~NORMA'S EVENTS~~~([complete list here](#))~~~~

NEW YORK CITY

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

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ST LOUIS, Missouri

July 31 Meditation Concert of Healing Chants  
Aug 1 Sound Shamanism Workshop  
Aug 2 Re-initializing Reiki Workshop  
Aug 3-4 [Private Healing Sessions](#)

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ATLANTA -- -- --- Registration [now Open](#)

October 9-11 [Sound Healing Intensive Workshop \(12 people\)](#)  
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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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

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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>

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the free newsletter, free podcasts and free soundhealings offered each month. Thank you! And yes, my CDs are available at amazon as well.

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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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