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Transforming Earth's Long Held Emotional Energies

Phone Meditation and Solstice Concert

UPCOMING EVENTS - - - (complete list and more info here)

Nov 28	Free Phone Meditation (local numbers for many countries)
Dec 23	Candlelight Meditation Concert (Ann Arbor - see below)
Jan 26 - 28	Richmond VA area Workshop and Private Sessions (Myra , local contact)

Although the upcoming Lunar Eclipse (Wed, Nov 28) has been given almost no media attention, it is quite possibly the tiny giant of recent eclipses. It is the equivalent of those ripples of movement seen on the surface of the water when a dolphin or whale is moving quickly beneath. The quantity of force and motion occurring deep within the water is not apparent. Gentle ripples are all that are visible to those watching. You only know what is actually happening after you see the whale or dolphin breach the water's surface.

This upcoming Lunar Eclipse signals the first visible ripples of a new cycle which is already flowing strongly within the emotional realm of humanity. It portends our experiencing, repeatedly, significant large-scale events. Each event offers humanity an opportunity to explore and heal an emotional issue. These emotional issues have been held until now within the physical Earth on behalf of humanity. In order to complete her own vibrational shift the Earth will release many of these long held emotional patterns. As this happens, the emotional patterns move into our shared human subconsciousness. We ourselves then trigger a world event in order to understand and transform the energy that was released by the Earth.

The particular series of waves we are working with now relates to distinctions we create to define Them and Us. Distinctions such as race, religion, ethnicity, money (class status), education (hands-on or theoretical), gay or straight, married or single have historically defined Us and Them. How will each of us define ourselves, and how we relate to those expressing a different aspect of Spirit?

For those of you who are interested, I am offering a Free Phone Meditation during the eclipse's energy. See my [Calendar Page](#) for call in numbers. Many countries are included. My guides suggest pondering this statement as a basis for the energies of the Phone Meditation:

How you define yourself often reflects how you unfairly define another.

For those in the geographic area of southeast Michigan, I am offering a **Candlelight Meditation Solstice Concert** on Sunday, Dec. 23 at 4pm at The Interfaith Center for Spiritual Growth. It is by donation, an hour long, all are welcome and a reception follows. I am joined by Atmaram Chaitanya on Harmonium and Tambura, both East Indian instruments used for sacred chant. For more information and songs from previous concerts [click here](#). Please let others know. Musical CDs as well as some of my Meditation CDs will be available for purchase.

SOUND HEALING VIDEO

Have a look (and listen) to a video with photos that captured spiritual energies moving in the room as I sang. This is from a recent Meditation Concert at the Interfaith Center.

**Get the healing power of a Private Session on your iPod / CD player
free Meditations**
available as CD or mp3

Meditation #34 from September 23, 2012

The New Road Taken:

Uniting the Sacred Masculine and Divine Feminine Essences of Your Soul within Your Body

Meditations to heal and empower the Ovaries, Testicles and Root Chakra





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or

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New! - Free Songs, Chants, Sound Healings, Meditations and Videos

Receive a Sound Healing from Norma without leaving your home!

O vos flores - You who are Rose Blossoms (voice and harp)

Medieval Chant by St. Hildegard of Bingen, accompanied by harpist Gordon Johnston of Ottawa

Renewal A sound healing with Tibetan Singing Bowl and Voice
(with multiple photos capturing Spiritual Energies in the room as I sang)

What are You here to do Now? Two sacred geometry mandala videos

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Only about 10% of you see my free videos, online sound healings, essays etc that I post on Facebook. If you want to increase that possibility SUBSCRIBE on my [official Healing Chants Page](http://www.facebook.com/HealingChants). <http://www.facebook.com/HealingChants>

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

This is a live recording of a healing concert. The focus is the opening of the heart to Sacred Masculine energies held within the Earth. These sacred energies provide a surround and support for the feminine, especially as it relates to the women living in the Middle East, and their emerging Divine Feminine power.

Featuring Harmonic Tones, Tibetan Singing Bowls, and a small woman's choir

- chants of the mystic Hildegard von Bingen
- new chants by Norma Gentile
- spoken poetry of Hildegard
- healing energies from Archangel Michael

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[iTunes](#) / [Amazon](#) / [CDBaby](#)

Healing Chants
a live concert recording

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CELEBRATE HILDEGAR

(- 2012 isn't just about that old Ma

Designs based on Hildegard

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[Wearable & Usable Sacred Art - bring you](#)



long sleeve



iPhone cover



ceramic travel mug

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 ---

FACEBOOK

Get Norma's free videos, sound healings and essays regularly.

VIDEOS

Watch Healing Chants online

RECORDINGS OF HEALING MUSIC AND CHANT

(sacred chants from Hildegard, improvisations from Spirit and healing songs from the Hathors, available as a CD or download)

SPOKEN MEDITATION CDs and PODCASTS

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

TWITTER <https://twitter.com/healingchants>

MONTHLY FREE ONLINE SOUND HEALINGS

(hosted by spiritofmaat.com)

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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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