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Moving beyond Right and Wrong

Polarity, Unity and Neutrality

Dear Friends,

Although it seems that polarity is stronger than ever my guides insist that our human consciousness is actually less polarized than it was just a decade ago. The current liberal/conservative tug-of-war is an external reminder of those parts of ourselves that have not yet come into a place of rest. Once at rest, there can be understanding and integration.

For my part, I am noticing when my inner dialogue does not match my outer choices. And I am wondering how much more I can let the deep currents of my own life-force that are part of the Earth support my body. When I let my body be connected into those energies that naturally nourish my body from within the Earth, my mind doesn't have to work as hard. I find many of the thoughts that I believed were mine are no longer present. A silence that is not empty but rather full of my own spiritual presence comes into my awareness.

This fall is a time of seeing the space that polarity creates between opposing forces, and stepping into it. Not to unite the forces, but to exist within this space between them. This is a space of neither force. It is not unity. And this place, the space between, is our new frontier.

Join me for an exploration of this new space in a **World Wide Phone Meditation** -- Exploring other Realms: Moving beyond Right and Wrong - Polarity, Unity and Neutrality on Sunday, November 17 at 1pm EST (New York City Time)

[EVENTS \(for more info see Calendar Page\)](#)

Sat Oct 18	New York City (midtown west)
Mon Oct 20	Private Healing Sessions
Sun Dec 22	Ann Arbor (Interfaith Center) Meditation Concert for Winter Solstice (in candlelight)

REPEATING PERSONAL NOTE: I continue to take a deep breath as I face a year (at least) of upgrading my ancient website to HTML5 and easy mobile access. If you are good with DreamWeaver and have an interest in helping please let me know. Thank you for the volunteers so far to come forward. There is plenty of code to update. I am glad to work out barter / pay arrangements.

NEW MOBILE APP is COMING!

Part of this transition will be visible in the newsletter. And in a NEW MOBILE APP that let's you directly access the monthly videos, healing songs and audio meditations on both iDevices (iPhone/iPad) and Androids. If you want to help me test the app, it is currently available at <http://app.healingchants.com> You can download it onto your phone now by clicking on the 'share' option. On my iPhone that looks like the share option at the very bottom of the screen, NOT the larger (and more obvious) share option within the app screen. Click on your browser's 'share' option and select to put it on your phone. That should do it! Once on your phone, play with it, and use the 'share' option inside of the app to share it with friends.

Oh, and FACEBOOK notes...I will continue to post basic info there in between newsletters. However, they are no longer letting me advertise and are seldom placing my posts in your newsfeed. So please go directly to my pages to check in for updates. And be sure to tell people to subscribe to this newsletter to be sure to get information from me.

Personal page: www.facebook.com/norma.gentile
Professional page: www.facebook.com/HealingChants

NOTE: Below are links that you just have to click on and let the internet do the work. Please do share this and let friends (who may believe they don't know enough to take advantage of the free sound healings, meditations and videos) know about these easy links:

All of my 100 or so sound healings are being uploaded to my website and can be found under **Sound Healings**

The 40 audio meditations are available to download and listen to free on your iPod, iPhone, or computer at iTunes. This link opens to the full list. Most computers can play the meditations right from this page **click here**. without using iTunes

Meditations can still be purchased as CDs and are also available to listen to through my website under **Podcasts**

My musical albums are all **HERE in iTunes** or **HERE on Amazon.com** and **HERE on my website**

