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Release Intensity. Find Stillness. It's that simple.

Sort of...

and new audio meditation FULFILLING YOUR PROMISE to ALL OF CREATION

plus a new healing song JOY

Dear Friends, We are nearing the completion of (what I feel to be) the most intense emotional and mental cycle of the year. This year's influx of Sacred Masculine energy during the Sirian Portal (in mystical cosmic terms a sun in the constellation named Sirius is the 'father' of our solar system) was coupled with a number of other astrological alignments that have kept this portal of energy open much wider and longer than is typical in its annual cycle. Yes, the current fixation with the country of Syria may have a resonance to this same astrological alignment. However, the country itself has been in transition for years. It is only now, during the cosmic Sirian Portal that we are noticing it. Mostly because Syria, like all of us, is being affected by the cosmic call to leave behind the non-sacred masculine and explore the newly emerging Sacred Masculine whose energetic presence is heightened during July and August.

The intensity we feel during these months is due to the flow of Sacred Masculine energy into our solar system. By about mid-August each year it begins to overflow from the Divine Feminine chalice of wisdom that we have built collectively for hundreds of years to receive it. We become overwhelmed by its abundance. What overflows from this chalice has the potential to still be used in a sacred manner by those whose consciousness understands the balance of masculine 'doing' and feminine 'being'. But more often what was the gift of Sacred Masculine energy from our cosmic 'father' becomes simply energy that we perceive as goading us into doing things in a rash, impatient and careless manner.

By late August of each year our shared consciousness has already contained what it can within our Divine Feminine chalice. This chalice is a metaphor for the recognition of Divine Feminine principles such as patience, perception and nourishment. In a few decades we will have fashioned a large enough chalice of Divine Feminine energies within our shared human consciousness to catch and contain all of the Sacred Masculine that this annual Sirian Portal alignment offers us. For now we must let the earth receive all that that we cannot.

For this reason it is important to feel the stillness within your own body and let all action be driven by your internal voice of spirit. During this time frame external world events are very loud and chaotic, tempting us away from our inner connection to spirit. There is nothing like a big party or a neighborhood street fight to draw attention and focus away from completing your own tasks! Knowing where you need to be and what is yours to do is an ongoing learning process. The more you can tune into the stillness of your own spiritual energy connection it becomes much easier to feel what is indeed yours to do as a part of your souls journey and what action actually draws you away from your souls journey. Generally I find that if I am feeling that I am not finding my body center or toes easily I probably need to pause any plans and take the time to become more fully aware of my body.

I have just uploaded a new meditation, **FULFILLING YOUR PROMISE to ALL OF CREATION** with three new healing songs just for this period of time. Based on the phone meditation of August 20, this is both informative and deeply relaxing. Also below is a new sound healing video and audio - JOY - from a recent meditation concert

ON A PERSONAL NOTE: This Sacred Masculine energy boost has dismantled some of the weaker elements of my website, including sending my ancient (by internet standards) 15-year-old web HTML writer up in smoke! (insert deep sigh here, RIP Claris HomePage3, complete Adobe Suite of same vintage, and lots of memories). I have started working with designers and tech type folks to update the entire 700+ pages of my website over the next year. If you are good with HTML5 and have an interest in helping please let me know. There is plenty of code to update.

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 using your browser's '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....I will continue to post basic info there in between newsletters. personal page: www.facebook.com/norma.gentile
professional page: www.facebook.com/HealingChants Facebook notified me in June that my content is violating their standards. After daily emails with them for two months it seems that I am not allowed to advertise, and my posts are placed in the lowest priority for anyone to see. Since the psychic energies behind FB look to me like a whirling ball of energy I am going to wait and see what changes happen in their system. It will most likely resolve itself over time. Or become moot. Meanwhile, be sure to subscribe to my newsletter (www.healingchants.com/newsletter.html) and go directly to my Facebook pages if you feel like catching up with me between newsletters. May the blessings of our shared Divine Mother and Sacred Father be with you, -Norma