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April 2010 email Newsletter

## Earthquakes, Emotional Intensity, EMF shifts & Gaia Some considerations of recent events

Dear Friends,

Please note a listing of new events, including concerts with 2010 Grammy winner David Darling.

April 28 Free Phone Meditation	May 23 ANN ARBOR - Tibetan Bowls Healing Workshop
May 1-2 SARASOTA FL - Intro to Sound Shamanism Workshop - Private Healing Sessions	June 11-16 TORONTO & GUELPH - Concerts with 2010 Grammy winner cellist David Darling - Private Healing Sessions

I have been watching the series of earthquakes that have occurred in the past few months, as have all of you. I noticed that they do not look the same, in my psychic vision. However, many of them seem to relate to the shift this past March in the electro-magnetic field (EMF) that surrounds the planet. Our bodies felt this shift. Our central nervous systems are on high alert as they sense something is changing, but what is it?

Because of this re-tuning of the Earth it is difficult to maintain normal sleeping patterns, and our ability to relax and rest deeply is being challenged. I note that the shifting EMF of the planet seems to be the resultant of the physical Earth moving to reflect Gaia's taking another step into her own spiritual evolution, which is one of becoming pure emotion.

The intensity of this spring is bringing us the opportunity to assess and adjust our priorities. We have been partially disconnected from the vibration of the Earth that our body has always known to be supporting it. Suddenly it is nearly gone. We sense a loss, but how can one understand with our rational mind that the body is feeling a loss which the mind doesn't even know about? Very few cultures or people have grown up understanding the vibrational support of the Earth as the mother of our physical bodies.

The shifting electro-magnetic field of the Earth has left our bodies less able to nourish themselves directly from the energies of the Earth. It is as if our mother suddenly weaned our infantile energy system, and our bodies are being forced to seek out nourishment in other ways. This shift in the EMF has left our bodies feeling separated from an aspect of the Earth's energies we have always known. And we are no longer able to suckle this energy from the Earth. It is a loss that we are processing as both abandonment and death.

Let me address the energetic pallor of death which is floating within the field of shared human consciousness. We are completing another smaller cycle within the much larger cycles leading us into the new consciousness. But right now, we are in a process of closure, and it feels like death.

It is one thing to mentally know that death is always followed by rebirth. But that doesn't make passing through this portion of the cycle easier. That which cannot move forward with us into the

next cycle and into the new aspect of consciousness that we are stepping into must die. Our dependence on certain energies within the Earth is over, while our ability to nourish from new energies within the lower dimensions opens. There are parts of ourselves which are attached to behaviors and beliefs that must be left behind.

The physical Earth is moving in the larger cycle of change with us. Since March the physical Earth has been vibrating closer to an emotional level than a physical level. Our bodies have felt this. But our minds have had a difficult time understanding that what appears to be solid rock and dirt is actually vibrating at a frequency that is higher than that of our physical bodies.

And as this happens, we need to explore new ways to define what grounding is. We need to distinguish between the old way of grounding into the Earth versus the new way of grounding into the lower dimensional aspects of our own soul.

Gaia is freeing herself to change. Her body, our Earth, will reflect her changes. There is a much larger cycle here. This change will be one of moving beyond physical form. It will not happen in this century or any time span we can conceive of. But it will occur, and with each shift Gaia makes we too are free to move along new paths. This may be seen as new small choices in daily life, or within a larger cycle of growing into Spirit.

**And so I offer a Free Phone Meditation - - - - -**

Holding the Earth ~ Holding Ourselves  
A time of Compassionate Meditation for the Earth and Humanity  
Wednesday, April 28 at 8pm eastern (New York City time)

A series of earthquakes may be the result of Gaia needing to reset the pulsation of her own heartbeat. And she needs a time of deep quiet in order to avoid having to do another, even stronger adjustment to her body. The eruption of the Icelandic volcano has slowed air traffic across the world. Attention is being paid to the resulting stillness, as all those things that airplanes cause simply ceased to exist for a time over a very active region of the world.

Our bodies feel how much Gaia's body, what we call the Earth, needs to complete her change. She may need to reset her heartbeat another time or two in the coming months. As her body, our Earth, changes, our consciousness and our bodies change also.

Please join me in a time of group meditation, not to try to stop what is happening, but to hold a sacred space of calm and quiet for the changes that have happened and those that will come.

Suggested Donation \$10 Email: [office@healingchants.com](mailto:office@healingchants.com) or by check: payable to Norma Gentile, PO Box 971020, Ypsilanti, MI 48197

To Participate: Dial - (641) 715-3200 and Enter Access Code - 555220#

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~~~ NORMA'S EVENTS ~~~~(complete list here)

**FREE PHONE MEDITATION**

Wed, April 28 at 8pm eastern (New York City time)  
**Holding the Earth - Holding Ourselves**  
A time of compassionat meditation for the Earth and Humanity

**SARASOTA / BRADENTON FLORIDA**

May 1-2 [Private Healing Sessions](#)

Saturday May 1 from 7-9pm

**An introduction to Sound Shamanism**

An experiential workshop illustrating Healing Techniques of Sound and Energy

**ANN ARBOR MICHIGAN**

Sunday May 23 from 1-3pm

**Tibetan Bowls for Healing & Meditation Workshop**

**TORONTO / GUELPH ONTARIO**

**Evensongs for the Soul: Chant and Cello in Concert**

Grammy winner cellist David Darling and Norma Gentile

TORONTO Fri June 11 Holy Trinity

GUELPH Sat June 12 Harcourt United Church

GUELPH June 13 [Private Healing Sessions](#)

TORONTO June 14-16 [Private Healing Sessions](#)

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**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](mailto:norma@healingchants.com) or 734-330-3997. [Read more about private healing sessions here](#)

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Norma's other offerings ---

**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)

**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)

<http://www.spiritofmaat.com>

My monthly articles and free sound healings are now available in English, German and Spanish online through [www.spiritofmaat.com](http://www.spiritofmaat.com) This is different from the newsletter, which you are reading now.

This newsletter is available in Spanish and English ([subscribe here](#))

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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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