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## Heart to Navel Chakras Where we are going is Where we have been

Dear Friends,

A couple of notes and then onto the essay -

- My album, **Healing Chants (vol 1)** is now remastered and re-released. [Click Here](#) to listen to a song for free. This is a particularly good album for invoking your own personal connection to Archangel Michael, which allows a unique healing to take place each time you listen to it.

- Hildegard von Bingen is to be made a Doctor of the Catholic Church this coming October. She is not yet a saint (although there have been two attempts to canonize her). Look for her sainthood to be announced this coming summer. If you are interested, **you can GET A JUMP START ON CELEBRATING HILDEGARD'S SAINTHOOD** with a line of T-shirts and Home Goods based on her artwork and poetry. These were designed using Hildegard's own artwork and my translations of her poetry by two professional graphic artists, [Karen Harkness](#) and [Angela Michielutti](#). My thanks to both of them for helping me co-create items that are both functional and inspirational.

- Below are an essay and link to this month's sound healing. I'm happily at home gardening and writing this Spring. I expect to host the annual Practitioner Training Sound Healing here in Michigan at my home this coming late July/ early August. If you are interested, see [Here](#) and [email me](#).

### UPCOMING EVENT

end July or early Aug

[3 Day Workshop on Sound / Healing in my home in Michigan](#)

As some of you know, I offer a free sound healing each month for the online magazine SpiritofMaat.com There is a link to it [Here](#) so that you may listen directly. I also include links to the sound healing and other free offerings after the essay (see below). You can forward this to friends using the link at the very bottom of this email. (Yes, very bottom, tiny type, usually on the left)

This month's sound healing comes from my recent meditation concert in Portland Oregon. 'Creatus', meaning 'having been created' is the opening phrase. Mixing in the word 'Sanctus' (Sacred) and one of the names for the Divine Feminine, 'Maria', was what felt right to me as I sang.

Like most inspired songs, Spirit suggested the words and notes. I suspect that many of you reading this have had similar experiences. Perhaps with music, or while writing or journaling or knowing just what to say to someone during a time of exquisite conversation.

As I reflect on the meaning of Latin word *Creatus*, (having been created) I am reminded that no matter the choices I might make, the results of any choice are neither good nor bad. Each choice

yields results that are part of a larger divine plan that our soul has in mind to travel within. The journey of our souls is more complex than we might imagine with our little physical brain.

It is my brain that looks backward in time at what I have created, and judges it as good or bad, right or wrong. My heart is more apt to sense the past as an ongoing part of my present. Hence the ongoing nature of creation, Creatus, is more apt to be expressed in the Heart.

A friend recently asked me about the heart-centered world into which many believe we are moving. The comment that one of my guides made was to notice that people from the developed or Western world are moving down from their heads into their hearts. They have yet to reach anywhere near their navel or body center. For this reason the journey into the heart that many in the New Age movement anticipate will bring something to completion may actually be the final step. After the Heart, we Westerners will need to begin the journey into the Body.

Many people joke about the practice of sitting in meditation as being something akin to 'navel gazing'. My own sense is that rather than looking down from our heads at our navels, we need to know how to go down into the navel center itself, and look out from there at our world.

I have come to this conclusion based on my own experience. After moving more and more into my own heart, I began to move further down, passing through my heart and into a space that I feel is my navel chakra or body center. It is a place of great stillness, where I can feel the slightest motions of my body's natural functions as well as motions from all that is around me. Yet at the same time I feel an intense and utter stillness. From this place of deep stillness all else seems a bit silly &ndash; it's like relaxing in the warm sunshine watching fruit flies swarm a piece of fruit. You can enjoy your relaxation while the incessant motions of the fruit flies remind you of how still you are. What they are doing is harmless to you. While it may be a lot of activity, they are simply doing what it is that is within their nature to do. And you are choosing to do something different.

That is not to imply that all I or you do outside of meditation is equivalent to being a buzzing fruit fly! Day to day life, represented by the fruit flies in my little metaphor, is necessary to my continued physical body being in form. I believe that when I access my body center or navel in meditation it gives my personality a perspective around the true balance of priorities that my soul has. I do find that I can better choose and organize my activities after a little navel meditation.

I realize for most people the idea that our soul or spirit would speak to us through our body rather than our brain is very odd. Our western culture has taught us to live in the uppermost region of our body, basically the upper three inches of our head, not in the remaining 60 or so inches that tend to carry our head around.

Our western culture has also taught us to fear what we do not know. And since few of us had parents who could set an example of being fully embodied, it is not surprising that we have an innate fear of delving into the unknown regions beneath the level of our eyes and brain. In order to identify where our navel is, most of us have to move our hands down and touch it. Few of us simply feel and know its location in our torso. This means that there is a great learning curve ahead of us around how to connect our soul or spirit into our own bodies.

Awareness of any body part by 'feeling' it from the inside is an indicator of how strongly connected we are to the consciousness that is related to that body part. Each and every toe, finger, muscle, bone, tendon, organ, etc. processes energetic patterns for us. Illness is merely a sign that the spiritual, mental and emotional levels of our aura were unsuccessful in processing a pattern. In order to bring it more fully to our attention the pattern naturally moved into the etheric level of our aura, which is the blue print for our physical body.

Healing the physical issue then becomes a matter of addressing the issue at all the levels through which the pattern has come. For this reason when issues have reached the physical level I often suggest that people consult physical doctors such as Naturopaths, Chiropractors and

Acupuncturists. These modalities understand that health is a result of balance, and illness is a result of imbalance. Once balance is restored, the body's own systems will restore the physical body.

In my own energetic healing work, I find that the information I get for people is usually right on the edge of what they already know or suspect. In some cases their guides simply point out to me certain moments in their lives that are inter-related and magnifying a current emotional or physical symptom of illness. Sometimes it is also about what I call "upgrading" a belief.

I find that we are all pretty good at healing ourselves. But it is hard to find that deep place of stillness where you can feel all that is in motion around you when you are overwhelmed by fatigue, anxiety, physical pain or chatter in the mind. It just helps to have someone outside of yourself point out what they are able to see, so you can see it more clearly.

There are certainly different styles of healing, and for me I prefer to help people see for themselves what it is that they are ready to change, and hold space for that change to occur. As I spend more and more time within the deep stillness of my own body, I feel the great potential each of us has to access this same space of spiritual connection inside of our own bodies.

Ultimately, I might say that I have less interest in trying to organize how the fruit flies buzz around the fruit and more curiosity about why I left the fruit out for them to buzz around. An odd metaphor, but the closest I can get to my experience of this moment.

So, back to the sound healing. When my guides gave me the idea of using the word "Creatus" I was wondering why not use the more common word "Creator". As I have sat with this question, a small but important difference has become clear to me. Creatus implies that we have already created that which is perfect for us. There is an indication of a creative process from the past that we are standing upon in the present. This sense of continuity reminds us of our inner sense of stability. And this brings me back to the motionless depth of spirit I find within my own body. This, to me, is a point of creation that each person will learn about in their own time.

My best to each of you.  
-Norma

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*Meditation #32 from February 5, 2012*

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#### LISTEN to an EXCERPT NOW:

[Why some Energies look Dark to us](#)

When we see something on a psychic or energy level as being the color brown or black or simply dark, it is a way that most of us have of knowing that an energy is not in tune with our body and is not healthy for us to engage with. As it leaves, it need not change color, because it is still not good for you. We perceive it as a dark color only because our own instincts know that it is not healthy for us. Allow it then to be whatever color that it is. You do not need to change it. Let it be on its own evolutionary journey. Let it choose any changes for itself.

And that frees you up even more, because those energies all around you that aren't in tune with you anymore recognize that they don't have to change before they can leave. And you recognize that you don't have to change them before they can leave. It is not up to you to do anything with them except recognize what is no longer in tune with you and release it onto its own journey.

Includes the sound healing "*Loving Tenderness abounds for All (Caritas abundat*", from Norma's newly re-released album [Healing Chants \(vol 1\)](#) [Hildegard of Bingen](#).

1. Introduction
- 2 Invocation of Sacred Space &endash; Why I do this
- 3 Why we Resist Releasing Thoughts, Emotions,Behaviors
- 4 Defining Your Soul, here and now
- 5 Meditation: Releasing energies no longer active in your life.
- 6 Why some Energies look Dark to us
- 7 You are a Radio Station (and a transmitting tower)
- 8 Meditation &endash; Your Unique Frequency of Compassion
- 9 Caritas Abundat in Omnia (Loving Tenderness Abounds for All) from Norma's album [Healing Chants \(vol 1\)](#) [Hildegard of Bingen](#).
- 10 Final Clearing and Release of Your Angels and Sacred Space

[more information](#)

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Attend a Meditation Concert without leaving your home!

You can now experience a Live Meditation Concert online. It was edited into four parts, and subtitles were added to offer additional insights. Click on the links below, or see Norma's entire youtube page at <http://www.youtube.com/normagentile> Videos thanks to Craig Harvey caharvey2007

[Part 1 Opening to Spirit: talk and sound healing](#)

Norma shares thoughts and a related sound healing from Spirit (her Hathor guide Atamira).

[Part 2 The Sacred Masculine Within](#)

Spoken information from Norma followed by an improvisatory song from Spirit invoking the Sacred Masculine from within each of us.

[Part 3 Ubi Caritas Improvisation \(Where there is Love\)](#)

Improvisation has long been a way to allow Spirit to move effortlessly through us into the world. Whether it is in words (Marianne Williamson) or acting (Meryl Streep) we each have ways of opening ourselves to be channels for Spirit. Here is a song, drawn through me in the moment during a live Meditation Concert while I play shruti box.

[Part 4 Improvisation and Kyrie by Hildegard of Bingen](#)

Norma sings an improvisation from Spirit accompanied by Tibetan Singing Bowls, followed by the setting of Kyrie Eleison (Creator, Draw Compassion from Us) composed by the abbess and mystic Hildegard of Bingen in the 12th century

**FREE SOUND HEALINGS** (hosted on the SpiritofMaat.com website)

[Creatus](#)

[Loving Tenderness Abounds](#) (Caritas abundat) from Norma's newly re-released album [Healing Chants](#)

[Tibetan Bowls to clear the backside of your Body and Aura](#)

[Ubi Caritas](#) (4 part harmony) with shruti box

[Caught by Spirit](#) with shruti box

[Weaving Compassion](#) (a choir of Tibetan Bowls accompanies my improvised chant inspired by my Hathor guide Atamira)

[Click Here](#) for more of my Sound Healings and Articles on SpiritofMaat

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**A Note on Phone Meditations and CDs of Meditations and Teachings:**

As of today, I have [32 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.

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If you have to wear clothes...  
why not wear something that reflects your inner attitude as well as your outer need?



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

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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:**

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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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Norma Gentile, Healing Chants  
PO Box 971020, Ypsilanti, MI 48198 USA  
734-330-3997, [www.healingchants.com](http://www.healingchants.com)  
[info@healingchants.com](mailto:info@healingchants.com)

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