

## Living Within Polarity

Dear Friends,

As I listen to my outer world it is quite noisy. So much is happening so fast. Whether it is earthchanges or politics, I find myself being bombarded by polarized thoughts -- every development is quickly judged good or bad. Each time I hear something labeled in either fashion, there is a palpable energetic heaviness created in the room. If I am already in a state of overwhelm, it is easier for me to give agreement to the judgment rather than to notice the heaviness and ask internally if it is really mine. (It isn't.)

### UPCOMING EVENTS

September 8

[Free Phone Meditation](#)

Oct 21-23

Tampa Florida concert - workshop - sessions

Those of us who have a toe-hold (or even a tiny bit of one toe nail) in a quality of consciousness that lies beyond polarized thought are challenged by the polarized consciousness that is arising. People are reacting to this in many ways. Feeling emotionally on edge is common. Another symptom is an underlying constant tension within the physical body.

As our Soul is able to express through our body and personality, we naturally move outside of polarity. When we experience a quality of compassionate consciousness beyond polarity, our bodies relax. But in these times, it can be very hard to find this consciousness that is beyond right and wrong, good or bad. What is whirling around us is a dust storm of judgment and polarizing arguments. And when we are not able to find that deep relaxation within ourselves, we are more apt to join in the game of argument and judgment outside of ourselves.

As the world is so loudly filled with emotions and actions arising from polarity, it is harder and harder to hear our inner voice. Like ambulance sirens piercing the midnight stillness of our slumber, we are enticed again and again from our quiet meditative repose out into the combative world that we build from polarized beliefs.

Remember: In any moment we can draw upon that part of our consciousness that lies beyond polarity, in the stillness of Spirit. We only need to remember that we are not always able to see the big picture of what is truly taking place in our world. The reason that we are seeing so much polarity in our world right now is because humanity is releasing itself from that consciousness. That which is leaving the consciousness of humanity is most visible as it is leaving.

The Sirian Sun, a portal for the Sacred Masculine to enter into our lives, has been in alignment with our planet since the end of July. As this Sacred Masculine energy pours into our solar system, those qualities of consciousness that we are most ready to release are being activated. As they activate, we engage with them. As we engage with them we express them. Even judging polarity, and judging what arises from polarity, is an expression of polarity consciousness!

The expression of polarity in our lives is an opportunity to learn about ourselves. Our souls do not understand polarity unless our personalities experience it. For this reason, we are swimming - some might say drowning - in a sea of seemingly polarized events on the world stage. As the annual portal of Sacred Masculine energy from Sirius closes in the middle of September, so too will much of the furor calm. And yet it is only because we are speaking about this polarity, calling

it out for what it is, that this aspect of our division from Spirit can be healed.

Much of the New Age and popular media coverage around 2012 obscures the basic principle of the new cycle, which is to step beyond polarity. It will not be an instant and total transformation. This is a process of many years, decades and even millennia. We are in the midst of this change now. No wonder polarity is such an issue for us! We are releasing the underlying quality of consciousness that humanity expressed throughout the old cycle.

As humans, we don't change aspects of our lives that appear to be functioning well. We only bring our healing tools and attention to what is not comfortable in our lives. This is why the qualities of consciousness that polarity gives rise to are evident all around us now. We are ready to change them. At least some of them.

I wonder, what am I judging in my life? When I see anything with judgment, I can see it only through my polarized consciousness. When I see this same issue as neither good nor bad, merely as an issue that is undergoing change, then I am seeing it with the eyes of compassion that Spirit offers me. I can change anything from the consciousness of polarity if I apply myself with hard work and personal effort. But this is not true healing. From this place of consciousness, I do not actually resolve issues; I merely act upon them, so that they cause me less pain and discomfort than before.

When I am able to see an issue fully, beyond right or wrong, good or bad, only then can I heal it. Without judgment, the issue has no power over my emotions. In this consciousness, I can understand more fully the role the issue has played in my life to bring my soul new experiences and opportunities.

Polarity leads us into the belief that we can fix all that ails us. Spirit reminds us that we are one of many dancers within Creation. Listening in silence to Spirit within ourselves shows us our next steps.

May you each find quiet joy within yourself.

Norma Gentile with Atamira  
www.healingchants.com

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

[Quiet Places \(with Native American Flute player Lenore Wiand\)](#)

[Nourishing Yourself \(a sound healing with shruti box\)](#)

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**MEDITATION CD / mp3    Norma Gentile    June 15, 2011 meditation**

*Meditation CD #29 from June 15, 2011*

**Coming Home**

**Meditations exploring where "home" is within your body, how to get there and how to remain there**

- 1. Introduction**
- 2 Invocation of Sacred Space**

**3 How Energies that are not ours show themselves to us**  
Creating clearer and stronger communication with your Guides and Angels. The quality of connection we have with our guides depends largely on our ability to understand when energetic consciousnesses, such as guides and angles, are telling us to let them go, or let them change and update their connection to us.

## Coming Home

Meditations exploring where "home" is within your body, how to get there and how to remain there.

\*includes the sound healing "Replenish" available on Norma's album [Songs of Spirit](#)

[Purchase as standard CD](#)  
[download or stream](#)  
[FREE mp3](#)

**LISTEN to EXCERPTS NOW:**

**Sample 1** Your body's ease in living in the world

**Sample 2** Judging our body keeps ourself from being grounding

consciousnesses, such as guides and angles, are telling us to let them go, or let them change and update their connection to us.

### **4. Home is in your Navel**

As we learn that there is a quiet still-point which already resides within us, the quality of spirit which imbues this silence moves out to our external world.

### **5. Meditation for Ease in 2nd Chakra**

It isn't just about sex. Our 2nd chakra helps to determine the quality of our life. The ease we have interacting with the world might be simple and uneventful, or each day might feel like we are bracing ourselves against the torments of daily life. In most cases our soul wants our body to have an easy and joyous experience of daily living.

The polarities of this reality are more deeply held in the lower chakras than in the upper chakras. Early non-verbal cues that often teach us racism and sexism lie in the 2nd chakra. So too the belief that we are not 'good enough' or that we don't have the right to exist, or permission to be happy have their roots within the 2nd chakra.

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### **6 Meditation for Soul/Body Gender Expression in 2nd Chakra**

Beginning to explore how your soul expresses both its male and female gender through your physical body.

### **7 Revealing the Grounding that is Natural for Your Body**

Through your feet, your 1st chakra and every cell of your body there are innate connections to those energies that your body knows how to use to nourish itself. Judging our body keeps our body from grounding itself because it keeps us contracted away from these nourishing energies.

### **8 Replenish &endash; from Norma's album "Songs of Spirit"**

### **9 Deeply Resting into Home**

Home is the expression of the soul through the body in an unfettered manner.

### **10 Releasing Sacred Space**

### **11 Questions / Responses from Phone Meditation**

### **12 For more information**

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

As of today, I have [28 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?

Wearable & Usable Sacred Art - bring your Inner Attitude to the Outer World.

Designs based on Hildegards own poetry and art

**NEW - iPhone & iPad goodies / outerwear jackets** / organic / cotton / plus-sizes / children / notecards / to  
mugs





iPhone cover



ceramic travel mug



raglan hoodie

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

**PLEASE JOIN ME (and let your friends know too!) AT AN EVENT**

Thursday, Sept 8 at 9pm (Eastern, NYC time)

**FREE PHONE MEDITATION**

local phone numbers for many countries. [More info Here](#)

**FLORIDA (near Tampa)**

Fri Oct 21 Meditation Concert (Sun City)

Sat Oct 22 Magnifying Healing with Intentional Use of Sound Workshop

Sat-Sun Oct 22-23 [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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When you order anything from amazon (my music, someone else's books or music, suppliments or even a new kitchen sink) through this site 5% of your purchase price goes to support my newsletter.. To ensure that your purchases are properly credited, be sure to click on the amazon.com or amazon.ca logo to the left. All purchases made when you enter amazon.through this page are credited. So go ahead, do some gift-shopping while you are here. Thank you!

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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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