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Turning Chaos into Creation

Using your body's innate spiritual wiring to naturally release and redirect potentially destructive energies

Dear Friends,

Each year during the month of August our planet is bathed in Sacred Masculine energies emanating from the Sirian Sun. Each year this process becomes more intense, as the alignment during this new Aquarian Age allows more and more of this masculine energy to be available to us. While it enters our world at a sacred vibration, we as humans can translate it's quality into either profane or sacred actions here on Earth. As my guides point out, we have Free Will. Whether we choose to express this masculine energy as profane power or sacred creation is our choice.

Thus it seems very timely to share this particular essay, drawn from my [most recent healing meditation](#). I note that external world events are bringing up equivalent chaotic emotions within each of us. I believe this can be seen as a process of finding within ourselves those beliefs, emotions and behaviors that we have outgrown, but perhaps not fully acknowledged and released. As always, it is easier to see this process external to ourselves in our friends, family or world events. But healing only happens when we each reveal and address those same aspects within ourselves that are ready to change.

Below is a written essay, based on an excerpt from this new audio meditation. You can listen to the meditation below in this newsletter, online at my website ([Podcast Page](#)) and at iTunes (under Podcasts, then enter my name, Norma Gentile). The complete edited transcript can be [read here](#)

Try a Sample from the audio meditation: All Energies evolve, change and move according to their own innate consciousness

Two New Healing Songs

For more of Norma's music

[Tranquility](#) (after the Storm)

[Und Gott Sprach](#)

a healing song for Tibetan Singing Bowl and voice

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New Mobile App lets you stream music and meditations easily. Don't miss enjoying my collection of sound healings designed for the energies of each month. You can stream these and a larger collection of my music. Go to **app.healingchants.com** on your mobile device.

UPCOMING EVENTS

Fri, Sept 12

CANDLELIGHT MEDITATION CONCERT-
Ann Arbor, Michigan

Turning Chaos into Creation:

Using your body's innate spiritual wiring to naturally release and redirect potentially destructive energies

If you are alive in a physical body, you are already somewhat grounded. Grounding is actually allowing your physical body and soul to re-access and reestablish the connection into the Earth energies that you already have. At birth our body has its full grounding into our soul's energies within the Earth. We see that as the brightness in a child's eye. It's not just Heavenly spirit; it's Earthly spirit that nourishes that brilliance and unconditional love within our eyes. While within the womb, each of us creates some amount of energetic tether into Earth, and that is what draws our heavenly spirit into our gestating body.

I've spoken before about the Earthly soul. That is simply a way of saying, if we exist in the upper dimensions and in third dimension, we are not just a drop dripping downward from Heaven. We are also a geyser, a fountain, moving up from the Earth. And, in that moment of conception, our Heavenly soul and Earthly soul have met. Does it not make sense then that throughout

life, our journey is to continue to access our Heavenly soul, as well as Earthly soul? Both of these flows of energies meet, equally, within our physical form, and both of these flows of energies nourish who we are now.

The more at ease we are, the less likely we are to have, literally, a knee-jerk reaction to something. Within the energetic matrix of both knee joints are qualities of ease and gentleness. I feel it as a slippery, easy flow of energy around the knee itself. This quality of ease is what your soul wants your body to experience in this lifetime. We are not usually, according to our soul, supposed to have an experience of life as being like pushing through a too narrow hallway that's wallpapered with sandpaper. We're not meant to have to scrape and squeeze through life.

And my having said that probably just tagged and brought up all those patterns within your knees and body that believe life is difficult, that you have to work very hard, and that every day has to be like rolling that proverbial boulder up the mountain. So now, just ask all the tension you're feeling if it's really in tune with you. Is it really in tune with your soul? Is it really in tune with your body? Is it really in tune with your body, right now? Notice the response. You might sigh as patterns of tension release. You may feel more spaciousness around your body. The space around you could feel larger, more expansive, and yet quieter all around you.

How, right in this moment, can your body receive the quantities of ease and gentleness, compassion and support that your soul wants to offer your body? How can your body receive all that compassion and ease and support from that Earth aspect of who you are? The connection that you have always had in your feet (and your entire body) to your Earth Soul can be re-awakened and alivened by your consideration of this connection.

Honoring how your soul wants your body's innate connection to Earth to be available to your body creates a sense of stability. And when you are aware of this sense of stability, you can find that quality of patience that lets you take that extra breath when you need to, before you respond to something. Here is that sense of stability and inner support that allows you to know your own spiritual being is never in danger from the chaos of the outside world. Here is that sense within your body that your soul's journey is doing just fine. Here is that sense within your body that all truly is well within your soul's journey. With each choice you can now feel what expands your heart and body. You know that with each choice, if there isn't a sense of expansion, ease and comfort, then it is time to choose again.

Often, particularly in the low body, we have stored experiences of trauma. Trauma, particularly as a young child, can be as simple as our parents or care-givers having an argument. The energy of that to us as infants can create a traumatic experience, and that traumatic experience is then stored in the muscles of our bodies. Throughout life, we learn that if we can't control the chaos external to ourselves, then we must internalize it. We must put it away some place. And only as mature adults do we recognize that the chaos external to ourselves is actually external to ourselves, and it impacts us only to the degree that we have a similar trauma stashed inside our bodies already. This is the law of resonance.

Watching the newscasts and seeing the chaos of the outer world will tend to tag or stimulate the equivalent trauma that we have within our bodies. When we see or hear about external chaos, we are more apt to be upset by it because there is a resonant remembrance to a chaotic moment we experienced when we were much younger that we put inside of our body. That memory has been saved in the tissues of our body. Within the womb, as infants and then as young children, we don't have the ability to speak clearly about what our emotional experience might be. We see things that don't make sense to us. For example, we might observe our parents saying one thing and doing another. As children, particularly before we begin to have language, when we experience our parents lying or fighting, or when we experience loud, sudden sounds, our body's way of processing all of this is extremely limited.

In order to continue to have space within our aura to receive new information, we'll take the energetic patterns of drama and chaos we experience and move them from the mental or the emotional levels of our aura and bring them into the etheric level and then into the physical body itself. In this way, we create what later can be released as somatic memories, especially from the pelvis and solar plexus.

Too often we have believed that feeling uncomfortable feelings always indicated that something was wrong. This is, of course, not always true. Similarly, we assume that if we don't feel something that is uncomfortable, then the situation we are in is just fine, perhaps even a sacred one. Especially in New Age settings there is a very clear rule that 'everything is good'. Discord that arises must therefore be bad. Living, or attempting to live in a world where there is no chaos external to oneself, merely allows our internal chaos to slumber. Left too long, it can fester into physical disease.

External chaos gives our internal patterns an opportunity to awaken, as they resonate and begin to move within us. As they resonate, we become aware of images, emotions and memories from previous occasions in our lives when we felt overwhelmed and overcome by similar situations. This is usually quite uncomfortable! And in this moment we most often choose to suppress the unpleasant sensations, by turning our attention away from what we are experiencing, or stopping ourselves from being exposed to the external chaos.

Sadly, and again particularly in New Age and religious settings, we have been trained that chaos is bad and 'getting along' is good. When emotional discomfort arises, especially in groups of people, during times of external chaos, the external chaos is usually shut down in order to avoid feeling inner tumult. Conformity reigns. 'It's all good' is the rule to be obeyed. This is part of what I call the 'pink fairy syndrome'. Drawing to ourselves a certain amount of external chaos helps us awaken similar patterns that are asleep deep within our bodies. In this way chaos can serve to clarify and process our soul's journey of exploring this human experience.

By asking whatever body sensations you're noticing as not quite as engaged or moving or warm or comfortable in your body, 'is it really in tune with my body now?' you give it permission to go to wherever it needs to go to. It can move through Archangel Michael to continue to grow, learn, and unfold. In many cases by addressing what you are noticing, you tag a small piece of a fundamental belief or behavioral pattern your soul is ready to change. All the other times that pattern has occurred in your life now are free to also change and evolve. As this happens, you are apt to have memories, emotional surges, perhaps even a reoccurrence of whatever this was in your life arise. This occurs briefly, as it is moving out of your body and aura. Let this memory

just remind you that this is no longer you. The pattern of behavior around this issue is no longer in tune with your soul's journey. Your body does not need to tense or contract in any way. You and the energies that are truly in tune with you can remain in that expanded space that is truly natural for you to be contained within.

An improvised Song from Spirit

Healing the Ages

with voice and Tibetan Singing Bowls

[Listen Here \(mp3\)](#)

[Watch Here \(video\)](#)

from a live Meditation Concert

We are resonant to all that surrounds us. Whether we choose to tune ourselves to comforting or disquieting vibrations is our choice. Our attention can be given to the external world of alarms and fear or to the songs sung by birds in the early morning. This principle has been true for all of the millennia that humans have graced this beautiful Earth.

[Click Here for a list of Norma's monthly sound healings, available as mp3 and video](#)

Get the healing power of a Private Session with Norma's Meditations

(also available from iTunes)

Meditation #43 from June 21, 2014

Turning Chaos into Creation:

Using Your Body's innate spiritual wiring to naturally release and redirect potentially destructive energies

LISTEN to an EXCERPT

All Energies evolve, change and move according to their own innate consciousness

Life issues, physical pain or discomfort are simply reflections of the fact that who you are and who you aren't cannot take up the same energetic space inside of you.

This meditation includes two healing songs. More of these songs, along with videos, can be found under [Sound Healings](#) or [Recordings](#).

- Maintaining inner Peace amidst Chaos
- Nature and Archangel Michael
- Our ability to sense the unconditional quality of love that we associate with divine beings has to do largely with the state of our own energy field or aura.
- Our bodies have come from Earth and been potentized by Spirit.
- All Energies evolve, change and move according to their own innate consciousness
- Revealing the preexisting condition of grounding within each of our bodies.
- Clearing deep trauma from your root chakra and pelvis
- Navel Chakra; Your Pranic Sphere of Brilliant Clear light
- Reconnecting Your Heart into Your Own Energies within the Earth
- A newly emerging chakra - the lower 5th chakra

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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 43 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

Some 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**

Stream my music at my **SoundCloud channel**

FACEBOOK

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

Professional page: www.facebook.com/HealingChants

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.

Free Songs, Chants, Sound Healings, Meditations and Videos

Receive a Sound Healing from Norma without leaving your home!

Ode to Day Improvisation from live healing concert (Portland, 2012) for voice and shruti box - [video HD](#) - [video \(mobile\)](#) - [Audio mp3 only](#)

An improvisation on Ave Maria (by St. Hildegard of Bingen) with tambura and voice

O vos flores - You who are Rose Blossoms (voice and harp)

Medieval Chant by St. Hildegard of Bingen, accompanied by harpist Gordon Johnston of Ottawa

Renewal A sound healing with Tibetan Singing Bowl and Voice
(with multiple photos capturing Spiritual Energies in the room as I sang)

What are You here to do Now? Two sacred geometry mandala videos

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Only about 10% of you see my free videos, online sound healings, essays etc that I post on Facebook. If you want to increase that possibility SUBSCRIBE on my [official Healing Chants Page](http://www.facebook.com/HealingChants). <http://www.facebook.com/HealingChants>

**This album invokes
your personal
connection to
Archangel Michael and
provides a unique
healing for you each
time you listen to it.**

This is a live recording of a healing concert. The focus is the opening of the heart to Sacred Masculine energies held within the Earth. These sacred energies provide a surround and support for the feminine, especially as it relates to the women living in the Middle East, and their emerging Divine Feminine power.

Featuring Harmonic Tones,
Tibetan Singing Bowls, and a
small woman's choir

- chants of the mystic Hildegard von Bingen
- new chants by Norma Gentile
- spoken poetry of Hildegard
- healing energies from Archangel Michael

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[iTunes](#) / [Amazon](#) / [CDBaby](#)

Healing Chants
a live concert recording

LISTEN for free TO A SONG from Norma's album HEALING CHANTS now: [Click Here](#)



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

As of today, I have [39 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.

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 or 734-330-3997. [Read more about private healing sessions here](#)

Norma's other offerings ---

FACEBOOK

Get Norma's free videos, sound healings and essays regularly.

VIDEOS

Watch Healing Chants online

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)

TWITTER <https://twitter.com/healingchants>

MONTHLY FREE ONLINE SOUND HEALINGS

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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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