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December 2009 email Newsletter

On Darkness and Illumination

Notes from Norma and a brief message from Archangel Michael
[version espanol aqui](#)

Dear Friends,

In the midst of the accumulating "dark" or introspective energies of the Winter Solstice, I can't help but notice the parallels to our outer world, where fear is being created in greater and greater abundance.

But is the creation of fear really happening successfully? Or are enough people seeing this constant Chicken Little "the sky is falling" attitude around events as something else?

Personally I am in the midst of wondering about darkness and the role lightworkers and those who are stepping away from polarity are being called to play in the world today. With the Winter Solstice fast approaching here in the northern hemisphere, it seems a timely issue. Below are some of my thoughts and an invitation to join me in person and by phone.

Glistening Light - my sound healing for the Solstice
[\(online now at Spirit of Maat\)](#)

De-emphasizing Fear - events and private sessions in Portland Oregon Dec 4-7, Ann Arbor Michigan, Columbus Ohio, Tucson Arizona and a FREE Phone Meditation on December 20.
(see Calendar Page)

De-emphasizing Fear - Particularly fear and finances, fear of the future, fear of government, fear of swine flu and illness, fear of 2012, ultimately addressing that fear is disconnection from Spirit, and when we are responding to fear we are not responding to Spirit.

Just mentioning that there are "dark" forces implies that there are "light" forces as well. When we identify something as dark we are placing what we perceive as well as ourselves in polarity. But we do live in a polarized world, where some things are healthful to our bodies and some things are not healthful.

from Archangel Michael-

The role of Lightworkers is not to judge the darkness nor fear it, but to offer illumination to those people and situations that request it.

That which you perceive as dark or fearful may only be your own perceptions informing you that it is not something for you to engage with. Going into battle with anything means going into battle with yourself. Do you want to be embraced and loved or pushed and shoved around?

As we enter into the next 5 years each solstice will bring us deeper into the well where darkness dwells. Here fear is our true foe, for fear is a signal and symptom of our separation from Spirit. The ability to love what is different from ourselves, especially that which we perceive as dark, is a sign of our unity with the conscious of God or All That Is.

As we embrace rather than reject the darkness, we dissolve that which is feeding the fear in our society. As the saying goes, "make love...not war".

The motion into what I have heard called Unity, God or Christ Consciousness seems to be one of slow and gentle change. Change that sometimes is imperceptible, until we all turn a corner and look back for a moment at where we have been. In that moment it is as if humanity takes a collective breath; amazed at how far we have come. And at that same moment, there are elements within our shared sub consciousness (or perhaps our shared unconsciousness), which tremble and quake. These aspects of ourselves, lying within humanity's shared unconscious and subconscious, know that change is coming, and know that this means change for them as well.

Sometimes I feel that these elements then empower odd behaviors in people. Particularly behaviors that create emotions we associate with trauma. These big emotions, such as rage, grief or fear, keep many people's attention and energies focused on the external world fending off what they don't want to feel. This slows down the collective progression of humanity's movement into a deeper communion with Spirit.

Fear and 2012

My own sense, and that of my guides, including Thoth and Archangel Michael, is that the date of December 21, 2012 marks the astrological end of a calendar cycle. Each year our Gregorian calendar ends on December 31, marking a single evolution of the Earth around our sun. With the exception of the millennium change and Y2K fear, the ending of the printed calendar year does not bring up within us the fear that the planet might for some reason cease to turn and therefore the sun cease to rise on January 1st.

The Mayan calendar is based on the cycles of the sun, moon and planets. It notes these motions much more in depth than our Gregorian solar calendar. And it stops at the point where, if it were written as a musical score, there would be a repeat sign. Meaning, "and now do it again from the beginning."

Of course I'm saying this because I see that as we create fear around anything we are distracting ourselves from seeing the advantages and possibilities that Spirit is laying at our feet. As we move through and beyond 2012 we are merely moving into the next cycle of the Mayan calendar. Granted, this cycle is equivalent to approximately 13,000 of our more common Gregorian calendar years! Maybe that means we should throw ourselves a really stupendous New Cycle Party!

In my esoteric understanding, the Mayan calendar date of December 21, 2012 marks the end of a 13,000-year cycle in which our galaxy has been part of a grand experiment. We have been orbiting outside of a defining connection to Spirit, meaning that we have had free will to do what we wanted to do, and play with what one of my guides referred to as "this new Y chromosome experiment".

And from what my guides say, we came up with some pretty nifty ideas. The isolation that we experienced over the past 13,000 years forced humanity and the other consciousnesses abiding with us in the galaxy to function in ways that have given new ideas to consciousness in other dimensions and realities. In short, we have been the players in a 13,000 yearlong World Cup or Superball Football game. And now it is over.

As we move past 2012 we will be "reunited" consciously with many levels of beings that have been observing us. Our mainstream society is just now beginning to suspect that many other levels of consciousness and beings might exist. Those of us who can see, sense or feel other beings are being called upon to help point out to others how they themselves might also see, feel

or sense their own reconnection to these other beings and levels of consciousness contained within All That Is, God or Spirit.

But fear is also at play. Those elements within our shared unconscious and /or subconscious are used to the old ways of polarity and separation from Spirit. For me, unless I'm standing on a cliff or about to eat something poisons, the emotion of fear means that I have lost some of my connection with Spirit. To the extent anyone of us experiences fear we are being reminded that we are disconnected from Spirit.

Trying to resolve fear by running around in the external world and creating vast systems of protection feeds the very forces that are creating the fear within our shared unconsciousness / sub consciousness. And it pulls us back into the reality of polarity. When we act out of fear, we create more fear. And we unconsciously strengthen those elements within our unconscious and subconscious that are themselves afraid of change.

Please consider joining me at an event, in the phone meditation, or in a personal healing session, as your inner guidance directs you. My best to each of you,

-Norma
www.healingchants.com

~ ~ ~ N O R M A ' S E V E N T S ~ ~ ~ ~ ~ ~ (complete list here)

PORTLAND (Oregon) - -THIS WEEK - -Tickets now online

Dec 4 **Meditation Concert of Healing Chants**
Old Church downtown, 8pm

Dec 5 **Reset Financial, Healing Reiki Guides Workshop**
New Renaissance 10:30am - 1pm
Dec 5th **Sacred Sound / Sacred Healing Workshop**
Yoba Bhoga (new location) 7:30pm

Dec 6-7 **Private Healing Sessions**
Sunday 2 appts open, Monday 3 appts open

FREE PHONE MEDITATION

Sunday, Dec 20 at 1pm eastern (New York City time)
led by Norma Gentile, sound shaman

De-emphasizing Fear. Particularly fear and finances, fear of the future, fear of government, fear of swine flu and illness, fear of 2012, ultimately addressing that fear is disconnection from Spirit, and when we are responding to fear we are not responding to Spirit.

Featuring Norma and her guides (most likely Archangel Michael, Mary, the Hathor Atamira.

To Participate: Call (641) 715-3200 Enter Access Code - 555220# (be sure to include the # sign)

if you would like to help support this phone meditation, a donation of \$10 or more is most welcome. email: office@healingchants.com or PO Box 971020, Ypsilanti, MI 48197. Thank you.

ANN ARBOR MI

Thursday, December 31 (New Year's Eve) ~ ~ ~ ~7:30-9pm

Meditation Gathering: De-Emphasizing Fear

In the midst of the accumulating energies of the Winter Solstice, I can't help but notice the parallels to our outer world, where fear is being created in greater and greater abundance.

But is the creation of fear really happening successfully? Or are enough people seeing this constant Chicken Little "the sky is falling" attitude around events as something else?

Silent meditation, group chant and I'll do some singing and speaking more on this (Archangel Michael seems to be strongly behind this idea and will no doubt have energies and words to express through me, and I hope the individuals who participate will also have ideas and insights that they care to share).

COLUMBUS OH - - - - - Registration now open

Jan 15 Reset Financial, Healing Reiki Guides

Jan 16 Private Healing Sessions

TUCSON AZ - - - - - Registration now online

Feb 26-29 Sound Shamanism Workshop (limited size)

March 1-2 Private Healing Sessions

SEDONA AZ

March 4 Private Healing Sessions

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](#)

The last Phone Meditation is now available as a free mp3 download or as a Meditation CD (\$9.99) ([click here or under Meditation CDs.](#))

My meditation CDs are primarily spoken word, often channeled with information, healing energies and meditations. My **musical CDs** are of myself singing while the guides (primarily the Hathor Atamira and Archangel Michael) lay healing energies into my voice. What you hear when you click on my home page is a spontaneous song that Atamira inspired from my newest album, [Songs of Spirit](#).

Norma's other offerings ---

SPOKEN MEDITATION CDs and PODCASTS

(meditations and information, available as a CD or download)

WATCH HEALING CHANTS ONLINE

www.youtube.com/normagentile

MONTHLY FREE ONLINE SOUND HEALINGS:

sponsored by [Spirit of Maat](#)

<http://www.spiritofmaat.com>

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

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

Do you buy books or CDs and such from amazon.com or amazon.ca?

If so, you can [CLICK HERE](#) and click on the amazon.com or amazon.ca logo at the top of the Store Page of my website to send 5% of your purchase back to HealingChants.com to support the free newsletter, free podcasts and free soundhealings offered each month. Thank you! And yes, my CDs are available at amazon as well.

Norma Gentile, Healing Chants
PO Box 971020, Ypsilanti, MI 48198 USA
734-330-3997, www.healingchants.com
info@healingchants.com

YES please pass this email onto anyone you think would be interested. Just be sure to include my contact info.

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