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Grieving the Past in order to Nourish Your Future

Dear Friends,

Below is the article, and this month I offer **highlights of my recent concert** on the Eclipse for the Solstice as **YouTube videos**. The free monthly **sound healing** for the solstice (and related to the essay) is from this same concert.

UPCOMING EVENTS

- | | |
|---------------------|---|
| Dec 25 | Ann Arbor - I will be singing as part of the Sunday morning Christmas service at the <u>Interfaith Center for Spiritual Growth</u> |
| Jan 15 | A very special hands-on event with myself and my Tibetan Bowls for children accompanied by adults as part of Harry Potter's World at the Cromaine Library in Hartland, MI This is aimed at kids, so bring them along. (rent a few if needed). |
| March 30 -
Apr 2 | Portland OR (tickets for Old Church Concert online Jan 1st, New Renaissance workshop and booking now for private sessions) |
| TBA | Santa Cruz-ish in California, workshop and private session, |

There is an issue that is right in front of each of us and it is demanding attention. This is an issue that is so ingrained into you that you don't even see it as something that could change. It is an issue that is so close to your life, so pervasive and so intimately connected to your daily habits and assumptions about who you are that you have been working around it your entire life. And that is precisely what is changing now.

If you are like most people, you learned to avoid looking at this central life issue. You probably planted bushes in front of the issue, or hung decorations on it to make it look like it belonged in your life. But it doesn't. And we can't look away from it or be distracted by other events in our lives anymore.

The shrubs we planted in front of our issue died. The decorations are falling off. We watered the shrubs. We tried to rehang the decorations. Nothing worked. Because part of letting go of something is addressing it. In order to address it, we must be able to see it clearly.

Often times when this happens there is a sense of inner grief. Sometimes we grieve the bush that we planted that have died. We think we are grieving the issue. But because we are merely grieving what we placed in front of the issue we never really get to cry the tears that we need to cry about the actual issue.

Sometimes we grieve the fact that the issue has been there for so long and we haven't yet addressed it. So we cry for ourselves not addressing the issue. Our tears may never reach deeply enough so that we are grieving the actual issue.

Grief is part of our process of releasing energetic cords or connections (such as contracts / agreements / karma) to what was present in our lives. Feeling the emotion of grief, or even sadness, is how we do this. Emotional energy moves through us when we grieve. This energy helps to both release old cords and reveal new cords. All the bushes and shrubs we planted, all the decorations we have hung are fading from our lives. It is less and less possible to look away from what we need to change.

As a human, I notice that as people grieve, the cords of connection that we have to whatever we are grieving dissolve to reveal a new luminescent cord. The luminescent cord already exists within the old cord. It is our ability to grieve that allows them to be revealed. Most often we experience grief in waves, as the old cords dissolve slowly, at a rate that matches our body's ability to integrate these energetic changes. With each wave of grieving another portion of the luminescent cord is revealed. This new cord reflects how our soul wants to be in a relationship now to whatever is changing in our lives.

These changes apply to all aspects of our life. A job that has been lost, a way of being in the world that is no longer possible, moving to a new home, a person who has died, a relationship that has ended...we form energetic cords in all aspects of our lives. Therefore we need to take time to grieve and close those aspects that have changed. The energies related to the Winter Solstice and the coming months are particularly good for this introspective work.

As we release by grieving the cycles that are indeed of the past, we allow ourselves more pleasure and support for those new cycles now entering. This is how we nourish with all of our being what is coming forth now in our lives.

What is that central life issue that you have been decorating, in order to hide it? If you can let yourself touch the grief within it, you will change.

Here is a **sound healing** to help you do just that.

-Norma with Archangel Michael
www.HealingChants.com

The new audio meditation, Healing Meditations for Notable Days (such as Solstice, Equinox, Eclipses, Full and New Moons) is now available as a free mp3 or at cost CD. This is from the 11/11/11 meditation, and it applies to current energies nicely.

MEDITATION CD / mp3 Norma Gentile Nov 11, 2011 meditation

Meditation CD #31 from November 11,,2011

**Healing Meditations for
Notable Days**
Full and New Moons, Solstice, Equinox,
Eclipses and December 21, 2011.

1 Introduction

2 Invoking Sacred Space

Archangel Michael, the Pure Energy of Nature, Nature Spirits and Intelligences join you.

3 Inviting Your Angel/Guide into Your Awareness

Most of us have a sphere or portal of energy into our hearts that lies behind our physical bodies. This is where our Guardian Angel, Higher Self and

Healing Meditations for Notable Days

Full and New Moons, Solstice, Equinox, Eclipses and December 21, 2011.

*includes the sound healing "Caught by Spirit", similar to those on Norma's CD [Songs of Spirit](#)

[Purchase as standard CD](#)
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On days which are considered to be sacred it is useful to take a moment to feel the old cycle which is fading away. Letting ourselves feel the grief and sorrow over old patterns departing lets there truly be space to receive the new patterns.

This meditation includes:

- releasing cords to processes that no longer serve your body
- a sound healing "Caught by Spirit"

and spoken meditations releasing energies corresponding to:

- cycles that you have already completed
- tasks that you have already done
- lessons that you have already learned

All of these energetic connections can be released out of your body. Your release of these connections will be reflected in the collective consciousness of humanity. This one way we take advantage of the heightened energies present during Full and New Moons, eclipses, Solstice, Equinox and other notable days.

LINKS to people mentioned in meditation:

Astrologer Author [Caroline Casey](#)
Recording Artist [Constance Demby](#)

hearts that lies behind our physical bodies. This is where our Guardian Angel, Higher Self and connections to other healing energies most often occurs. Here is a meditation to open this portal, cleanse it, and then invite in the Angel or Guide most suitable to support you now.

4 Understanding what you are already sensing in your body

Besides picking up on other people's physical body issues, the telepathic ability of our lower chakras can also pick up disturbances and changes in the electromagnetic field of the planet. These are the sorts of changes that many people anticipate will be happening over the next few years. For this reason it is particularly useful to be able to distinguish when the signals your body is sending to you relates to your own body, someone else's body or the planet.

5 Spiritually Significant Days

Many people are already directing their attention, and so therefore their energy, into the date of December 21, 2011. I wonder if the various days preceding this that have interesting numerical combinations serve as practice days for us. How do we energize days that are defined by someone as spiritually significant? How well do we create sacredness afterward the hoopla of a spiritually significant day has passed? Especially when we are receiving the energetic results of what was done? These practice days give us the opportunity to work with the larger energetic patterns that arise in ceremony and return to humanity when many people focus on one thing.

6 Collective Consciousness and Polarity

Outside of our reality there is no polarity. When the energies that we are creating in ceremony move out to the other realms or dimensions, the other realms perceive the energies in their entirety. They do not perceive someone wanting good. They simply perceive someone as wanting.

It is we who divide an energy into its good and bad aspects. The other realms do not perceive just the good, the calming or the joyful aspects of our ceremonies. They perceive the entire consciousness within ourselves, which includes those unconscious elements of fear, shame and all that we may not yet be aware of within our own selves. For this reason we often feel "out of sorts" in the days following a sacred ceremony.

7 Meditation: What is the will of your Soul?

Our soul has its journey upon the earth within our physical form. It comes through our entire body, not just our head. In fact, our soul wants to embrace our entire physical body, every cell and every atom, from our toes through our navel and into our hearts. Here is a meditation to do just this.

8 Sound Healing: Caught by Spirit

Norma sings a Song from Spirit accompanying herself with a shruti box.

9 Cycles of Change

The connection explored in this meditation between your soul and body simply helps you understand that no matter what happens external to yourself that there

is always a still quiet center. There is always a place where Spirit and form meet within you. This place can never be changed, altered, or taken away from you.

10 Meditation: Releasing cords, processes, tasks and old lessons

Your release of these connections can be reflected in the collective consciousness of humanity. As you release, this serves as the slightest reminder to others that they too can release. As you change, the message of change expands out to everyone in your life. It is up to their soul and their body to determine what, if any, of this change they may want to consider. You need not wait for them. You can make changes now.

11 Releasing Sacred Space

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

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

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

As of today, I have [30 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.

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



~~~ 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:**

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](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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