

Tension and Creation

thoughts for the Winter Solstice



Renewal - a sound healing

(watch the song with additional energy photos)

For those of you in the Ann Arbor area, please join me this Sunday Dec 22 at 4pm for a similar concert at Ann Arbor's Interfaith Center for Spiritual Growth. Atamaram Chaitanya (harmonium and tambura) and Amy Koch (playing Tibetan bowls) will add their talents as well. Suggested donation at the door is \$15-\$20. More info at my [Calendar Page](#).

Tension and Creation

When we perceive a two distinct things vying for our attention at the same moment it creates tension in our body, emotions and, if prolonged, in our lives. In a recent session the client's guides pointed out that it is often the tension pattern we experience that pushes us into a more deeply creative state of our own being. This is one way to engage in a spiritual creative process.

My own guides pointed out that we are encouraged by society to actually avoid deeply engaging in such spiritual creative processes. Instead we are taught coping mechanisms to diminish the tension we feel, so that we don't have to address the actual cause. Addictions are one of the principle coping mechanisms¹ we are encouraged to use. Go shopping, go on vacation, think happy thoughts...don't think about what is bothering you! Here is another way to deal with tension, by turning the energy of the tension into a moving creative process.

First, acknowledge that there are two (or more) issues that are not vibrating in a complimentary fashion in your life. An example would be having to be in two meetings or different places at the same time. Or saying 'yes' when you really needed to say 'no' and take care of yourself. Or being torn between spending time at work and time with family.

I see these two issues often as being something I really want to do and something I don't want to do. I label each issue as having a vibrational quality or level. I label one higher (what I find more comfortable, something I want to engage with) and one of a lower vibration (something that my body, or belief system or emotions finds difficult to engage with). And this is clearly my own judgment of how I perceive these two things. Comfort equals something good, so I assume it has a higher vibration. That which is uncomfortable has a lower vibration. For this moment of living on Earth, polarity does exist. And utilizing this polarity of opposites is how creation happens.

Tension builds up when two differing patterns of vibration meet. We experience this as a sense of urgency. It is not unlike a bowel movement announcing itself to our body. You must give attention to it! When it is a creative process inspired by the interaction of two differing vibrational patterns, we feel the potential for movement in our own beliefs, emotions and physical body. All these are also energetic patterns. The creative process is acting upon the energetic patterns of your day-today life and so also upon your perception of reality.

Where two different vibrational patterns come into contact with each other an active creative zone exists where they meet. As my client pointed out, it is not unlike a storm that forms when hot and cold weather fronts meet. We often perceive this zone where differing patterns meet as friction or discomfort or a burden - again, not unlike the sensation in our body as a bowel movement makes itself known. And just as with a bowel movement, our attention is needed in order to complete the creative process.

The tension pattern generated by our being exposed to two different vibrational patterns is what urges us to turn inward to Spirit. At some point we recognize that our knowledge simply does not include what lies in the zone where the two patterns meet. We open ourselves in prayer or meditation and ask for guidance. This allows inspiration, often in the form of a creative solution, to come to us.

I think of polarity as being a unique forum where this type of creativity happens. If all were the same, there would be no such zone of creative potential. Only here, within polarity, do the opposite ends of every belief or situation co-exist together. When these two opposites meet, the friction of a creative zone comes into our reality. How we deal with this is up to us. We can choose one side, usually the habitually comfortable side, and say that it is the highest vibration or the correct side. Or, sometimes we recognize that space of creation that exists because of the tension caused by the meeting of these vibrational opposites. And in the moment we acknowledge this creative space, something different and unique can happen. We become a creator of our reality.

As we move into this time of Winter Solstice, I invite each of you to simply notice when you are choosing the comfortable 'higher' vibration, and when you are choosing to sit in that space of somewhat less comfortable creative potential.

My blessing to you,

-Norma

ANN ARBOR, MI Sunday December 22 at 4pm
COME, CELEBRATE THE NEW CYCLE!



photo taken during last year's concert - listen and watch what happened now

Norma Gentile

with special musical guest:

A Candlelight Meditation Concert Songs of Starlight and Inner Vision

Songs from Spirit and Chants of St. Hildegard of Bingen

**This is a time of Sacredness,
devoted to deep inner healing,
nourishment and transformation.**

Norma's classically trained voice and her natural ability to intuitively weave music and spirit together come alive in the candlelight as she sings. This evening includes thousand-year-old healing chants written by Hildegard of Bingen, (the mystic, seer, newly proclaimed Saint and Doctor of the Church) as well as songs drawn through Norma from Spirit and her musical guides.

Come, meditate and let the sound bath you. You are welcome to bring meditation pillows.

LOCATION: Sponsored by [Interfaith Center for Spiritual Growth](#) 704 Airport Blvd, Ann Arbor, MI 48108

COST: \$15 - \$20 donation at the door

SOUND HEALING VIDEO

Have a look (and listen) to a video with photos that captured spiritual energies moving in the room as I sang. This is from a recent Meditation Concert at the Interfaith Center.

LISTEN NOW

to Norma's free monthly Sacred Songs and sound healings.

**O orzchis
Ecclesia
O
boundless
and
unending
gathering
of
Beloveds
encircled
by divine
arms
and richly
adorned in
sapphire**





Atmaram Chaitanya
Tambura, Harmonium

with

- Tibetan singing bowls
- Harmonium
- Tambura
- audience- derived harmonic tones
- shruti box

knowledge.
You are
also
anointed
with the
noblest of
tones
for you are
the sparkle
of the gem.
- St.
Hildegard
of Bingen
(1098-
1179)

Norma's Meditation CDs and healing music CDs will be available
for purchase after the concert

Doors Open for tickets and Seating 30 mins before events
Suggested Donation: \$15-\$20

EVENTS (for more info see Calendar Page)

Sun Dec 22	Ann Arbor (Interfaith Center) Meditation Concert for Winter Solstice (in candlelight)
this Feb, TBA	New York City Workshop - The Conscious Singer & Private Healing Sessions
Sat, April 12	Adrian, Holy Rosary Chapel Candlelight Meditation Concert

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.

NEW MOBILE APP is HAPPENING NOW!

Part of this transition will be visible in the newsletter. And in a NEW MOBILE APP that let's you directly access the monthly videos, healing songs and audio meditations on both iDevices (iPhone/iPad) and Androids. If you want to help me test the app, it is currently available at <http://app.healingchants.com> You can download it onto your phone now by clicking on the 'share' option. On my iPhone that looks like the share option at the very bottom of the screen, NOT the larger (and more obvious) share option within the app screen. Click on your browser's 'share' option and select to put it on your phone. That should do it! Once on your phone, play with it, and use the 'share' option inside of the app to share it with friends.

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 40 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

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**

FACEBOOK

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

Professional page: www.facebook.com/HealingChants



[LISTEN HERE](#)

Gratitude as Prayer

*an
improvisation
from many
hearts*

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

Gratitude is a state of consciousness that includes opening one's heart. You cannot feel gratitude towards something or someone without experiencing your own heart opening.

[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

(available as CD or [mp3 for iPhone / iPod / computer](#))

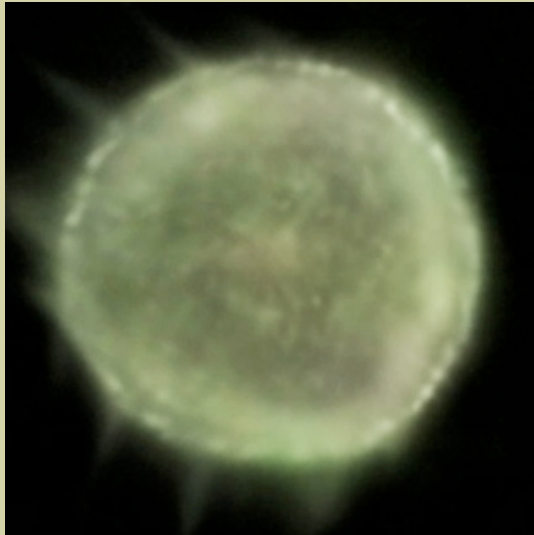
Meditation #40 from August 20, 2013

**Fulfilling Your Promise
to All of Creation**

Your full potential is a promise made by your soul to All of Creation. According to this promise, your only task is to bring the unique vibration resulting from the union of your body and soul into the Earth now. As your soul embraces

to All of Creation

Bringing Your Unique Vibration into the Earth



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now. As your soul embraces through the body, not just the mind and heart, those qualities of energies that you agreed to create for all of us are more palpable, more available, and more generously offered to All of Creation.

When your soul is fully engaged into your body, there is a palpable frequency of energy that is generated. Your soul emanating through your body and generating this energy is what you agreed to bring to this lifetime. It is your soul's promise to Spirit. Each one of us has this responsibility. Fulfilling this promise usually begins with a longing to simply be still. Here are a series of meditations and songs to help you do that now.

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

HTMLDirect

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Order CD Here

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New! - 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 oncert (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

FACEBOOK

FACEBOOK

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FACEBOOK

FACEBOOK

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

AVAILABLE FROM:
[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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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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