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December 2010 #1 of 2 email Newsletters

## **Free Meditation Concert & Free Phone Meditation**

Addressing the arising emotions of fear and anxiety brought up by the Full Moon Eclipse on the Winter's Solstice.

(yes, everyone is feeling this one, even if you don't think you feel such things!)

Dear Friends,

You are probably already feeling the effects of the Full Moon Lunar Eclipse that will occur this coming Tuesday on the Winter's Solstice. Within the next two years we will experience many similarly intense eclipses to help us clarify emotional energies around fear and survival. My guides have shared that we are unwinding and rewriting our past experience of the loss of life and devastation that occurred during the last Great Shift. This shift happened when we moved into the Piscean Age, 13,000 years ago. Now we are moving into the Aquarian Age (officially on Dec 21, 2012).

### **Free Events:**

ANN ARBOR

Tues, Dec 21 7:30pm [Meditation Concert](#) (one hour of chant in candlelight, reception follows)

PHONE MEDITATION Sat, Jan 1st at 1pm EDT (New York City time)

Stepping into 2011 with Courage and Compassion

NEW - US, Canada, and many European phone numbers so you can avoid long distance charges

This Great Shift will not be the same as the last one, when Earth underwent an extreme fall in consciousness and the continent we call Atlantis was destroyed. Whether you take that as truth or myth, the experience and expression of fear is looming large from within our shared network of human consciousness at this time.

My sense is that our bodies are feeling the upcoming energetic pattern of the Great Shift and even if we were not in form at that time our soul experienced the trauma of that shift. The memory of that experience is still within us individually, as well as within the shared collective consciousness of humanity. And it lies within our 1st chakra (the root chakra, at the base of our torso in our pelvis) as a force that causes us to feel out of balance. Because of this fear we question ourselves, our world and our ability to thrive and survive.

In order to successfully move through this next Great Shift from our present Piscean Age into the Aquarian Age we must work to rewrite the experience of the shared consciousness of humanity. We do that together.

I invite you to join me as you feel drawn to do so.

My blessing to each of you,

-Norma

PS - I am working on an additional essay that will explore releasing this fear pattern. It will be sent out in two days as another newsletter. If you are receiving this from a friend you can subscribe your own email at <http://www.healingchants.com/newsletter.html>

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**NEW - LISTEN TO MY [DECEMBER SOUND HEALING](#)  
from a live concert with Harp, Tibetan Bowls and Voice**

Beginning in early November and running until nearly the end of January, our planet will be passing through a very dense area of space. It is a field of energetic debris caused by emotions, but these aren't our emotions. But the energies we will be encountering will open up and resonate our own emotions.

During this time we will have a much greater ability to clarify our own emotions. We will also have much greater access to those portions of ourselves that exist outside of our known third dimensional world. Music is one way to open a conscious portal between ourselves and these other aspects of our soul. [Here is an article](#) that explores more deeply how music healing works, along with a [sound healing](#) from a recent meditation concert.

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**ANN ARBOR - - - - Tues, Dec 21 at 7:30pm- - - - FREE HEALING CONCERT**  
(The Day of a Full Lunar Eclipse on the Winter's Solstice) [Flyer Here](#)

On this day there will be a Full Moon, Full Lunar Eclipse, and the Winter's Solstice leading us into the final stages of preparation for 2012. This is an eclipse you will feel. It is the first of a series of eclipses that open somewhat challenging doorways of deep emotions. These are opportunities for our personality to remember that it is the result of our Soul embracing our physical body, not the reverse! The more comfortable we are during these eclipses the more we are apt to be able to open the doorways leading to previously untapped resources of our own emotional energies.

This eclipse, falling upon the energies of the Winter's Solstice, offers us the potential to open important doorways for us to move through in 2011. **Doorways that we allow ourselves to open consciously on this day's solstice and eclipse give us access to new possibilities, new ways of seeing oneself and new ways of experiencing changes in our life during the transition into 2012.**

Come, join me in an hour or so of quiet musical meditations reflecting this season, this year, and this doorway in our shared journey. Bring blankets, cushions etc if you like. Refreshments are apt to follow our musical meditation time.

Tuesday, December 21 at 7:30pm

## **Candlelight Meditation Concert**

**(on the Winter's Solstice Eve and  
Full Moon Lunar Eclipse)**

**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 the mystic, seer and author Hildegard von Bingen as well as songs drawn through Norma from Spirit and her musical guides.

One hour of chant by candlelight, reception follows

*with*

- audience- derived harmonic tones and chanting
- a choir of Tibetan singing bowls
- shruti box (a devotional instrument of India)

### **Concert Excerpts -**

**Replenish** with Tibetan Bowl Choir

**O Beata** solo voice

**Wafting Breeze** with an Indian Schurti Box

**TICKETS: FREE TO ALL**  
donations welcome as cash or checks at  
door

**LOCATION:**  
Interfaith Center for Spiritual Growth  
704 Airport Blvd, Ann Arbor 48108  
(Easy, free parking in the lot all around  
the building)

a song from this concert:

### **O Felix Anima**

O soul, so fulfilled,  
that your flesh,  
which arose from the Earth,  
stepped from this world  
as a culmination of your journeys.

Hence divine knowing  
was reflected in you,  
as a crown.

And Sacred Spirit  
gazed upon you as its home.

- (by Hildegard of Bingen, composed  
around 1140 AD)

Saturday, January 1 at 1pm EDT (New York City time)

**Now with International Phone Numbers!**

**FREE PHONE MEDITATION - - - - From 1/1/11 Forward**

**How will our Village Learn?**

Lessons of Courage and Compassion

**How would a village learn to read if the teachers amongst them hid their knowledge?  
How do we awaken the Gifts within others? By having the courage to share our own Gifts.**

Join me for an hour of shared meditation and insights from my guides, usually Archangel Michael, Mary and sometimes Thoth and the Ascended Masters. All are welcome to participate. There is no charge. If you are able to make a donation that helps me to offer this meditation and its edited version as a podcast freely to everyone.

(Recordings of previous meditations are available as [mp3](#) or [CDs](#))

**To Participate:**

US and Canada Dial-in Number: (712) 432-1600

Enter Access Code 654380#

International Dial-in Numbers **(NEW!)**

Enter Access Code: 654380#

Austria: 0820 4000 1552

Belgium: 070 35 9974

France: 0826 100 256

Germany: 01805 00 76 09

Ireland: 0818 270 021

Italy: 848 390 156

Netherlands: 0870 001 920

Spain: 902 886025

Switzerland: 0848 560 179

UK: 0844 58 191 02

**Please note:**

- Callers will be charged for the cost of the call within your own country. [Here is the cost](#) according to this service's website.

- No mobile phones may be used when calling from Austria, Ireland, Italy or Spain.

Donations Welcome

Email: [office@healingchants.com](mailto:office@healingchants.com)

Check: payable to Norma Gentile  
PO Box 971020, Ypsilanti, MI 48197

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

As of today, I have [26 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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~~~NORMA'S EVENTS~~~~~(complete list here)

### **ANN ARBOR Michigan**

Tues, Dec 21 Candlelight Meditation Concert (Full Moon with a lunar eclipse on the Winter's Solstice Eve)

### **FREE PHONE MEDITATION (with International call in phone numbers)**

Sat, Jan 1st at 1pm EDT (New York City time)  
Stepping into 2011 with Courage and Compassion

### **PITTSBURG PA**

March 11 Meditation Concert  
March 12 Sacred Sound / Sacred Healing workshop  
March 13-14 [Private Healing Sessions](#)

### **PORTLAND OREGON**

March 18 Candlelight Meditation Concert (The Old Church)  
March 19 Sacred Sound / Sacred Healing workshop (New Renaissance)  
March 20-21 [Private Healing Sessions \(SE Portland\)](#)

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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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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.

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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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