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mid-December 2010 email Newsletter

Re-writing our Experience of the Great Shift (Why are things so intense?)

Dear Friends,

Below is an article about the intense energies surrounding us from now until 2013. Related to it are the free healing concert and phone meditation. A new [Meditation CD / podcast](#) is now out, which you may also find helpful. And if you have not yet done so, have a listen to a very special December sound healing with Tibetan bowls, harp and voice.(scroll down for it)

Most of the wounds that we who are incarnating into the Western culture experience express themselves as distortions in the lower three chakras of the body. The wounds in the our 1st chakra are particularly evident as we move into and through the year of 2012. This chakra has to do with the most basic instinct of survival; fear of not existing tomorrow. These sort of extreme fears come from wounds that our soul has experienced in multiple lifetimes. Many of these energies are not issues that will be resolved in this one lifetime here in the 3rd dimension.

Free Events:

ANN ARBOR

Tues, Dec 21 7:30pm - 8:30pm [Meditation Concert, one hour long](#) (in complete candlelight)

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

In order to help us clarify what of these survival issues are ours to work with and which to release, there are a series of eclipses from now (December 2010 through 2013). Each eclipse brings us to the point of experiencing fear, frustration, disorientation and unexplainable emotions as a way of helping us locate and release patterns of energetic distortion related to survival.

Many people who consider themselves to have followed a spiritual path believe that they have moved beyond the 1st chakra. But they haven't. The primary issue facing those living in industrialized society is based in the 1st chakra. Survival. Will the human race survive or destroy itself in the next five, thirty or hundred years? Will we make the transition into an Aquarian Age, which honors the strength of our shared collective consciousness, or will we perish trying to escape the cycle of change by creating artificial structures that will ultimately collapse upon us?

As long as what is done is best for one person but is not useful for another person, we are climbing upon the shoulders of another human as we try to escape and save ourselves. In this scenario many souls who have been incarnate in human bodies will make the transition into the Aquarian Age without their physical bodies. This has happened in earlier shifts and simply means more work for the soul upon reincarnating back into the physical (or near physical) dimension. One of my guides, Thoth, suggests that humanity will move its consciousness into a new type of physicality in the next thirty years. Those who incarnate will be returning to a physical reality, but it will not be of the same vibration as the one we have been exiting since the late 1800's.

Many people have read about or have found their own memories of the last Great Shift about 13,000 years ago, when we first entered into the Piscean Age. Most accounts tell of the destruction of the continent we know as Atlantis, the subsequent loss of life by most of the inhabitants of that continent, and the survivors fleeing to other lands and seeding new civilizations around the world.

Is it no wonder then that as we enter into a similar Great Shift (centered around December 21, 2012) that our consciousness, both as individuals as well as our shared collective consciousness, is remembering the fear and tumult that accompanied the last Great Shift? Our human instinct is to grab hold and control the Earth so that she will not upend us as before. Our fear arises that those we love will perish in great chaos, and that all we know will again be gone.

But that was then, and this Great Shift is very different. Although our bodies and our collective consciousness are experiencing the same vibrations of change as 13,000 years ago, this Great Shift into the Aquarian Age is also a shift back into a stronger connection to Spirit. The previous Great Shift was a movement away from the collective voice of Spirit into a time of exploring our Free Will. And during this time we explored our ability to create apart from God / Spirit / All That Is successfully. I would say successfully because we are aware of much of human history in the past 13,000 years, and are able to bring that knowledge forward with us as humans into this present Great Shift. Bringing our knowledge with us as living human beings into the vibration of the new Aquarian Age allows for our experiences while in this state of individuation to be shared with all conscious beings in all dimensions.

So often people have spoken about receiving information and insight from angels, guides or others whom they perceive as helpers. Now we are able to be of service to all those beings who have surrounded and supported us in the past. Our experience of living apart from Spirit / God / All That Is and having Free Will to choose our own path brings a wealth of new energies and experiences back to the collective consciousness of Creation. It is like God re-examining God and finding something new.

For this reason I believe that many people are experiencing both a remembrance of the fear they experienced during the last Great Shift as well as an anticipation of returning home to a celebration. These two great currents of emotion are moving through our personal lives as well as our human society. And fear is abundantly reawakening within our 1st chakras.

Those who have followed my work may anticipate my suggestion for dealing with the reawakening of fear patterns within your own 1st chakra. Begin by noticing your fear and do not dismiss it. Turn and face it. Ask the fear if it is yours. Is it all yours? Is it in tune with your male or female body? Is it in current time? Is the time period that it believes to be its own time period this present moment? Allow it to move to wherever in the time line it belongs.

A pattern of thoughts or emotions cannot be changed when it is out of sync with its surroundings. A pattern can only change when it is in its own time period and connected to whatever or whomever it is meant to be working with and connected to.

Too often we sense patterns of deep emotion that were part of our soul's other lifetimes, and believe that we can fix, change or heal them by taking them into this life. But we cannot. The energies of the emotions we experience in each lifetime can only be changed within the context of that particular lifetime. We must therefore allow the emotional energies to return to their own time period.

When we address and heal the fear or other emotion that is within our lifetime here and now that same emotion receives a healing within its own time frame. It is similar to a chain of Dominos. When you remove one domino from the chain then the movement stops and all the remaining

dominos cease to fall down. When you replace that one domino, the motion that was begun at one end of the chain continues. In this same fashion the changes you make within this lifetime naturally affect all the other lifetimes of your soul. You need not consciously heal energies from other lifetimes within this lifetime. You need only heal those issues that your soul is presenting to you now to address.

As we move into and through this present Great Shift we need not re-experience all of the fear and grief from the last Great Shift. We need only address the fear that is naturally arising for us as humans in this time period. What portion of fear is really yours in this lifetime? What portion belongs to your body and your soul? Allow those portions that are not in tune with your body or your soul in this present moment to go to their own time frame or lifetime. In order for them to evolve, grow and healing they must be in place to receive the changes that are coming their way. Heal what is yours to heal now. That is enough.

My blessings to each,
-Norma

MEDITATION CD / mp3 from NORMA

Meditation CD #26 from October 10, 2010

Manifestation in the Aquarian Age

[Purchase as standard CD](#)
[download mp3 or stream](#)

Listen to a sample "Experiencing the soul's Unconditional love"

If you are in a position to do so, **please consider a donation** via paypal to office@healingchants.com or by check to Norma Gentile, PO Box 971020, Ypsilanti, MI 48197. This helps to cover the costs of maintaining the download mp3 site, audio editing, etc.

A Series of Meditations from Norma and her guides

1. Introduction to the Chakras in the New Aquarian Age
2. Two ways of Creating
3. Creating Sacred Space
4. Healing in the Aquarian Age
5. Meditation on the New Heart
6. Creating in the 5th dimension / Empowering the throat chakra
7. Pituitary and Pineal Meditation to reflect how your soul embraces your body
8. Navel Chakra and Power Meditation
9. Our Two 3rd Chakras
10. The 2nd Chakra
- 11 Ancient Fears Arise in our 1st Chakra
- 12 Releasing Sacred Space, Guides and Helpers

We will cleanse, clear and recharge each of the chakras, including two newly emerging chakras, your panic tube and your navel chakra. It is your navel chakra that supplies the basic prana for all of the other chakras in your body. Your chakras empower your physical body. Completing this meditation allows you to have the energetic potential to engage with those energies coming into our planet in the next few years.

This is the energetic right brain portion to a series of written essays (fall 2010 & winter 2011 newsletters, available at the website). Part of what the essays review is how, at this point in time, we are being called not to blame or point fingers externally, but to step forward using the upper heart chakra to know what it is that we need to do, to have the power to do it with the navel, and then to do it in commune with others using our collective connections in our 5th chakras. The guides wanted to create a meditation that places into the energy field of those interested the potential to do this. It is not just the mental theory of the written essays, but rather the energetic that now lies within you

ANN ARBOR - - - - Tues, Dec 21 at 7:30pm- - - -HEALING MEDITATION CONCERT
FREE TO ALL by donation

(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 ourself 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 in candlelight followed by a reception

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)

Norma Gentile, sound shaman, holds bachelor and master degrees in music. She has recorded four albums of healing music, twenty-six albums of meditations and esoteric teachings on spiritual healing, writes for Sedona Journal, and provides monthly articles and sound healings for Drunvalo Melchizedek's online ezine www.spiritofmaat.com. She has been profiled by the Toronto Star Newspaper, Canada's nationally aired Radio One program "Tapestry" and NPR's All Things Considered (through Michigan Public Radio). Listen and see her local events at her own website: www.healingchants.com

Restore your
Spirit to
perfect
harmony with
Divine
Grace...It is
beautiful.
~ Sonia
Choquette

"Intimacy,
Trust and
abandonment
in God"
~Yoga
Journal

She carries us
to depths and
heights that
the soul yearns
to explore and
where Spirit
and soul soar
in unison.
Hildegard is
proud! ~
Matthew Fox

2011

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

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Email: office@healingchants.com

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

**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.

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.

~~~ NORMA'S EVENTS ~~~~(complete list here)

#### **OTTAWA**

Nov 6 Candlelight Meditation Concert  
Nov 7 Embodying Healing Sounds Workshop  
Nov 8-9 [Private Healing Sessions](#)

#### **TORONTO**

Nov 10-12 [Private Healing Sessions](#)

#### **FLINT, MI**

Sunday, Nov 21 Evensong Candlelight Meditation Concert

#### **ANN ARBOR Michigan**

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

#### **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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Norma Gentile, Healing Chants  
PO Box 971020, Ypsilanti, MI 48198 USA  
734-330-3997, [www.healingchants.com](http://www.healingchants.com)  
[info@healingchants.com](mailto: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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