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late-December 2010 email Newsletter

## **Why Energies Stick to Us**

(Eclipses, Velcro and Spiritual Magnificence)

Dear Friends,

We are sitting in the midst of two energetic motions. One is pulling away habitual comfortable surroundings, while the other is inviting us to peer into the unknown darkness. And this darkness can be unnerving to view, particularly if we also feel unsteady in our body.

### **Free Event:**

**PHONE MEDITATION Sat, Jan 1st at 1pm EDT (New York City time)**  
**Stepping into 2011 with Courage and Compassion**  
**NEW - European phone numbers so you can avoid international charges**

It is as if the upcoming eclipse (Jan 4) is the doorway into what we have always wanted in our life, but have not let ourselves give any substantive energy towards manifesting. We have believed what our family, our society and our neighbors have told us about ourselves. In the eyes of others, we could not rise to spiritual magnificence. So how could we possibly be worthy of even imagining our inner dream, let alone manifesting it?

Of course, we can only see within another person what we can see within ourselves. As we recognize our own spiritual gifts, others are prompted to feel their own gifts awakening within themselves.

The full moon lunar eclipse on the Winter Solstice (Dec 21) is now ripping away the facades of habit, belief and behavior we have developed in relation to the outer world. My guides are explaining that it is like the magic trick of pulling the tablecloth off of an exquisitely set table. The wine glasses, plates, cups and silverware remain. They are now resting on the bare table. Only the tablecloth is gone.

In our current scenario the tablecloth represents the underpinning beliefs that we have used to create external circumstances of our life. The bare table represents our new foundation. The wobbling wine glasses represent that off-balance feeling we might experience during these weeks of quick change. And being that we are still practicing our ability to co-create with Spirit, a wine glass might topple over and need an external hand to steady it.

On January 4 the second in a series of eclipses spanning several years will occur. You probably remember the intensity of the first of these eclipses, which occurred early last week during the Winter Solstice December 21, 2010. This first eclipse is pulling the tablecloth out from underneath us. The upcoming eclipse offers us the opportunity to step into manifestation in a new way. But only if we first let the tablecloth be completely pulled out from underneath us.

Like many of the eclipses coming up in the next few years, the pair of eclipses (December 21, 2010 and January 4, 2011) is bringing up into our awareness those emotional patterns that we have taken upon us which are not our own. During the weeks before and after each eclipse we will be very aware of these patterns so that we might release them back to wherever or whenever they belong.

These emotional patterns are attached to underlying emotions and beliefs that we are ready to change. In order to get to our issues in this lifetime we must release the emotional patterns we have taken on that do not actually belong to us. My guides suggested thinking of how we take on energies, emotions and patterns from other people a bit like how Velcro works.

### **Energies stick to us like fuzzy Velcro**

There are two halves to every Velcro &ndash; one half (the side with the hooks) is the side that contains a personal issue that our soul wishes to address and learn about in this lifetime now. This hook side has attracted to itself bits and pieces of the fuzzy side, the other half of Velcro, from other people, other lifetimes, and even other realities.

Each time we feel the emotion or think about the issue related to our hook side of the Velcro we feel overwhelmed. Because we are! Our own portion of the issue lies underneath this pile of emotional fuzzy Velcros that belong to others. We have no way of addressing, healing or changing all these energies that aren't ours.

In the moment we realize that we can't change something, we are free to release it. In fact, we become of service to all of humanity when we release a pattern or energy onto its next step. We don't need to know where an energy is going or how it might move. The energy has its own consciousness and its own evolutionary plan. It knows where to go and how to get there.

We just need to honor that somehow fuzzy Velcro pieces became attached to one of our hook Velcro pieces. We can thank the fuzzy Velcro pieces for being heavy enough or numerous enough or painful enough that we have looked and seen our own hook Velcro side of an issue that we need to address.

As we thank it for showing us our own Velcro piece, the pieces of fuzzy Velcro depart. Over time our own Velcro piece releases all the other pieces that had become attached to it. Our personal issue related to that particular Velcro hook becomes manageable. The emotional pattern no longer overwhelms us. We can consider the issue that the Velcro represents in our life, and it feels like something we can indeed do something about.

Most of the time just asking "is this emotion, thought, or physical sensation really mine?" will assist the energy of a fuzzy Velcro to move enough so that you notice it has changed. That is how you know when a pattern is ready to leave. Most of the time we have already received whatever lesson or message the emotion, thought or physical sensation relates to. If there is still a bit of information or an insight that we need to receive, it will either flash into your mind as the energy moves out, or it may come to you during a dream or meditation later on.

A friend called me as I was writing this. He had just returned from a trip to work in his field of healing within a spiritual community. He had thoroughly enjoyed being with the community and sharing his healing gifts with them. He had already been invited back for a return visit.

But he also mentioned not feeling well since his return and attributed it to the change in diet while he was eating with the community. I concurred that there were several energetic patterns around him that were not in tune with his body. When he talked about the food he ate while in the community some of the energetic patterns became darker and more prominent.

When I asked internally if there was a lesson here, the guides mentioned this was in part about his body being nourished accurately. He was learning about the importance of self-care. He felt obligated to follow the diet that the community observed. But it was not a diet that accurately nourished his body. I passed that thought onto him, and he agreed. It had already occurred to him

that he needed to address this, and so it was validating for him to hear from an outside source such as my guides and myself that this was indeed an important point.

As it became clear to him that he would need to speak with someone in the community about his own nutritional needs, he reported feeling better. But I could see at least one pattern, which was fairly large, persisted. I tossed out a few ideas to see if I could help him figure out what else his soul wanted him to know. "Maybe it is about your previous trip to the ocean?" "Or something unresolved from last month?" No reaction. He said he didn't think so.

My thoughts returned to the community he had just returned from. "What is the relationship of the energy above his head and the community?" I asked my guides internally. In a fraction of a second I saw how tightly knit the community was, and how protective its spiritual leader and founder was of all those living within the community. He had died years ago, and yet something of his energy was leaning into my friend's 7th chakra just above his head.

I framed what I was sensing into a question, and posed it aloud to my friend. "I wonder if it has to do with the original founder of the spiritual community?" My own head suddenly ached. The dark energy was now in my crown chakra too. At the same time I saw the energy pattern darken and grow more prominent above my friend's head. I asked the guides to share with me what was going on.

They suggested that my friend "talk" to the discomfort he was experiencing, respecting it as if it were the community's founder. My friend went along with the idea.

He let the founder know that his healing work with community members was to assist the members in their spiritual path. The treatments were only offered to people when it was appropriate for them. He was not inflicting any treatments upon those who would not benefit from the treatment. As he communed in silence for a moment with the founder's energies, my headache released. The dark energy above my friend's head appeared to dissolve. "That is much better," my friend reported.

All it took was noticing the pattern of discomfort, giving it permission to step forward into awareness, and then communicating with it. Sometimes we can do this ourselves. Sometimes it is easier to have someone else there to point out the obvious things we miss. I am fond of saying that this process is like cutting hair. While we can trim the hair around our face, we can't see accurately or easily enough to give ourselves a good haircut in the back of our heads. So too we can't see all the energies that interact with us from the inside of our aura and the inside of our own lives.

If you would like to take advantage of an opportunity to work together during these next few weeks, I am offering individual [Private Sessions](#) now as well as the [Phone Meditation](#) open to all on January 1st.

My best to each of you,

-Norma

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

HTMLDirect

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

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

**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](mailto: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

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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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### **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)

**FREE PHONE MEDITATION** (see [Calendar Page](#))  
January 1 at 1pm EDT (New York City Time)

**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 \(SE Portland\)](#)

**ANN ARBOR**

June weekend Practitioner's workshop in a private lakeside home

**CARLTON, WA**

June 24-26 [11th Annual Fairy & Human Relations Congress](#)

**SEATTLE**

June 27 [Private Healing Sessions](#)

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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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