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February 2010 email Newsletter

Asking Questions

Honoring Spirit in the Healing Process (and in Haiti)

[version espanol vendra](#)

Dear Friends,

I'll be offering Private Healing Sessions in Atlanta (Feb 5-6), Tampa (Feb 12-13), Tucson AZ (Feb 28-March 1), and Sedona AZ (March 3-4). Also there are workshops in Tucson (Feb 26-28) and a concert and workshop in Portland OR coming up April 2-4. If you feel drawn to my work, please see my [Calendar page](#) for more information.

So much has been written and shared by others about the chaos in the external world, and I thought I would share something about healing. For me healing is not fixing or making something better. Healing is the process of being present and creating a sacred container into which grief, fear, anger and all those uncomfortable but transformative human emotions might flow.

As an example, I offer a sound healing, **A Call to the Sacred Masculine**. This is from a live concert of chant offered on January 24, 2010. You can listen to it here as a [mp3](#) <http://www.healingchants.com/calltosacredmasculine.mp3> form, or watch the video on [YouTube](#). <http://www.youtube.com/normagentile#p/u/8/ZIAcMyosUjl> In the background you are hearing the male voices of the Naqshbandi-Haqqani Sufi Order (www.haqqanisoul.com). Their presence assisted greatly in opening the portal to Spirit through which this song came. I offer it here, and my thoughts below, for your consideration.

Notice that as you listen to the song you may find absolutely nothing happening. The healing within this song is subtle. It is incredibly gentle. So gentle that it isn't until you reach the end that the carminative effects of the small waves of healing within the song overtake you. Watch, and let the silence at the end of the song be where your body receives as much of the healing as it wants to receive. When you listen to the song again at another time, your body, mind and heart may receive additional healing in a different way

This to me is the most profound type of sound healing possible. I did not set an intention to create an experience. Nor did I invoke a particular angel or guide to make a healing happen. Rather, I asked a question. "What is the new face of the Sacred Masculine that wants to enter into our presence now?"

As we each have deepened into our ability to honor the Divine Feminine, we have built a container within our hearts, our bodies, and our minds into which the new face of the Sacred Masculine can flow.

By placing a question before Spirit, and the room filled with listeners and chanters, I opened that container within my heart beyond my own knowledge and experience. If I had simply stated an intention to invoke what I perceived as the Sacred Masculine, then all that could have entered through the song would have been a reflection of my own experience of the Sacred Masculine.

By using a question I opened my own awareness, and the awareness of all those present with me in the room, to the possibilities of a new experience. Not just of the external Sacred Masculine, but of how they perceived and interacted with their own Sacred Masculine.

Which leads me to also share that this process, one of asking questions rather than stating the desired result, is the basis for my energy healing practice as well as my sound healing concerts. I teach this process and the related principles of healing once or twice a year in a Practitioner Weekend Training. This is usually a small group of about a dozen people, with skills in music or healing or people who feel drawn to be present and don't know why. During the weekend we will share toning, silent meditation, good food and those who wish may explore how they can integrate the new principles of healing into their own practice as performers or healers. The next dates are Feb 26-28 in Tucson, AZ and April 3-4 in Portland Oregon.

And so here is where the healing process of Sound Shamanism comes in. As I share hands-off healing sessions I have learned to sit quietly and feel the pulsations of energy between my hands and the client's body. Once the field is established, I also hear tones in the room and moving through the body of the person I am working with. With practice, most people can learn to do this. It has more to do with one's heart than one's ears.

Rather than audibly making the tones that I hear, I ask the healing guides of the client which tone reflects the vibration of what their body and soul want. I find the symphony drops away, and a single tone steps forward. I focus on that tone, and over a few minutes time it changes. The guides usually point me to another place on the body to work on, or give me some channeled information to share about a current life situation.

This process repeats itself over and over during a healing. I can be in the room with someone, or thousands of miles away, connected by a telephone. Because the process is one of asking the person's body and their soul "what is it that you want now for your journey?" I need not know or understand all of the specific issues at play in their life. And I am not responsible for creating the results. I merely assist in revealing new possibilities that their soul and body are choosing.

For me the most powerful healing comes not by telling someone what to do, nor by removing an energy from their space, but by asking questions. As I ask someone's body how it wants to be supported by their soul, they sigh. I see energies begin to loosen up from their physical form, and I ask the energies if they want to move onto their next step of learning. This allows them to know that they are safe. And it completes any agreements the client might have with the energies that are being released, such as to care for them, perhaps on behalf of someone else.

If this is of interest to you, it is possible that your guides are pointing you to a <u>Private Session</u> or my <u>workshops in Tucson AZ (Feb 26-28) or Portland, OR (April 3-4)</u> . The workshops are interactive experiential trainings, limited to a dozen participants, with plenty of time for personal focus and questions. Please do share this with others whom you think might be interested.

As I move from organ to organ or chakra to chakra and ask someone's body what it wants and how their soul wants to embrace and lovingly support their body new possibilities open. Previously unseen future potentials move into view. Not because I or the client forced change. But because the vibration of their body and energy field more closely reflects the natural connection that was chosen by their soul and body for this moment, in this reality.

For some people this doesn't always make immediate sense. Most of the time people notice a deep stillness, a clarity in their thoughts, their bodies and the space around them after a healing session. What I love about teaching this process to other healers and musicians is that I am sharing an incredibly gentle way to help people shift themselves into their own healing process, and the practitioner need not strain or engage with the energies that are being released.

And so to apply the idea of asking questions directly out into our world. Rather than simply resonating with the grief coming out of Haiti, what if we honored that there is some consciousness that can use the situation to bring about a profound change and honor the journey of the souls of those involved in the situation?

I see each country and culture as expressing their own unique quality into the larger world. When all are present, the Sacred is present. In very simple terms, Haiti is primarily a reflection of the creative feminine. This quality balances the linear masculine of the United States. The creative feminine can easily feel victimized. Its power lies within its own heart and joy. And as an expression of the creative power of the feminine and humanity, the culture of Haiti follows what often appears to be a chaotic path, according to those of us living here in the US.

But we in the US and in the western world must remember that we live within a society that prides itself on expressing the linear masculine. And imposing what works for our culture upon a different culture will ultimately delay the healing process of that country or culture. The citizens of Haiti (and other cultures and countries) have journeys which offer healing to those of us in the west upon the linear path. Let us support what their souls need by not inflicting upon them what we would want for ourselves, but by listening to what it is that they desire to create for their own culture.

The culture and country of Haiti expresses and holds a quality of Sacred Feminine on behalf of our entire world. How would you honor their service? I believe that the creativity of the Divine Feminine held in trust by the culture of Haiti cannot be fixed by the linear profane masculine. It can only be empowered to heal itself by the expression of the Sacred Masculine. For this reason I include the sound healing, A Call to the Sacred Masculine. ([YouTube](#) or [mp3](#))

Working with the energetic undertones of any disaster can assist those who are being physically and emotionally impacted. Shifting your own viewpoint is the key. If you see someone as a victim, you are unconsciously sending them the message that they have no power. Asking someone what they want, or how their soul wants to express through them now, even telepathically, places them in the position of power. It is equivalent of asking them "how may I serve you?"

Here are a few questions that have occurred to me to ask when I see the television flashing images from Haiti:

How is it that the land itself within the country known as Haiti wants to feel? How grateful I am that this beautiful island has sustained so many people for so long. How much ease and comfort, joy and enjoyment can the bodies of those living in Haiti receive from this land?

I wonder how the relationship between the land, the people, and the journeys of all those souls within Haiti might want to adjust themselves now, to reflect not just the tragedy of the earthquake, but to reflect the incredible possibilities that are opening up as a result of this massive earth change?

What if the aid coming into Haiti now was not thought of as a temporary solution to desperation, but the beginning of a new relationship where the beloved souls of Haiti are treated as deeply respected, honored and even royal persons? What quality of food would you feed such a guest? What quality of clothing would you offer them?

If we were to add up all of the financial aid and attention Haiti has received over the past decades, would it come anywhere near to the total energy, money and resources it has received since the earthquake, and is about to receive? No. So let us consider the quality of energy underlying and contained within the donations of money, services and goods being offered to Haiti.

If we give donations out of our own desperation, wanting so very much to stop the pain and suffering that is coming into our homes through the television, then the vibration of victim-hood is being offered to Haiti along with our donations. Without meaning to or realizing it, the donation contains within it an energy that reinforces the victim status of the person receiving it.

But what if one sees this process as gifts being lavished upon the most royal of persons among us? These gifts then would be given out of the calmness and gentleness of Spirit. And these same gifts would be imbued with that same calmness and gentleness of Spirit.

And so I share with you that the musical website CDBaby.com will be gifting a portion of the money from all CD and mp3 sales to Haiti from now until Feb 7th. If you have been meaning to purchase one of my four albums for yourself or a friend, you can do so now and also offer a gift to those in Haiti. Go [here](#) to order now <http://www.cdbaby.com/Search/Tm9ybWEgR2VudGlsZQ%3d%3d/0> or go to www.cdbaby.com and search under my name, Norma Gentile. For those who have followed my monthly sound healings, you might also enjoy the albums of my friends who have joined me, the singer and harpist [Ruth Cunningham](http://www.cdbaby.com/Search/UnV0aCBDdW5uaW5naGFt/0) <http://www.cdbaby.com/Search/UnV0aCBDdW5uaW5naGFt/0> and the Native American flute player [Bradford Smith](http://www.cdbaby.com/Search/QnJhZGZvcnQGU21pdGg%3d/0) <http://www.cdbaby.com/Search/QnJhZGZvcnQGU21pdGg%3d/0>

I would also encourage thoughtful gifts to organizations specializing in supporting local projects and personal empowerment, such as [Women for Women International](http://www.womenforwomen.org). <http://www.womenforwomen.org>

My love, respect, and blessings to all, especially those who find themselves in the midst of physical or emotional chaos. May the gentleness of Spirit be the wind within your Heart.

-Norma

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

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### **ATLANTA**

Feb 5-6 [Private Healing Sessions](#)

### **TAMPA (St Petersburg)**

Feb 12-13 [Private Healing Sessions](#)

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### **TUCSON AZ - - - - -Registration now online**

Feb 26-29 Sound Shamanism Workshop (limited size)

March 1-2 [Private Healing Sessions](#)

### **SEDONA AZ**

March 3-4 [Private Healing Sessions](#)

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### **PORTLAND OR**

April 2 Meditation Concert (Good Friday)

April 3-4 Sound Shamanism Training (limited size)

April 5-6 [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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**The last Phone Meditation is now available as a free mp3 download or as a Meditation CD (\$9.99) [\(click here or under Meditation CDs.](#)**

My meditation CDs are primarily spoken word, often channeled with information, healing energies and meditations. My **musical CDs** are of myself singing while the guides (primarily the Hathor Atamira and Archangel Michael) lay healing energies into my voice. What you hear when you click on my home page is a spontaneous song that Atamira inspired from my newest album, Songs of Spirit.

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Norma's other offerings ---

### **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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