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January 2010 email Newsletter

The Fork in the Path

Re-Making Life Decisions without Fear or Shame

[version espanol vendra](#)

Dear Friends,

Living in Michigan, next to the crater of the Big 3 automobile companies, I've watched as the doom and gloom of the past years has slowly given way to the realization that change is the only option. This past week I heard someone on the local NPR radio station, whom I wish I could credit here, saying that our collective fear of failure is the most important thing that we must change...that failure is inevitable when we try something new...and that in order to move ahead we must, as a society, remove the stigma we have placed on failure.

I love this thought!

I would add that we must understand that failure isn't an end. It is the realization that we are walking down the least favorable of the various forks along a new and unfamiliar road. Failure simply means "go back and try again". It is our fear that urges us to experience failure as a dead end to the path, and keeps us frozen, staring at the path's end, rather than recognizing we can turn around and retrace our steps.

Here is an excerpt from the newest meditation CD/podcast, based on the full moon eclipse gathering on New Year's. It includes several sacred chants from myself, and an extended group sound healing to release and reset the energies of your chakras related to fear. If you would like to listen to this recording, it is available as an mp3 or CD
http://www.healingchants.com/recordings_med.html

And if you would like to join me in person, I'll be in **Columbus OH** this Friday evening (Jan 15) for a workshop followed by Private Healing Sessions on Saturday (Jan 16). **Those of you who want to train with me in my system of energy and sound healing can come to Tucson Arizona Feb 26-28 or Portland Oregon April 3-4.** Both trainings are limited in size, and you can learn more at <http://www.healingchants.com/itinerary.html>

One of the greatest aspects of disconnection from Spirit is fear. When any of us is in fear, we are not as connected to our own inner sense or inner world as we might be. As a result we turn to the external world both for validation as well as for direction in what we should do. This includes how we should act or react, what we should value, what we should embrace and what we ought to find disdainful.

As a result, the majority of humans incarnating on the planet tend to look to the external world for their motivation, rather than to their soul and their inner world to hear what it is that their soul truly desires for them, and what the journey of their soul might be.

Often we come to a point of needing to make a decision, and simply can't decide. It is like coming to a fork in a road with no way to see a street sign. Even those of us who know how to listen internally come to these points in our lives where we must choose between two perceived paths or options. As we look down one path it appears that the journey will be difficult. As we feel into the other path, the journey looks even harder. And so we pause, not knowing which is the journey that our soul most desires.

In these cases, you can't choose which path the soul desires by the simple difficulty of the path. There isn't a neon sign that says, "Your expression of Divine Love is upon this path". So you begin to walk down one path, making the choices in your life that relate to this path. And over time, perhaps a few days or weeks or even months or years, you notice an uneasy feeling in your body. Something is not accurate in your life.

And so you back up and retrace your steps. And as you return to that fork in the road, you chose differently. Most often we notice this with smaller choices such as a new diet plan or the color we chose to paint our living room. But we can also choose less accurately with the larger paths in our life. Sometimes we do this with major life choices such as a job or marriage. The forks in the roads of career, marriage or the focus of our school studies – these are perhaps the hardest paths for us to choose wisely. And if we should find ourselves walking down the fork of the path that seems to diverge from our soul's journey, it can be the most difficult fork for us to retrace our steps.

That is because of the fear we have around choosing wrongly. It is fear that blocks our ability to hear, early on in our choice, when we have chosen the wrong fork in the road. When we are in fear, it becomes very difficult to feel when something simply doesn't feel accurate. We tend to impose blame and self-shame to such an extent that we deafen ourselves to the natural messages that our mind, heart and body are sending us about our choices. And there is no need to do this.

There are times where our own vision is so limited by our existence in the coarse, heavy energies of the 3rd dimension that we simply don't have access to the larger picture that Spirit provides for us. In these cases we must choose and we must begin to move in our day-to-day life, according to whatever choice we made. And it is only the ability to sense our internal world that tells us "not quite" or "yes" as we begin to journey down the chosen path. And remember, sometimes the "yes" comes while being in great discomfort, while the "not quite" may occur during a time of relative ease. Our ability to hear our internal world, and so sense whether we are heightening or lessening our innate connection to Spirit as we walk on our chosen path, lets us know which signal is which.

Without this connection to our inner world we have no way of recognizing, early in the journey, whether or not we have chosen the most accurate path for our soul's expression. When we lack the internal connection to Spirit, it becomes easy to blame others around us for our choice, or to shame ourselves for having chosen a path that was too difficult.

Of course neither is an accurate expression of the love your soul has for itself! And yet most of the time we continue to try to make the path work for us, blaming and self-shaming as we go, rather than simply reversing our direction by making a different choice.

In the Seth materials there is the statement "you create your own reality". And how true that is! By our choices we create our experiences here on Earth. And it is also true that by making different choices we can re-create what we are experiencing as well.

Once we have started to create a certain reality, the force of our own will power cannot shift that reality to a different reality. It is our inner re-choosing that let's us change. The inner re-choosing of our path lets us wake up one morning and find that we have come to a point of deeper ease with those around us and with the world around us.

No Perfect Answers

My guides keep reminding me that the experience of living on Earth isn't meant to have finite answers. It is meant to have answers that satisfy us for a while, but just like a meal we have to have another one fairly soon. One of my teachers, Uranda, spoke about people who built huts

along their spiritual paths and moved into them, rather than taking a rest in the hut and then getting on with their journey.

For myself I don't believe that we are meant to move into our little huts by the side of the path. Perhaps a day or two of rest is earned, but there is always more to learn on our journey. There is no final enlightenment moment. Especially now, there is an unfolding and unfurling of understanding around what the physical world is about and how we are meant to be in relationship to it. Greater and greater numbers of people are interested in gleaning information about connecting into Source, and tapping into those dimensions that are less visible to them.

As we open our consciousness to other dimensions, the increased energies of these other dimensions will impact our physical world, including our physical bodies. By working with the lower dimensions now, your body will develop the roots that it needs to not be blown over by the sheer force of the energetic winds that are coming. Additionally, working with the lower dimensions first gives us the opportunity to be aware of what is around us but not reactive to what surrounds us now.

It is with the greatest of love that I offer what I hear from spirit, and trust that you are listening not just to these words, but to your own inner promptings as well.

Blessings to all,
-Norma
(with the Hathor Atamira)

	O rubor sanguinis - my sound healing for January <u>(online now at Spirit of Maat)</u>
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COLUMBUS OH - - - - - Registration now open

Jan 15 Reset Financial, Healing Reiki Guides
Jan 16 Private Healing Sessions

ANN ARBOR MI

Jan 24 at 7pm Interfaith Roundtable on Chant
\$10 donation at door

TUCSON AZ - - - - - Registration now online

Feb 26-29 Sound Shamanism Workshop (limited size)

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

SEDONA AZ

March 4 [Private Healing Sessions](#)

PORTLAND OR

April 2 Meditation Concert (Good Friday)
April 3-4 Sound Shamanism Training (limited size)
April 5-6 [Private Healing Sessions](#)

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](#)

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](#).

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

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 This is different from the newsletter, which you are reading

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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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