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January 2011 email Newsletter

Revealing New Aspects of Yourself

(Insights from Mary, given during the Meditation on 1/1/11)

Dear Friends,

I felt strongly drawn to create a time of meditation on January 1, 2011. Not just because the date looked so nice (1/1/11) in the Gregorian calendar. It also felt like a very potent window, lying between two major eclipses (the Winter Solstice of Dec 21 and this Tuesday's eclipse of the sun). Without planning it, the energy of Mary appeared as I made the final preparations for the meditation. And she wanted to sing through me, as well as offer some words of insight.

Below are some highlights, transcribed from the spoken portions of this meditation. To listen to the songs you can download the meditation as an mp3 (iTunes<podcasts<Norma Gentile) or from the [Meditation CDs](#) page of my website. For those still happily using CDs, you can order this and all the other past meditations as CDs from this same page.

Upcoming Events:

PHONE MEDITATION late January - announced on [Calendar Page](#) and in next [Newsletter](#)

EMBODYING HEALING SOUNDS - an experiential workshop for everyone exploring where the worlds of sound, energy and healing are meeting now. Ann Arbor, February TBA

CONCERTS, WORKSHOPS, PRIVATE HEALING SESSIONS - PORTLAND OR, SEATTLE WA AND CARLTON WA see at end for more info or [Calendar Page](#)

PRACTITIONER TRAINING WEEKEND (private lake home near Ann Arbor, June11-12)

excerpts from the Meditation held on 1/1/11

Revealing New Aspects of Yourself

Songs and Meditations from Mary to help you grow into Yourself.

Listen Now: Mystery - a song from spirit

Where are the qualities of the Divine Feminine that are yours to bring forth? Where are those qualities of creativity, or of exuberant dance? Where in your life is there opportunity now to find the co-creative stance that you, as a human, are meant to bring forth?

The Divine Feminine that is innate within you longs to arise and meet the Divine Feminine within your physical surroundings.

Nature Spirits create and maintain our physical world according to our qualities of consciousness. They want nothing more than for us to resonate back to them what we embody as unconditional love. When we allow our level of unconditional love to meet the level of unconditional love known by the Nature Spirits around us, we engage more fully and deeply into the entire physical world that surrounds us.

How silly we are to assume that if we could only go "up" (into higher dimensions) that we could fix our world. We forget that our 3rd dimensional world exists between the 4th and the 2nd dimensions. Any change in our 3rd dimensional world comes because there is a change in all of the dimensions, from the lower through the upper. What we might conceive of as inappropriate or difficult here in the 3rd dimension may be of our own doing, or it might be a reflection of a shift or change in another dimension.

The lessening of our own judgment towards what we find uncomfortable allows us to perceive more easily if we indeed are creating what we don't like, or if we are simply experiencing what we do not like, and it is emanating from another person, situation or dimension.

We feel what is happening in other dimensions because our souls exist in all dimensions. Our 3rd dimensional soul can indeed commune and communicate with those aspects of our soul in other dimensions, both above and below. We tend to forget that the lower dimensions create our body and influence our lives just as the upper dimensions do.

If you can see the Foundation you can see the rest of Creation

A truth I learned long ago, from many teachers, is that as you connect down into the lower dimensions then the upper dimensions become more available to you. The moment our consciousness becomes aware of the first dimension, and of the Pure Energy of Nature which fills this dimension, then and only then may we be aware of all the dimensions of our reality.

It is as if by looking at the foundation of our reality we can then see the whole of our reality. To the extent that your consciousness feels, senses, sees or comprehends that aspect of your soul incarnating now in your body and how it already exists in the 1st dimension, then you can feel and know your soul in all of the dimensions.

Ofentimes those guides, angels, or beings of consciousness that most support us during a particular portion of our life exist in the lower dimensions. Many of us were taught to go "up" into the higher dimensions when we are looking for information from our guides. But the information is awaiting us in a lower dimension from similar spiritual beings of consciousness. The vibrational quality of the lower dimensions is as nourishing to our soul, heart and body as are the upper dimensions. Within the lower dimensions is a deep stillness that lets us come to rest. I find physical healing occurs during profound communion with the lower dimensions of our soul.

Who are you now and who are you becoming?

That which you are is of course infinite. And yet it is finite within the 3rd dimensional human body. Let yourself touch that infinite aspect of yourself not from the upper dimensions but from the lower dimensions. Allow yourself to find a different habit, a different way of connecting into those guides, angels and energies that support you now. Don't just do what you know how to do...let those who surround and support you show you a different way, a new way now.

Yes, something IS different!

Over many years of healing work I have noticed that people often don't recognize when they have released an old pattern. Most of the time we simply go on with our lives after a healing session, expecting to feel a bit better. It is only when a pattern re-occurs that we suddenly realize that it had left us for awhile. Validating the changes we feel after a meditation or healing gives us greater permission to make those changes permanent.

The physical issues, life issues, emotions and other things we experience and want to change are manifestations of habits, beliefs and assumptions that no longer serve the journey of our soul.

Sometimes after a healing session you might notice new aches or pains, emotions or life issues arise. For me, this is a sign that more is ready to be released. Usually, if you can easily feel a

pattern, you have already gleaned from it some or all of what you need to know about it. And all or some of it is ready to grow and change into something else. In order for it to grow it must leave us.

In this way we allow God / All That Is to grow and to learn more about itself. We allow God / All That Is to experience the new patterns that we have created and manifested here upon the Earth. In order to release that which is no longer a part of us, we must learn to step back from judging that which is different from ourselves. As we cease judgment, we allow that greater creative force of Spirit more space and more possibilities of connecting into, around and through us in all dimensions. We allow our guides, angels and those beings of consciousness who work with us in all dimensions to be more audible in our lives.

And yet we must say Good-bye

During times of healing or meditation we consciously invite a magnified connection with our guides and angels. When we have completed this time, it is up to us to say "thank-you" and release our magnified connection to those beings, angels and guides who have communed with us.

When we thank and feel appreciation for these beings, the connection with them changes. In this period of gratitude, we allow those beings of conscious, guides and angels that will continue to work with us to step back into their natural connection and relationship to us. This allows us to move easily out of meditation or healing mode and into our normal waking state, bringing with us the innate connections to Spirit established and strengthened during our meditation.

At the same time it allows us to release those guides or angels whose task has come to completion with us, at least for the moment. While it seems ironic, it is easier to hear spiritual guidance from a few angels rather than from many.

I trust that these ideas are of service to you in your own journey. If you want to listen to the meditation recording from which this comes, (and the musical sound healings from Mary) go to the [Meditation CDs](#) page of my website for mp3 / CD versions. It is also available as a podcast on iTunes (under Norma Gentile).

My best to each of you in this New Year!
-Norma

NEW - MEDITATION CD / mp3 from NORMA from 1/1/11 meditation

Meditation CD #27 from January 1, 2011

Revealing New Aspects of Yourself

Songs and Meditations from Mary to help you grow into Yourself.

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

1 Introduction

- *2 A Song from Mary (channeled live)**
- 3 Invocation of Sacred Space and Your Creativity**
- *4 Remembrance - a song from Mary (channeled live)**
- 5 Your Aspect of the Divine Feminine (meditation from Mary)**
- *6 Mystery - a song from Spirit (from a live concert - I am joined by Gordon Johnston of Ottawa Canada on harp)**
- 7 Validating Your Healing**
- 8 Releasing Sacred Space**
- 9 A little more Information**

**Includes 3 new sound healings*

<p>Purchase as standard CD download mp3 or stream</p> <p>Listen Now</p> <p><u>-What is the Pure Energy of Nature?</u></p> <p><u>-Your Guides might exist in the Lower Dimensions</u></p> <p><u>-A song from Spirit: Mystery (with harpist Gordon Johnston of Ottawa, Canada)</u></p> <p>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.</p>	<p><i>*Includes 3 new sound healings</i></p> <p>more information</p> <p>download or stream mp3\</p>
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NEW - LISTEN TO MY SOUND HEALINGS
DECEMBER SOUND HEALING - JANUARY 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 [27 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)

**FREE PHONE MEDITATION** (see [Calendar Page](#))  
TBA late January

**ANN ARBOR, MI**  
(date TBA) Embodying Healing Sounds - experiential workshop

**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 11-12 weekend [Practitioner's workshop](#) in a private lakeside home

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

**SEATTLE**  
June 22, 23 or 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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