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mid-January 2011 email Newsletter reposted expanded version 1/29/11

Micro-managing God How We Pray Matters

Dear Friends,

I shared some of this last week. My guides woke me this morning to give me the second half. There was a sense of urgency, and so I share this with you now.

Upcoming Events:

Feb 6	Phone Meditation - free 2pm EST
Feb 20	Embodying Healing Sounds Workshop Ann Arbor
Mar 11-14	Pittsburgh PA Concert, Workshop, Private Sessions
Mar 18-21	Portland Oregon Concert, Workshop, Private Sessions
June 11-12	Sound Healing Training Weekend (private lake home near Ann Arbor)

Micro-managing God: How We Pray Matters

I find that the lessons my guides like to share with me are often brought to my attention in my normal waking life. Recently, I noticed that not only is the media reporting on the events they usually cover, such as natural disasters and political upheavals, but they are also covering the resulting prayer gatherings and peace rallies. Likewise, with each unfolding situation, my email box fills with announcements of group meditations and prayers. I'm betting yours does too.

The invitations for most meditation events I receive include notes that the intention is to "heal" or "bring peace" to a person or situation on the planet. Other emails request me to "send light and love" or good thoughts, prayer and energy towards curing illness for someone or helping with a difficult family matter.

Certainly I feel a sense of compassion for those who are suffering. Yet the underlying intention of this sort of goal-oriented prayer has never felt accurate to me. This morning as I was wrestling with how to address another round of these emails, I heard a sentence being formed out loud in my head.

"The more unencumbered by personal intentions your prayers are, the more effective they are."

While I attributed the sentence to one of my guides, the idea was not new to me. Growing up as the eldest granddaughter of a minister, I heard again every Easter the Bible story of Jesus' overheard prayer "...Not my will, but Thine, be done." As a mystically inclined seeker of the Divine, I know it from passages in the Bhagavad Gita, the Emissaries of Divine Light, and the teachings of Yogananda. And in the world of energy healing, I immediately recalled the ways in which several teachers have shared this same philosophy with me.

Spiritual healer and teacher Ken Page points out that whenever we send energy, even "love and light", we are opening ourselves to an energy exchange. Something will come back to us from the person or situation we are targeting with our prayers. I would add that the more our intention is to change a person or situation, the more the energy that comes back to us will also try to change us!

Drunvalo Melchizedek, author and originator of the MerKaBa Meditation, points out that we live in a polarized world. In this world where there is both good and evil, right and wrong, we create both aspects of whatever we wish for, even though our intention is to create only one aspect. When our prayers are formed "for the good" by our mental capacity, an equal amount of our energy is also creating the opposite effect.

I find that Newton's Third Law of Motion, "For every action there is an equal and opposite reaction" applies to how we pray. If we indeed pray for what would appear to be a "good" outcome to any situation, then we are also unconsciously putting an equal amount of energy into praying for a "bad" outcome.

How can this be? My metaphysical answer is this: Because we live in a world that is based on Free Will, we as a group of souls decided to create polarity. On a practical level this means that what appears to me as "bad" might actually be the catalyst for a much larger movement of Spiritual growth.

A friend recently reminded me of how much we as humans do not know about the larger plans of God and Spirit. "If prayers for peace had been answered in 1861, there would still be slavery in America". Likewise, if peace had been the result of prayers offered at the outset of World War II, Hitler may have ruled much of the western world.

In our human form, we are not able to see the larger picture of events that are working themselves out. It is only natural for us to pray for that which makes one more comfortable, happier, and healthier. But our soul's journey is to explore how we, while in human form, create comfort and ease, generate joy and find balance in our physical bodies.

While our personality would prefer to jump to the end of our soul's learning process and enter into a life of perfect comfort, our soul want to learn all that is possible while here in human form. And sometimes that includes the experience of discomfort in order to motivate useful changes in our lives.

In a study done in the 1990s, hospitalized cardiac patients were prayed for in directed and non-directed prayer, and compared to a group that received no prayers. (this was a small study, probably funded as part of the Complimentary and Alternative Medicine Studies, and most likely related to a university hospital. If you know this exact study please let me know as I have lost the original published article)

Unlike many similar studies which divided patients into only two groups, this particular study divided patients into three groups. The group that received no prayers did the least well in terms of their physical recovery. The second group received prayers of directed healing: "Please heal the heart of _____," for example. The third group of patients received non-directed healing. "May God's will be done in the life of _____."

Not surprisingly the third group of patients had the highest recovery rate.

In similar studies, Spindrift Research (www.spindriftresearch.org) showed that prayers for the healing of living beings such as mold, yeast, and soybeans helped them recover from injuries and grow significantly more than those same plants that did not receive prayer.

In the study involving soybeans, one group of soybeans was oversaturated with water while another group was not given enough water. Both groups of the soybeans were set out to receive prayers. Most of those praying did not know whether the soybeans they were praying for were too dry or too wet. Some soybeans received directed prayers ("God let the soybeans have more

moisture in order to sprout well") while other soybeans received non-directed prayer ("May the soybeans receive whatever they need").

As their report states: "With non goal-directed prayer, the group of over-soaked beans gave off water and moved down toward normal, and the under-soaked beans took on water and moved up toward normal. The different needs [of the soybeans] were met." The group of soybeans receiving directed goal prayers remained either over saturated with water as well as too dry. The potential within the soybeans receiving non-directed, non-goal oriented prayer to bring themselves into balance was activated by the energy of the prayers. This same inner potential to achieve balance was not successfully accessed by those soybeans receiving directed or goal-oriented prayers.

This is a strong lesson for all of us, whether or not we consider ourselves to be healers. Letting ourselves honor, especially during times of great need, the innate intelligence of God that lies within each person or situation allows the power of Spirit that is already present within each person or situation to shine more brightly. Telling God how to heal a person, bring peace to a situation or fix a perceived problem actually constricts the movement of Spirit, and thus the potential healing that God would desire to bring through that person or situation.

I have no doubt that it is easier to pray for a soybean to follow its own inner intelligence than to find within ourselves a space of neutrality and compassion from which we can pray without a fixed goal for those we know or for painful world situations. This is perhaps one of the most difficult lessons we, as humans, have decided to learn. Healing and prayer are not about results. Healing and prayer happen when we allow our own compassionate heart to open and simply be with another's pain. In this way God is awakened from within, and Love is remembered.

Norma Gentile
www.HealingChants.com

Norma Gentile, sound shaman, is an intuitive healer and channeler. She incorporates her training as a professional musician into her meditation albums and recordings of healing music. Many songs, meditations and group consultations are offered freely through her website's newsletter. www.HealingChants.com

I leave you with a song by Hildegard von Bingen that I sing at the end of each concert.

O creation of God which is human,
in the greatest of sacredness you were brought forth
when in humility, sacred divinity penetrated the heavens.
O what great compassion
allows divine brilliance in earthly mire
So that those angels ministering with God
might see God in humanity.

(from the song **O factura Dei**, on my albums **Songs of Spirit** and **Healing Chants**)

Listen Now:

http://www.healingchants.com/freeclips.o_factura_dei_hc.mp3

ANNOUNCING - SACRED ART AND MUSIC

apparel (and stuff) for your inner attitude based on Hildegard's art and poetry

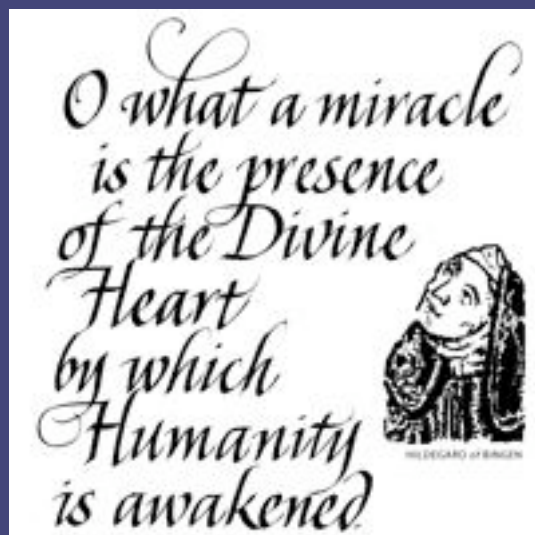
If you have to wear clothes...why not wear something that reflects your inner attitude as well as your outer need?

15% OFF until Jan 20. Code: JANXV

Wearable Art - bring your Inner Attitude to the Outer World.

3 designs based on Hildegards own poetry and art

organic / cotton / plus-sizes / children / cards / tote bags / jackets / mugs



Hildegard's Heart
hand designed calligraphy
by Angela Michielutti



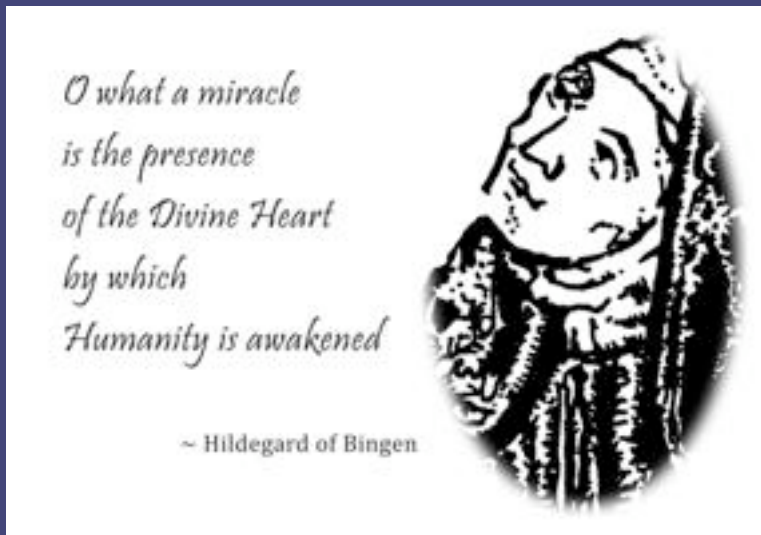
long sleeve



Hildegard's Self Portrait



polo shirt



Hildegard's Divine Heart
(see all 150 items)



cap sleeve shirt

In addition to what you see above, there are also things that I realize I purchase every so often for personal selection varies under each design. The largest selection by far is under the last design. You will find a canine members of your family.

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](#)

Listen Now

[-What is the Pure Energy of Nature?](#)

[-Your Guides might exist in the Lower Dimensions](#)

[-A song from Spirit: Mystery \(with harpist Gordon Johnston of Ottawa, Canada\)](#)

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.

- 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*

[more information](#)

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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](#))  
February 6 at 2pm (EDT)

**ANN ARBOR, MI**  
February 20 from 2-5pm - 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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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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YES please pass this email onto anyone you think would be interested. Just be sure to include my contact info.



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