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June 2010 email Newsletter

Connecting Consciousness
Insights on the Gulf Oil Leak
(from Shesat and Thoth)

Dear Friends,

Below is an article based on the information and meditations given to me during the last phone meditation by Thoth and Shesat. Some of you may be interested in joining in on the **Solstice Group Phone Meditation** Monday, June 21st at 7pm EDT (New York City time). There is a new free sound healing of mine, "Listening to Your Angels" with a chorus of 10 Tibetan Singing Bowls, posted online at www.spiritofmaat.com.

I will be in **Toronto and Guelph this weekend** for Private Healing Sessions and offering duet **concerts with cellist David Darling**, who won the 2010 Grammy for Best New Age Album. Please let your friends know. The national radio station in Canada will record us in Toronto at Holy Trinity, an amazing old stone church built upon the convergence of three sacred rivers in downtown Toronto. We will also be interviewed for the radio show "Tapestry" which will air nationally in a later broadcast. I have no doubt that the concert will range from jocular and jazzy to open hearted joyousness with points of profound stillness.

I note that the last time I sang at Holy Trinity I felt drawn to the sacredness of the waters flowing around and beneath the plaza it stands upon. In esoteric energy terms, there is a water vortex which encompasses much of the greater Toronto area, stretching out into the lake touching the landmass of the US to the south.

Energetic vortexes that form through the land are very small, while those forming and working with the consciousness within water can be hundreds of miles in diameter. I suspect that my guides, perhaps Thoth and Shesat, will address the consciousness of water, water vortexes and the Consciousness Grid line that flows over the Deep Horizon oil rig in the Gulf of Mexico in the **next group phone meditation**.

I will be in **Florida** on the Gulf coast June 26 offering an **experiential workshop on Sacred Sound and Sacred Healing**. We will of course address the issue in the Gulf waters during the sound healing circle. I will offer individual healings on Monday and Tuesday, June 28-29 in Sarasota area (Siesta Key). The environmental damage that the oil is causing effects everyone, especially those who live and walk the beaches daily. I know that by holding sacred space, even around what appears to be a personal issue, the larger world issues we are each connected to also receive a pulsation of healing. So rather than run away from what may very well be a stinky mess, I want to settle in and offer healing sessions on Siesta Key in one of the beachside hotels. I believe that in this way the blessing of each individuals session will travel out to all those around us. Please email me for available times norma@healingchants.com

Connecting Consciousness
Insights on the Gulf Oil Leak
(from Shesat and Thoth)

(now available for download at iTunes (under podcasts and my name) or as a CD or mp3 at the [Meditation CDs](#) page of my website)

A note from Norma:

I tend to not want to foreknow events, but rather receive from my guides insights about patterns and trends which are at the causal level of events. When I do receive information in the form of a 'prophecy', I tend to not share it, but rather ask the guides for information that I might share to help avoid the prophesized event. Rarely have I decided that the undercurrents behind an event could only be addressed by making public the prophecy. But during a group phone meditation in October of 2008 Thoth shared with me something that at the time I did not share aloud, but I later decided to pass it onto The Sedona Journal of Emergence, and it appeared in their December 2008 issue as the article "Easing, not Heaving into Transition". I share an excerpt from that channeling now:

...a crisis around energy and land is apt to move onto the world's stage. The energy of this episode is likely to take the form of a major natural disaster involving oil drilling in the ocean. It will be in a location and of a size that significantly impacts the food supply for millions of people.

This episode will force you to examine how you extract oil from within the Earth. It will also force into the general media and into your awareness already known facts about the damage your current style of oil drilling has done to the planet. It might be so devastating that oil drilling is banned by most countries.

This information is not shared as a way to create fear. Rather, it is shared to remind you that change is constant, and what doesn't change easily, bit by bit, will ultimately change dramatically.

Not surprisingly Shesat, with Thoth also present, stood by me during my recent group telephone meditation for the Gulf Oil leak. She and Thoth both tend to give me ideas and some words, but leave it up to me to create full sentences. For this reason I refer to it as a blended channeling. Shesat and Thoth both acknowledge that the actions of humans affect other dimensions, including the upper dimensions where they dwell. For these reasons I tend to use "we" instead of "you humans" when channeling. It simply reflects my own presence within the channeling process, and an acknowledgement of the connectedness of all consciousness. Please keep both of these factors in mind as you read.

Below is a summary of the insights Shesat and Thoth shared with me during the group meditation, along with some updated information. If you like, the original audio of the meditation is freely available (iTunes, under podcasts and then my name) or at my website under [Meditation CDs](#).

The meditation moved quickly to address the larger picture of humanity's interconnectedness with the environmental and spiritual consciousness present in the Gulf region. I have done my best to frame the energies that I sensed from Shesat and Thoth during the meditation into words on the page. I invite you to let the energetic undercurrents work with you as you read these words. As they do so, you may begin to "hear" your own connection to Spirit, and receive additional insights from your own spiritual connections as well.

Creating in Sacredness

Sometimes we stop ourselves from feeling a true heart connection with what we consider to be a nonliving form. And yet it is through our hearts that Spirit touches a scientist or artist and suggests a song or a poem or a book or an invention or a solution to a problem. And as Spirit touches a person, the form that is manifested out of that magnified connection to Spirit also exists in consciousness within the 1st and 2nd dimensions, as well as the upper dimensions. Anything that exists in 3D must already exist in all the other dimensions.

When we hold space in a sacred manner, it is our intention to allow the generation of energies and ideas, not just in the 3rd dimension, but in all the dimensions, to occur. This is not about creating a desired outcome. This is a sacred holding of space to allow Spirit to work within the web of life.

Feel whatever aspect you are connected to right now related to the Gulf oil leak, whether it is the animals, or the water consciousness, or even the machinery at work or the oil itself.

And try asking questions. Here are some to start with;

- What is the next step?
- How does the aspect of consciousness that you feel connected to, want to express itself next?
- How does the creative process that binds All Life together and weaves all of consciousness together want to express itself now in the Gulf of Mexico?

For myself, I was drawn to connect with the consciousness of oil. I asked, "How is it that the oil itself wants to feel now?" And I felt a sense of surprise to be so free, to move so quickly. But the consciousness of oil did not want to be within the water, although it enjoyed a giddy sense of freedom as it bubbled up from its home deep within the Earth. So I asked "Is this where the consciousness of oil truly wants to reside?"

Shesat continued by focusing my attention on the quality of consciousness present within the oil. I felt how each pool of oil has a slightly different quality of consciousness. And I formulated more questions aloud, as part of the group meditation.

Are those large pools of oil beneath the surface where they need to be right now? What would that consciousness like to do next? Where is its next step in evolution? I offer that consciousness related to each pool of oil permission to change and grow and do whatever it needs to do right now. That may include being returned to its home or utilized in a new fashion that I can't imagine yet.

How does the dolphin consciousness feel now, and what is their next step? There is a quality of consciousness that the dolphins have held on behalf of humanity, because humanity was not vibrating at a level sufficient to contain this quality of consciousness for itself. It is time now for that aspect of consciousness which is held for humanity by the dolphins be slowly released back into human consciousness. This aspect of consciousness effects the Ascended Masters as well, as they based their ascension on coming through the human form.

Because humanity's attention is so focused on the water, the oil, the dolphins and other wildlife in the Gulf it opens the doorway of communication between humanity and all these other beings.

And as we open that door, it may not be that each person hears a dolphin singing to them, but it may be that each person senses a growing awareness of our interrelation and interconnection to all animal and plants as well as to all the elements within earth; the water and the rock, the oil and the air, and those things that inventors, scientists and artistic people can create. All of these are equally intertwined into this wonderful web of life.

This is the moment when the shared consciousness of humanity awakens to the interrelatedness of All Life. Seeing our interrelatedness outside of ourselves, our shared field of human consciousness is primed to sense the telepathic inner connections next.

Consciousness within the Web of Life

The web of life thankfully is much, much larger than the oil spill itself. The web of life has the ability to interact with all those elements now at play with the Gulf Oil Spill. The web of life has the ability to find new ways outside the gaze of human eyes. The web of life has its own creative process. New options and new opportunities arise from each crisis. And it is only the human eyes that always see a crisis.

How do the consciousness of the marsh, the consciousness of the water and the consciousness of the oil want to engage together? Rather than force a separation, let them talk to each other. Humanity often assumes that if something looks different than something else that there is no relationship, or that there shouldn't be any relationship. But there is always a relationship in consciousness between anything in form. Humans just have to give themselves permission to overhear the ongoing dialogues.

In order for anything to exist or be created into the 3rd dimension, it must already exist in the other dimensions. Scientists, inventors, poets and artists simply feel the other dimensions and then bring into form what already exists. So one form of healing is to allow what man has created (machines or metal alloys, for example) to feel an innate connection to what it is that Gaia has created. In this case machines made by man can commune with water and oil-eating bacteria and seabed, along with the oil living deep beneath all of them. And how do they all want to relate to each other, to turn to each other, to dance with each other now?

The Doorway opens between Consciousness'

As the doorway has opened between the consciousness of humanity and the consciousness of oil, it also allows for a deep and dramatic change in how humanity and oil relate to each other. As long as humanity has the opinion that we have domination over the consciousness of oil, we simply use it up. But the moment the consciousness of humanity sees that there is indeed a partnership with oil, we will respect it. This spill is allowing humanity to open the door to understand, first at a subconscious level in dream state, that there is a partnership here with oil, water, dolphins, crustaceans, and all those layers of consciousness that are being affected now by the oil spill.

As we bring our attention to anything, we open the doorway between our own and the consciousness of the other. We no longer choose to abuse it nearly as easily. When we see that there is a consciousness and a power within Nature to rebuild, to reorganize, and to creatively solve problems, humanity will become more aware of the partnership with Nature.

The Consciousness of Water and Oil

Our relationship to water is changing. As humanity has opened the door to truly consider the importance of water, whether it's fresh drinking water or the seawater within the Gulf, the consciousness of water now becomes more available to interact with our own human consciousness. It is far beyond the scope of telling it what to do, and having it take various shapes as the water crystals respond to your intentions! Water has a consciousness within it that can be called forth only by the intention of unconditional love. Touching only an infinitesimal point of the quality of unconditional love held within the consciousness of water creates miracles beyond what humanity can, at this moment, imagine. Call, from your heart, to this infinitely loving aspect of water, and see what happens.

Likewise there is a quality of unconditional love within oil that has never been revealed. We would say that the natural state of all things is one of unconditional love. It is only because those things within form in the 3rd dimension must reflect the various layers of consciousness within which humanity functions that things appear to not function at unconditional love.

Can you call from your heart to the unconditional love within the consciousness of oil? Ask it how it would like to feel now, or where it would like to find itself now. As you ask, rather than tell it how to feel, you open the doorway to be in communion with it. In this state you can hear its response. When you tell something how to be, you cannot hear its response. And you assume the position of assuming that you know better than its own consciousness what it needs.

Connecting Consciousness

Know that humanity's next step is a combination of the shared consciousnesses of Nature and humanity. As humans, our evolution in consciousness has been bound to Gaia, the soul who is our earth, and much is being made right in this moment of the changes that we're undergoing. This particular instance is beyond a wake-up call. It is actually the end, in many ways, of our perception of living outside of Nature or outside of a connection to Gaia. This is that ending point, that final straw that allows the consciousness of humanity to know and understand the consciousness of all that surrounds us.

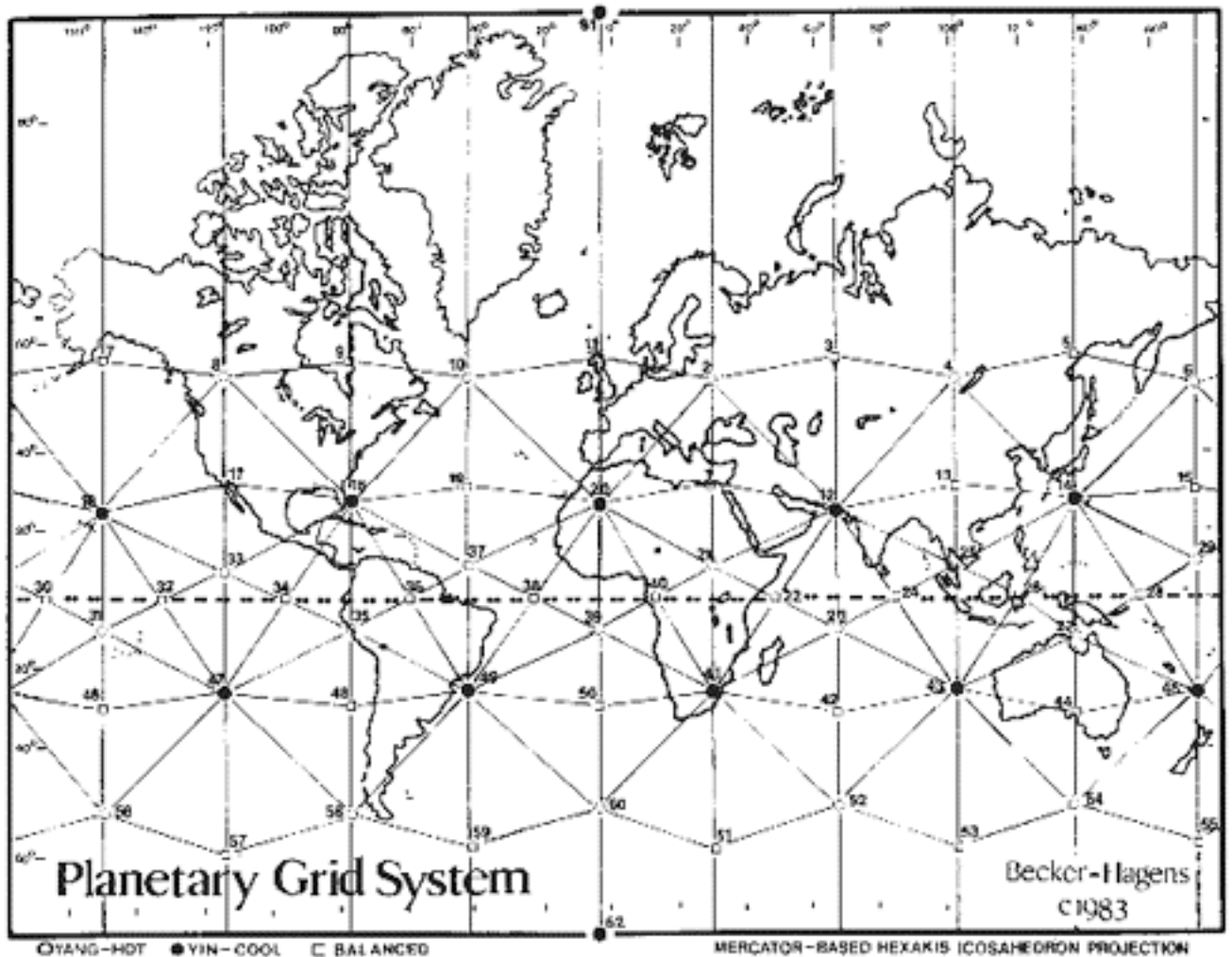
And it is, for light workers, a time to know that the consciousness within water that we have heard so much about for so many years does not exist merely to mimic whatever it is we would like it to do, but rather that there is an innate consciousness within water herself. And that innate consciousness can be drawn out and empowered by simply asking, "What do you want?" How does the consciousness of water want to be? In this way there is no right or wrong, there is no need for humanity to try to manipulate or create a structure within water. Simply by asking, water will respond. You can ask the consciousness within water, what would you like now? How do you want to be now?

And simply by asking the question, humanity empowers the consciousness of water to step forward and take charge, and to do what it knows how to do. And water does that in part by then replying to the consciousness of humans. Water's own consciousness can tell scientists at a telepathic level to try a certain combination of ingredients or to look anew at a discounted idea. Again, opening the door to the consciousness of water opens the door in both directions for water to then speak to all of humanity.

This is a level of consciousness we are stepping into together. Only with a sense of communion can we solve a problem such as the Gulf oil leak. And it is the situation of the leak that has opened the doorway. In this manner the consciousness of humanity is opened to All Life.

Final note from Norma:

I noticed that the location of the Deepwater Horizon oil rig appears to be situated on one of the lines of awakening planetary consciousness. I believe that the heightened energies from the Consciousness Grid may have contributed to a situation which was not in balance going even farther out of balance. It stands to reason then that these lines within the Consciousness Grid may continue to magnify what is in balance and what is not in balance as we move into and through our ascension process.



The Planetary Grid System shown [here] was inspired by an original article by Christopher Bird, "Planetary Grid," published in New Age Journal #5, May 1975, pp. 36-41. The hexakis icosahedron grid, coordinate calculations, and point classification system are the original research of Bethe Hagens and William S. Becker. Thanks to Conservative Technology Intl. in cooperation with Governors State University, Division of Intercultural Studies, University Park, Illinois 60466.

Full Article on Consciousness Grids [HERE](#)

NEW MEDITATION CD / mp3 from NORMA

Meditation CD #22 from May 26, 2010

Connecting Consciousness

A Meditation for the Gulf Oil Spill

(from Shesat and Thoth)

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The meditation was given through me by Shesat, who is the female companion of Thoth. He was also present, and shared some important observations. One was that because of the attention humanity is now giving to the water, fish and environment in the Gulf, a connecting doorway has opened between our consciousness and the consciousness of these other beings.

Thoth weaves his information in between the meditations that Shesat gives. This lasts for about 50 minutes, and then there is a time of Q & A which draws out some additional information.

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

### **TORONTO / GUELPH ONTARIO**

#### **Evensongs for the Soul: Chant and Cello in Concert**

Grammy winner cellist David Darling and Norma Gentile

TORONTO Fri June 11 Holy Trinity

GUELPH Sat June 12 Harcourt United Church

GUELPH June 13 [Private Healing Sessions](#)

TORONTO June 14-16 [Private Healing Sessions](#)

### **SARASOTA / BRADENTON FLORIDA**

June 27 Sacred Sound / Sacred Healing workshop

June 27-28 [Private Healing Sessions](#)

### **COLUMBUS OH**

July TBA Sacred Sound / Sacred Healing workshop

July TBA [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)

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This newsletter is available in Spanish and English ([subscribe here](#))

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