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mid-June 2010 email Newsletter

Ancient Consciousnesses Arise

How beings from our planetary past effect us now.
And how to ask them for help.

Dear Friends,

I invite you to join me in the **Solstice Group Phone Meditation** Monday, June 21st at 7pm EDT (New York City time). to open our own consciousness to the consciousness present within the ancient elements we know as Water, Oil, Natural Gas, and other beings, some of whom come from a time before Atlantis.

FLORIDA June 27-29

Experiential workshop on Sacred Sound and Sacred Healing. &endash; Bradenton - Sunday, June 27

We will of course address the issue in the Gulf waters during the sound healing circle.

Individual Healing Sessions &endash; Sarasota (Siesta Key beach) Florida June 28-29

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 in the context of an individual healing session, 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

A free sound healing of mine, "Listening to Your Angels" with a chorus of 10 Tibetan Singing Bowls, posted online at www.spiritofmaat.com.

Ancient Consciousnesses Arise

How beings from our planetary past effect us now.
And how to ask them for help.

I know that when I send 'love and light' to any situation, I am only capable of sending the vibration of 'love and light' that I myself comprehend. It is the folly of my own human ego that believes I truly know unconditional love in its entirety of expression!

My own experience of asking other beings, such as Nature Spirits, to show me what their level of unconditional love is, always brings me a deeper comprehension of love. I always feel a lightness and upliftment immediately after asking them to show me what their level of unconditional love is.

I feel strongly that sending 'love and light' to any situation, person, or being is imposing my limited level of knowing of unconditional love upon that situation, person or being. On the other hand, asking them how they themselves want to express their own unconditional love empowers them to do just that. In this manner of prayer the consciousness inherent within water, oil, natural gas

and the other beings involved in the Gulf oil situation and in political or humanitarian situations around the world feel humanity honor them, rather than impose upon them our limited vibration of love, which is a tiny fraction of their own expression of unconditional love.

A note from the Nature Spirits of the 2nd Dimension, Gaia, Thoth, and others:

The consciousness within oil is very old. It predates Atlantis. I believe, from what Thoth and my other guides have shared with me, that it comes from the time when a race of beings lived upon the Earth that is not related to the current human race. Again, this is before Atlantis, even before the creation myths that have to do with our human race.

This race of beings self-imploded. The Earth went into a similar cycle of massive destruction which became internalized. This happened long before the rise of Lemuria and Atlantis. The physical destruction was matched by a rending apart of the fabric of consciousness in this part of space. As bad as the much later fall of Atlantis was, this first fall was much worse. Some beings of consciousness who were caught within this first creative cycle remained within the physical form of Earth. Dormant, they have slept for hundreds of thousands, perhaps a million or more years.

As humanity is approaching a time of awakening, and more importantly a time of passing successfully through a portal of consciousness which the first race was unable to successfully navigate through, they must now leave. It is not their journey to continue through this portal of consciousness.

My little 3rd dimensional brain can not receive all of the multi-dimensional story. And there is no need to confuse what is ours to do with more details about what did or didn't happen so long ago.

Suffice it to say that these energies over thousands, perhaps a million or more years took 3rd dimensional form within our Earth. And yet, not being truly of this cycle of creation upon the Earth, they slept.

Last March (or so....I noticed it starting in January) these energies began leaving from deep within the Earth and moving out into space. They appear dark to us, because they are not in tune with our cycle of creation and they are not vibrating at a frequency that is healthy for human bodies. But in areas of the land where they are exiting, it is very hard not to notice them. They appear to be flakes of dark ash, falling not from the sky to the ground but from within the ground upward into the sky.

When large quantities are moving out, the land appears to be physically dark or heavy. Seeing this myself I was told repeatedly not to engage with the darkness, but to look past it, and simply focus and ask those Nature Spirits and Intelligences of the land vibrating at their own level of unconditional love to step forward into my awareness. These same Nature Spirits and Intelligences are the primary source of this information, along with Gaia, as they are the only consciousnesses that have been constant in all three cycles of creation upon Earth.

It is hard for me to conceive of this world without the consciousness of Maple trees or or goldfish, but I understand that many other tree-like plants and goldfish-like beings worked with that first race of beings who attempted their own rise in consciousness upon the planet. Their dramatic failure meant that some of the other consciousnesses within that first cycle became unable to transform themselves out of the cycle. As they have slept within the Earth, they developed shapes and forms that we can see as 3rd dimensional.

Some of those shapes and forms have since slipped quietly away, with barely a whisper. A few physics noticed, but there was no noticeable physical change in the world. The vibration of these consciousnesses simply released out into where ever they need to be now. Remember, these are beings of consciousness who have their own journeys to make.

As humanity has awakened in the last thousand years, some of these ancient consciousnesses have become very visible to us. Oil is one of them. Certain types of rocks are another. Elements that exist only for brief moments during nuclear particle accelerator tests are another. All these are the 3rd dimensional form of beings whose consciousness participated in the first great cycle of creation.

This story is meant to illustrate that the consciousnesses at play in the Gulf oil situation, the overall fossil fuel debate, and quantum physics have something in common: each situation has within it consciousnesses that did not originate in our cycle of creation and who do not have natural frequencies that are meant to commune with our human consciousness.

Which makes resolving these situations particularly interesting.

And the use of asking questions to illicit from them their level of understanding of unconditional love even more imperative.

Remember – what appears psychically to be dark is usually just telling us telepathically that it is not vibrating at a level that is healthy for our physical human bodies. Trying to shift or change its vibration to fit our vibration is like trying to turn iron into water using our sheer will. Rather, our role is one of facilitating the ongoing release of consciousness that the forms represent.

How is it that the ancient consciousnesses, represented by oil and other elements, want to move now? Where is it that they need to go to now?

Releasing them into their own cycle of creation is a great gift to them and all the other consciousnesses still residing in that cycle. And as we do so, there will be shifts in the mass human consciousness around fossil fuel responsibility. When even a few humans become aware of oil has having its own unique consciousness, humanity as a whole will be much less apt to treat oil as an object. And so our relationship with oil changes.

If you would like to catch up on the previous meditations with this theme of Earth, oil and consciousness, see the [Meditation CD / podcast page](#) of my website

If you are in a position to donate towards this phone meditation and the resulting podcast, please do so. Donations can be sent to **office@healingchants.com**. This phone meditation will be recorded and posted as a free podcast, and be available in CD form as well.

Please pass this onto anyone whom you think would be interested in this meditation or the gathering June 27th or individual healings (June 28-29) in Florida.

My best to each of you,

-Norma

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)

[Purchase as standard](#)

[CD](#)

[download mp3 or stream](#)

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)

#### **SARASOTA / BRADENTON FLORIDA June 27-29**

I will be in **Florida** on the Gulf coast June 27 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 in the context of an individual healing session, 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](mailto:norma@healingchants.com)

#### **COLUMBUS OH**

July TBA Sacred Sound / Sacred Healing workshop

July TBA **Private Healing Sessions**

#### **CHICAGO**

October 23 Sacred Sound Workshop

October 24 **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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Norma Gentile, Healing Chants

PO Box 971020, Ypsilanti, MI 48198 USA  
734-330-3997, [www.healingchants.com](http://www.healingchants.com)  
[info@healingchants.com](mailto:info@healingchants.com)

YES please pass this email onto anyone you think would be interested. Just be sure to include my contact info.

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