

## Audio Meditation for Eclipse / Venus Transit - Right Now, What are You Here to Do?

Dear Friends,

Here is a [new Meditation \(CD or mp3\)](#) with two new Songs from Spirit just in time for today's Lunar Eclipse and Tuesday's Transit of the Sun by Venus. It includes new information to help you utilize the power of these days more fully, by accessing your own knowing and intuition within your High Heart. There has been an odd energy present this past week which I experienced as an ominous tension. The kind of tension that comes just before a major breakthrough. The ominous aspect of it was provided by whatever within myself (and others) is dreading the loss of old ways. I know intellectually that change must happen. But our emotional body isn't yet moving at the same speed as our spiritual awareness.

I am always amazed that the meditations that pour through me anticipate the information and healing energies that will be most useful in the future. Here is an hour-long series of meditations that help you consider what it is that you are here to do right now in your life. I included two sound healings in the recording. You can listen on your computer by [clicking here](#) (it takes a minute or so to start playing) or go to my [official podcast page](#) where you can download it and listen to any of my 33 meditations.

If you have iTunes on your computer, it is even easier! Go to the iTunes Store, and enter my name under Podcasts. There you can subscribe and receive all the meditations directly updated into your iTunes podcast list. I offer these podcast meditations free of charge to all. Donations to [office@healingchants.com](mailto:office@healingchants.com) are always welcome.

"Essentially, the core of who you are is re-evaluating your values and priorities. Over the summer, you will look at changes you want to make based upon this re-evaluation, and begin acting upon those changes beginning in October. [Meanwhile] visionary Neptune begins its retrograde period that continue all the way until the November Solar Eclipse. This means that your need to revision your life is directly tied to an emotional realignment based upon changing spiritual priorities." - from astrologer Mark Dodich, [www.astromark.us](http://www.astromark.us)

My best to each of you,  
-Norma

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### UPCOMING EVENTS - - - [\(complete list and more info here\)](#)

June 23	Candlelight Meditation Concert - Ann Arbor
July 20-22	<u><a href="#">3 Day Workshop on Sound / Healing</a></u> in my home in Michigan
Oct 20 -23	Ottawa (Canada) Concert, Workshop, Private Sessions

## Get the healing power of a Private Session on your iPod / CD player with Norma's free Meditations

available as CD or mp3

*Meditation #33 from May 20, 2012*

### What are You Here to do Now?

Accessing the High Heart to lead and empower your life now

[Purchase as standard CD](#)  
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**NOTE: Includes 2 Songs from Spirit, recorded during a live concert.**

We are gradually developing new chakras. One, related to our thymus gland, helps guide us upon the path that our Soul desires for us to choose in this lifetime. Here, at the High Heart, is where we hear the impulses of "stop" or "proceed" or sometimes even "no". Here is our built-in compass, available to us anytime we choose to use it.

These meditations help you find this High Heart within yourself, open and clear the related chakra, both in front and behind yourself, then reset the chakra and invite in your most potent guides and angels who support you now.

This meditation includes two live sound healings from a recent concert, similar to those on my album Songs of Spirit.

In times of great change there seems to be a large psychic cloud of dust that inhibits us from easily seeing our next steps. At these times the only way of knowing our true direction in life is by trusting that our Soul is intimately connected to our body, and learning to feel what our Soul, through our body, is telling us. Here is an opportunity to settle into a quiet state where those answers might arise from within yourself.

[more information](#)

[download or](#)  
[stream mp3\](#)

**1 Using Sacred Space**  
**2 Entering into Sacred Space**

#### 1 Using Sacred Space

The invocation and benediction are ways of bookending Sacred Space. What happens within Sacred Space is very understandable, as long as you are within Sacred Space and the quality of consciousness that your mind has access to during this time. When we share something that has happened to us inside of Sacred Space during a time of being in normal space, outside of the vibration of Sacred Space, it often sounds ludicrous or fantastical and ungrounded to those listening. For this reason it is important to share sacred experiences within sacredness &ndash; whether it is a time created by invoking sacred energies, or a time defined by intimate heart connections to others.

#### 2 Entering into Sacred Space

Welcoming Nature Spirits at THEIR level of Unconditional Love and your innate connection to Archangel Michael.

#### 3 The Two Heart Chakras (and what they do)

We try to engage where we do not need to engage. The High Heart chakra tells us where to engage, who to engage with, even how to engage with those meant to be in our life now. The Traditional or Lower Heart Chakra supplies the power of unconditional love to do this.

#### 4 Meditation on Your High Heart

- Learn to physically locate the High Heart / Thymus Gland Chakra
- Release guides and angels that no longer serve your journey
- Make space for guides and angels that support you right now

Sometimes when we are uncertain and feel unable to make a decision, it is because those guides and angels that are working with us are no longer in tune with us. This is particularly true when those guides and angels attached to us through the backside of our High Heart chakra are older and don't reflect changes that have happened in the world around us or choices we have made ourselves.

**5 Updating Your Spiritual Support Staff**  
The support staff of Spirit, your guides and

- 3 Your Two Heart Chakras (and what they do)**
- 4 Meditation on Your High Heart**
- 5 Updating Your Spiritual Support Staff**
- 6 Sound Healing: How does Your Body want to be supported by Your Soul now? (Mother of Eternity)**
- 7 Sound Healing: What are you meant to do now?**
- 8 Let your Soul Lead You**
- 9 Re-Claiming Your Right to Say "No"**
- 10 Your Traditional Heart Chakra**
- 11 Experience Your Unique Quality of Unconditional Love**
- 12 Exiting from Sacred Space**

angels, usually appear to stand behind you. From this point they support you and connect into your energy field from the backside of your chakras. You can usually feel them in the space a few inches or up to a foot behind you.

I am always amazed at how quickly we are all shifting, and how many energies we seem to be either releasing or updating on a daily basis. The guides and angels you woke up with this morning are probably not the same ones you are going to go to sleep with tonight.

**6 Sound Meditation: How does your body want to be supported by your soul now?**

**7 Sound Healing: Create Your Life**

**8 Let your Soul Lead You**

What is it that you want to attain? Is it possible that just your brain or personality wants to attain it? Perhaps it is only the experience of walking towards that goal that your soul desires. And as you walk through the experiences of life that take you towards the goal, the goal itself may change.

**9 Re-Claiming Your Right to Say "No"**

As that space behind the thymus gland is clarified, it frees up the webbing within the backside of the chakra to be more in tune with how your body and soul want to journey together now. As the backside of the High Heart chakra (or any chakra) is perfectly tuned to you, it will draw to you those guides and angels that are in tune with you.

Naturally those guides and angels that work with all of us are drawn to us by the principle of resonance. So when something isn't quite in tune within our chakra system, we draw to ourselves guides and angels that are not quite in tune with us. The most common symptom of this phenomenon is our inability to discern what is ours to do. We end up saying "yes" when our soul means "no".

Here is an easy way to release those guides and angels that no longer serve us, and welcome in those that do.

**10 Your Traditional Heart Chakra**

When the High heart chakra is not fully functioning in its capacity as gatekeeper, then the Traditional Heart Chakra must play that role in addition to its normal function. For this reason the traditional heart chakra turns itself down, or even off at some points, in order to protect us from being engaged with those people or circumstances that our soul knows we are

	<p>not meant to engage with in this lifetime.</p> <p>In order to heighten the experience of unconditional love that wants to pour through the Traditional Heart Chakra, we must open the High Heart chakra, and allow it to be the place where our unconditional love can be transmuted into love for our soul's journey right here and now.</p> <p><b>11 What is your unique quality of unconditional love?</b> Our brains constantly want to make judgments and tell us something is better than something else. Unconditional love has a multitude of expressions. None are better than another. They are just different. There are many qualities of healing energy in this universe. Which will remind you of who you truly are, right now?</p> <p><b>12 Exiting from Sacred Space</b> It is important to let our bodies vibrate at our human, physical level for our own wellbeing. As wonderful as it feels to be consciously connected to our guides and angels, their vibration is too high for our physical bodies to sustain for long periods of time. It is appropriate to let them go so that we can engage our own consciousness fully into our body.</p>
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<p><b>Attend a Meditation Concert without leaving your home!</b></p> <p>You can now experience a Live Meditation Concert online. It was edited into four parts, and subtitles were added to offer additional insights. See Norma's <a href="#">youtube page</a> or click below.</p> <p><a href="#">Part 1 Opening to Spirit: talk and sound healing</a></p> <p><a href="#">Part 2 The Sacred Masculine Within</a></p> <p><a href="#">Part 3 Ubi Caritas Improvisation (Where there is Love)</a></p> <p><a href="#">Part 4 Improvisation and Kyrie by Hildegard of Bingen</a></p> <p>.</p>
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[Creatus](#)

[Loving Tenderness Abounds](#) (Caritas abundat) from Norma's newly re-released album [Healing Chants](#)

[Tibetan Bowls to clear the backside of your Body and Aura](#)

[Ubi Caritas](#) (4 part harmony) with shruti box

[Caught by Spirit](#) with shruti box

[Weaving Compassion](#) (a choir of Tibetan Bowls accompanies my improvised chant inspired by my Hathor guide Atamira)

[Click Here](#) for more of my Sound Healings and Articles on SpiritofMaat

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#### **A Note on Phone Meditations and CDs of Meditations and Teachings:**

As of today, I have [32 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.

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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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