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Not Me! How We Play the Blame Game

Dear Friends,

I'm on my way to [Pittsburgh](#) and then [Portland Oregon](#), where we (meaning myself and you who come to the concert) will be part of a **NEW ALBUM of Healing Songs & Chants**. Incorporating the energies of the Full Moon and Spring Equinox, there will be microphones amidst the many wonderful candles of the Old Church on Friday, March 18, and I hope you will join me there.

The focus of this concert is creating music to remind us of the power of stillness, and the sacredness of deep power. Please join me, and share this notice with others. Doors open at 7:30pm for seating. Tickets \$15 are available at the door, online, and New Renaissance (where I'll share a workshop on newly emerging aspects of sound and healing). Bring meditation pillows if you want. More information on the [Calendar page](#).

Please let friends know that they can find me in these different events and cities

March 11-14 [Pittsburgh PA](#) Concert, Workshop, Private Sessions
March 18-21 [Portland Oregon](#) Concert, Workshop, Private Sessions
April 1 [Indianapolis Indiana](#), Private Healing Sessions (to compliment [Braco's Gazing](#))
April 17 [Embodying Healing Sounds Workshop](#) Ann Arbor
April 22 (Good Friday Eve) [Candlelight Meditation Concert](#) Ann Arbor
May 13-14 [Richmond, VA](#) Private Sessions, maybe more TBA
June 11-12 [Sound Healing Training Weekend](#) (private lake home near Ann Arbor)
June 24-26 [Faery Congress](#) (Carlton WA, western Cascades)
June 27 [Seattle](#) WA Healing Sessions

LISTEN NOW - March Sound Healing: [Soothing Waters](#)

a sound healing lullaby from my Hathor guide, Atamira for piano and voice

Not Me! How we play the Blame Game

Blame is a child's game. We learned to play it at the youngest of ages, when we pointed to our sibling, our pet dog, cat or goldfish when asked by a parent "WHO DID THAT?" This was a natural response we developed to protect ourselves from the emotional arrow of anger behind the question being hurled at us. What we learned, unfortunately, was to perpetuate this scenario over and over again in our lives.

When we were children, the emotions of adults rained down upon us, becoming so overwhelming that we may have even experienced these energies of highly charged adult emotions as actual physical pain. And we need not have been in the same room as the adult emitting the emotional energy. How often has a crying child interrupted a whispered argument between parents? Or an uneasy child, unable to fall soundly asleep, kept parents who have unexpressed anger between them awake night after night?

My point is this: emotions are energies. They are just as real as radio waves and just as easily picked up by infants, children, psychics and most anyone who has been born into a human body. We just don't always allow ourselves to listen to this level of energy in our lives.

Back to blame. This is a particularly common energetic frequency. If you could hear emotions as musical notes, I would say blame is a tri-tone. (sample 1 here) These two notes are locked into each other, grinding against each other, and they want desperately to resolve into what in musical parlance is called a perfect 5th (sample 2 here). The noteworthy (pun intended) aspect of this motion is that the tri-tone (made up of literally 3 whole steps) changes into a perfect 5th when either of the notes moves away from the other note.(sample 3 here)

Just like in the blame game, either partner (or note) can move the situation into consonance by stepping back. And that step need be only 1/3 of a step. It takes far more concentration for two musicians to sustain the relationship of a tri-tone than a perfect 5th. When I ask groups to sing opposing notes to each other, a tri-tone inevitably turns into a perfect 5th. Sustaining the emotional and sonic tension of a tri-tone for any length of time is just too hard! Just like the interval of a tri-tone does not want to remain static, the emotion of blame is not a static emotion meant to be expressed in an ongoing manner.

Blame is an emotion created by the mind to help us acknowledge tension in our life and at the same time strongly desire to resolve it. Blame allows us to step back from a situation and take the energetic focus off of ourselves for a moment and place it on another person or a government or a system or our pet goldfish.

As we deepen spiritually, blame is no longer a tool we need to hold onto. Bit by bit we come to understand that (for the most part) we choose to step into an uncomfortable situation, and it is up to us to step out of that same situation. The emotion we feel is part of our body and soul telling our mind that the situation is not healthy and that we must do something about it. In the past we have used blame to dilute the intensity of our experience of emotions. [As we mature, the actual emotions we feel change. And so our need to use blame to release overly intense emotions lessens.

For the past three weeks I have noticed when I overheard the word "blame", or when I was tempted to use it myself. And I've begun to wonder what would happen to American society if blame didn't exist. For starters, reality television would disappear. In particular, Donald Trump would be out of a job! And most of the plot lines in other television shows and movies would also cease to exist. Our society has woven the constant thread of blame into its daily expression and way of being. But I believe that blame is not meant to be an ongoing adult expression. It is meant to be learning tool.

Let's relate this to some current political and social changes. The cultures in North Africa and the Middle East are turning themselves inside out. The energy of blame is part of this too. If blame is the only emotion behind a revolution then no new and improved forms of governance will emerge. Blame makes us look backward at what caused us to be in a state of discomfort. But it will not help us see with our spiritual eyes where it is that our soul's journey will take us in the future. Only emotions of forgiveness, charity, and compassion can do that. The same is true for those protesting in the US or anywhere else.

So many members of our human family are in the throes of uncomfortable and challenging changes. Their emotions of fear and anger are suspended within the shared unconsciousness of all of Humanity. This is bringing these emotions front and center for all of us with human bodies.

When we as humans are dealing with world-wide situations that involve ongoing, long-term issues, it is very easy for our physical bodies to also feel the emotional patterns that are suspended within the shared consciousness of Humanity. And that means any and every physical body can potentially play a role in resolving our shared emotional patterns.

Here and now, there is an underlying tension within our bodies relating to uprisings in the Middle East and North Africa, as well as the global financial reconstruction. Maybe there is a personal situation that has been on your mind as you have read this. Know that the tension of the situation can resolve from its current state of the blaming tri-tone into balance.

Expressing ongoing blame to someone or something outside of oneself gives your emotional energy away. This behavior keeps you from using this same emotional energy to move into resolution, and into the next expression of your soul's journey. We can each choose to live in the energy of blame. Or we can recognize it as an indicator of needful spiritual growth.

-Norma Gentile

NOTE ON WEEKEND PRACTITIONER'S TRAINING - BRIGHTON, MICHIGAN JUNE 11-12

There have been many people inquiring about lodging possibilities, especially camping options. The lake home we are meeting in adjoins the Island Lake State Park. I have found a rustic cabin in the park within a short walk from where we are meeting that can accommodate everyone. There are no frills bunk beds with mattresses. I can arrange to supply towels and bed linens, blankets etc for those who are flying in. There is water from a pump, but no electricity or showers. You are welcome to charge your phones etc during the workshop hours at the lake house and swim there and at the state park. If you prefer hotels, there are several in town at about \$100/day and they require a car or transportation arrangements. For those of you who want to search on your own, the house is located on Briggs Lake in Brighton, Michigan, zip code 48116. Please let me know if you want the cabin option. It will be about \$50/person for 3 nights - Fri, Sat and Sun or less, depending on the number of nights and people.

MEDITATION CD / mp3 Norma Gentile Feb 6, 2011 meditation
based on Micromanaging God: How We Pray Matters

Meditation CD #28 from February 6, 2011

**Weaving Soul
into Body, Mind and
Spirit**

An hour of experiential healing meditations from Archangel Michael and Mary based on Norma's essay Micromanaging God: How We Pray Matters

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

***includes the sound healing "O Creation of God" (O factura Dei, available on the CDs Songs of Spirit and Healing Chants of Hildegard) composed and sung by Norma to the poetry of Hildegard of Bingen.**

If you are in a position to do so, **please**

- 1 Micromanaging God: How we Pray Matters**
- 2 Invoking (and Explaining) Sacred Energies**
- 3 Meditation: What in Your Life is ready to be released?**
- 4 Finding more Ease in Your Life**
- *5 Meditation Chant: O Creation of God / O factura Dei**
- 6 Strengthening the Bond between Soul and Body**
- 7 Meditation: Weaving Your Soul into your Body, Mind and Heart**
- 8 Meditation: Cleansing Body and Aura (4 feet around you)**
- 9 Creating the New You**
- 10 Releasing Sacred Space**
- 11 For more information**

Total Time: 1 hour, 15 mins

Do the forms you are currently manifesting serve you? Does your life now reflect what your soul desires to manifest? What is the quality of ease that your soul wants your body to have in your life?

Manifestation is an energetic process within our throat or 5th chakra working in tandem with our navel chakra and knee chakras. The quality at which our skin rubs against our physical reality is largely determined by our soul.

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.

physical reality is largely determined by our soul.

Most of us have accidentally created much more friction in our lives than what our soul means for us to experience. With this meditation we help you find the quality of ease that your soul means for your body to have in your life now.

Sometimes it is our expectation that it will be difficult to release something that actually makes it difficult. Most of the time, the old is really uncomfortable, and we have simply grown used to the discomfort. The more we let go, the more ease we have in our lives.

Spiritual energetic waves are always coming towards us. But the new can't arrive until we have let go of the old. In the ocean of life, you can't surf two waves at once!

What if we were to shift healing and prayer away from the idea of needing help and giving help? What if we saw healing as being a situation where a person's soul and body are recognizing a potential for strengthening their connection? Together the soul and body have identified a weak link that they are ready to change. It is only the personality that is holding us back from moving easily along that path of change.

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

As of today, I have [28 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.

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



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

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

#### **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 \(SE Portland\)](#)

#### **INDIANAPOLIS IN**

Fri, April 1 [Private Healing Sessions](#)

#### **ANN ARBOR, MI**

April 17 from 2-5pm - Embodying Healing Sounds - experiential workshop  
April 22 (Good Friday) Candlelight Concert of Healing Chants

#### **RICHMOND VA**

May 13-14 Private Sessions, maybe workshop or more TBA

#### **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](#) *Early Discount until March 15*

#### **SEATTLE**

June 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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