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Looking Within: The Journey of Worship

(and a new Meditation CD or download mp3)

Dear Friends,

So much is happening, and yet sometimes it seems like nothing is happening. We are touching a great stillness within us, and at the same time feeling the swirling whirling extremes of the outer world. In this newsletter I offer some live events (please tell your friends in **Portland, Oregon** that I am on my way there tomorrow), an essay, a new Meditation podcast/CD, and my album, Healing Chants (vol 1) is now remastered and re-released.

UPCOMING EVENTS

March 30 - Apr 2	Portland OR (tickets for Old Church Concert HERE , New Renaissance workshop and booking now for private sessions)
TBA this spring	Santa Cruz -ish in California, workshop and private session, Richmond VA
Summer	<u>3 Day Workshop on Sound / Healing</u> in my home in Michigan

Looking Within: The Journey of Worship

As we draw ever closer to the date of December 21, 2012, more and more people's attention, and therefore the energies of their life-force, are being drawn to what this might mean. I find myself noticing the buildup of energies around 12/21/12, and wonder if much of what we are experiencing in the world is actually a consequence of our own attention upon the instant, magical change that many expect on this date.

Here is a bit of what my principle guide, Archangel Michael is sharing with me today:

You (humanity) have a built-in predisposition to assign power and prestige to objects and people outside of yourself. Initially in your development as a race, this assisted you with understanding the potential of your true nature.

Now, however, is the time for you to grasp whatever you see before you as powerful, all-knowing or omnipotent, and find that same quality deep within your own physical form. There is a veil between your body and yourself (your personality) that has been lifted. Most humans believe that veil still exists, and they behave accordingly, worshiping those in whom they have placed their confidence – or their fear.

For remember, within the dynamic of Earth's evolutionary process, you are bound to duality. As you bow before another, you are calling others to bow before you. And what you worship externally is merely someone, or something, that in turn is worshiping another.

This chain of worship does not end in the God that you believe you know. It ends back where it began, within another human or an object. In essence, it is one large circle, with no end and no

beginning. But unlike the Biblical reference from which I draw this statement, there is no true God involved.

Worship is reserved for yourself. Consider this statement. What if the only thing or person you worshiped were you? How would that change your belief system and daily routine?

Truly there are aspects of your life in which you are still learning from another. You may decide that having a worshipful relationship to some people and some objects is accurate for you, here and now. These are relationships where you feel you are exploring and finding new strengths within yourself each time you interact with this person or object.

There are also, no doubt, some relationships of worship that no longer serve your journey. The lessons have been learned and the tasks are completed. In these cases the relationships feel uncomfortable, heavy and even painful. Your life-force is engaged in a way that does not reveal and nourish your inner vitality.

This is a most difficult relationship to change. As humans you have a habit of linear thinking. In this pattern, whatever once felt good should continue to feel good to you. But it does not. Honor this sensation and knowing within you. The act of honoring your own knowing will lead you out of the valley within which the relationship dwells.

As humans, both individually and in your shared collective consciousness, you have the ability to give great energy to whatever you focus upon. It can be a shared date such as December 21, 2012, or a more personal event, such as an anniversary or birthday. As humanity moves ever closer to a potentized moment of time such as December 21, 2012, the related energies of human consciousness build before the date. If one could see these energies, they would appear as hills and valleys. Each cycle of hills becomes ever steeper, and the deepening valleys bring greater possibilities for inner revelations.

Perhaps there is an assumption that this process of valleys and hills will cease after December 21, 2012. From the vantage-point of Spirit, this is not an assumption we share.

You (humanity) are in a series of learning processes which will last throughout your own ability to comprehend time. Those souls who choose to continue to incarnate into human form will continue to experience ever new aspects of the reality shared by both incarnate and Spiritual Beings. This is a gift from incarnate humans to All of Creation.

While there are moments, days, and even weeks where you may question your ability to look inward and see that which is worthy of being worshiped, such valleys will also lead to the next mountaintop. Your journey is our journey. We are with you. Look within, and there we will meet you.

Archangel Michael
through Norma Gentile

Meditation #32 from February 5, 2012

Your Unique Frequency

How your Soul and Body create
your Life's Journey.

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LISTEN to an EXCERPT NOW:
[Why some Energies look Dark to us](#)

When we see something on a psychic or energy level as being the color brown or black or simply dark, it is a way that most of us have of knowing that an energy is not in tune with our body and is not healthy for us to engage with. As it leaves, it need not change color, because it is still not good for you. We perceive it as a dark color only because our own instincts know that it is not healthy for us. Allow it then to be whatever color that it is. You do not need to change it. Let it be on its own evolutionary journey. Let it choose any changes for itself.

And that frees you up even more, because those energies all around you that aren't in tune with you anymore recognize that they don't have to change before they can leave. And you recognize that you don't have to change them before they can leave. It is not up to you to do anything with them except recognize what is no longer in tune with you and release it onto its own journey.

Includes the sound healing "**Loving Tenderness abounds for All** (*Caritas abundat*", from Norma's newly re-released album [Healing Chants \(vol 1\) Hildegard of Bingen](#).

1. Introduction
- 2 Invocation of Sacred Space ‐ Why I do this
- 3 Why we Resist Releasing Thoughts, Emotions,Behaviors
- 4 Defining Your Soul, here and now
- 5 Meditation: Releasing energies no longer active in your life.
- 6 Why some Energies look Dark to us
- 7 You are a Radio Station (and a transmitting tower)
- 8 Meditation ‐ Your Unique Frequency of Compassion
- 9 Caritas Abundat in Omnia (Loving Tenderness Abounds for All) from Norma's album [Healing Chants \(vol 1\) Hildegard of Bingen](#).
- 10 Final Clearing and Release of Your Angels and Sacred Space

[more information](#)

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Attend a Meditation Concert without leaving your home!

You can now experience a Live Meditation Concert online. It was edited into four parts, and subtitles were added to offer additional insights. Click on the links below, or see Norma's entire youtube page at <http://www.youtube.com/normagentile>
Videos thanks to Craig Harvey caharvey2007

Part 1 Opening to Spirit: talk and sound healing

Norma shares thoughts and a related sound healing from Spirit (her Hathor guide Atamira).

Part 2 The Sacred Masculine Within

Part 3 Ubi Caritas Improvisation (Where there is Love)

Improvisation has long been a way to allow Spirit to move effortlessly through us into the world. Whether it is in words (Marianne Williamson) or acting (Meryl Streep) we each have ways of opening ourselves to be channels for Spirit. Here is a song, drawn through me in the moment during a live Meditation Concert while I play shruti box.

Part 4 Improvisation and Kyrie by Hildegard of Bingen

Norma sings an improvisation from Spirit accompanied by Tibetan Singing Bowls, followed by the setting of Kyrie Eleison (Creator, Draw Compassion from Us) composed by the abbess and mystic Hildegard of Bingen in the 12th century.

OTHER SOUND HEALINGS (hosted on the SpiritofMaat.com website)

[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

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.

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



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

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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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