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Melting the Boulders (of your beliefs) Transforming painful life patterns

Dear Friends,

There seemed to be much hoopla and fanfare around the solar eclipse that occurred near the March 20, 2015 equinox. But there is a lunar eclipse sneaking up on us on April 4, and I believe it is the more important of the two. While most people are not paying much attention to it, this next eclipse is surrounded by potent astrological alignments that open a three-week portal of time which can help us change direction in our lives.

Simultaneously, I am re-releasing my CD [Unfurling Love's Creation](#). This music creates sacred space based on the Divine Feminine within Nature, and supports deep stillness. See below for special pre-release pricing and free shipping of autographed copies.

Total Lunar Eclipse of "Blood Moon", is on Saturday April 4, 2015
[more info here](#)
Join me for a [phone meditation](#) that same day at 1pm EDT (10am Pacific)

From time to time, due to astrological alignments, we have the opportunity to move difficult, intractable underlying life patterns into a cosmic stream not unlike the flow of water from a faucet. These next few weeks are one of those times.

My guides say it is like when you put your hand under a faucet with the water running; you can easily re-direct the stream of water with very little effort. The water is already in motion, and you are simply encouraging this motion to move forward or back, to the right, or left.

This is from Archangel Michael: Imagine a habit, lifelong issue, or experience that you have had over and over. It feels like an immovable boulder. Now imagine what might happen if that boulder were to begin to melt? You might say 'Oh yes, now I can shrink it, or let it melt away completely, or reshape it'. But will you? While our personality will promise to take advantage of the potential for such fundamental change, other factors can limit or undo that promise.

We may limit how much we take advantage of moments of change in our life, not only by our personality's beliefs, but also because of spiritual contracts we have made with our soul. Very often there are energetic patterns available to our soul only here and in this moment on Earth. Until the soul has learned all that it needs to learn about this pattern, we are unable to escape from it or alter it. The saying 'the only way out is through' aptly applies to these patterns.

But there is hope for changing even these patterns!

As anyone looks deeply into their experience of a long-held pattern, they see the pain and discomfort as well as the blessing that it has brought them. Most often, we feel the pain, and assume that is all it has to offer us.

But our soul only draws into our lives patterns that have aspects we experience as both positive and negative. Because we have experienced the painful aspect of a pattern over and over again we assume that the pattern is 'bad' and must be cut out of our life. That is the way of polarity: destroy the bad and keep the good. But what if the very pattern that creates pain can also nurture something we perceive as good, such as strength? We see this in physical healing all the time. The pain of an injury safeguards that area of the body from further injury while it is healing. Once properly healed, the body is often stronger in this area than it was originally.

In these next few weeks, we have a special 'cosmically designed' opportunity to create deeply still moments of time. Within these moments we will see the painful patterns within our life. If we can gaze upon these patterns and honor that there are valuable lessons within them, we open ourselves to melting away the boulders each pattern is rooted within. Seeing beyond 'good' and 'bad', 'right' or 'wrong' is an indication that we are stepping into that space of spiritual union with All That Is / God.

From this space, we honor both pain and joy as ways the soul learns what it desires to learn. And so we honor our own soul's journey. In the moment we can truly recognize a painful pattern in our life as emanating from our soul, we realize that there is nothing wrong with it. When we cease to judge the pattern, we cease to proclaim the pain as being 'bad'. In fact, insights arise

around the pattern that allow us to see it as a gift, not a curse.

That is what these next few weeks are about. Worldwide patterns that cause great pain can change to the extent that we each notice and address painful patterns in our own lives. The energetic boulders from which these patterns have grown can melt. Our role is to allow this to happen.

May your heart be still and open to new possibilities,

-Norma, with Archangel Michael

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Unfurling Love's Creation

Based on compassion
as an aspect of Love,
these chants
illuminate the finer
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Feminine. This
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suitable for those
seeking deeper
stillness.

Chants by Hildegard
of Bingen
Sung by Norma
Gentile

*with Harmonic
Drone Chorus
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Get the healing power of a Private Session with Norma's Meditations
(also available from iTunes)

Meditation #44 from October 19, 2014

Embracing the New by Releasing the Old
Nourishing Yourself for What is Coming



In responsibly releasing energetic patterns out of our space, letting them move to wherever they need to go to now, we are also stating to all the energies interacting with us that we are ready for an update and upgrade. We are ready for something that nourishes us now - not something from ten or more years ago, but that which reflects our soul's journey now.

- Invocation of Nature Sphere and Archangel Michael
- Your Role in Stewarding Energetic Patterns Homeward
- Your Awareness can affect Weather Patterns
- Your Ability (and Responsibility) to Release what no longer Serves
- Your Questions Heal Yourself and Your World
- Your Brain and Healing (don't always mix well)
- Nourishing Yourself for what is Coming
- The Essence of Your Soul within the Earth is Your Greatest Healer
- Unlimiting How much Energy We Receive
- What is Your Next Step? How will You Know It?

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Meditation**
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There are two sound
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Designs based on Hildegard

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long sleeve



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

As of today, I have [44 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 a few times each year. About half contain healing songs or chants. All are offered freely as podcasts (you can subscribe directly on iTunes > Podcasts > Norma Gentile) or a few are available as 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 90,000 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.

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 or 734-330-3997. [Read more about private healing sessions here](#)

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Norma's other offerings

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Norma Gentile, Healing Chants
PO Box 971020, Ypsilanti, MI 48198 USA
734-330-3997, www.healingchants.com
info@healingchants.com

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