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How the earthquake changed our brains (and how we think)

It wasn't just an Earthquake. Nor was it just a tsunami. Nor is it even the ongoing nuclear meltdowns. The electromagnetic field of the planet shifted. It happened in the hours just before the Earthquake and for several hours after the Earthquake. And because of that, our brains and the way we think have changed. .

What does that mean?

Simply put; you can't think the same thoughts this week that you thought last week. The physical shift of the Earth made more concrete within our own bodies whatever change was necessary so that our thought patterns will not regress. That is a gift to all of humanity.

And not coincidentally, I'm on my way to [Portland Oregon](#) for a meditation concert and workshop this weekend. The concert will be recorded, and so the energies of this evening will go out worldwide and be available as an mp3 or CD. The focus of Friday evening's concert is creating music to remind us of the power of stillness, and the sacredness of our own deep inner power. I now understand why my guides and angels suggested doing this amidst the chaos of earth changes, so that the recording can incorporate the expansive Divine Feminine energies of the Full Moon and the steady balancing qualities of the Spring Equinox.

Please let friends know about the Portland Oregon Concert!

OK, back to the essay.....

There are thoughts that are very hard for us to entertain now, after the quake. These same thoughts were ones we considered normal to have before the quake. There is a deeper quality of compassion and less judgment. A deeper reflection and stillness that we either yearn for or are taking steps to find and cultivate now. Our brain's function has shifted. We have lost some of our memory. The kind of memory that tells our computer where we were the last time we opened a web browser. We can no longer access it. There is no going back. We are not who we were.

The electromagnetic field that surrounds the Earth is both generated by the Earth as well as all the living beings who are present upon and within the Earth. As my definition of living beings I'm including plants, animals, minerals and all that humanity has created. Including nuclear power plants. These power plants emit electromagnetic fields. To a lesser extent the electrical lines in my backyard that bring electricity into my house, along with my phone lines and even cable TV lines, also generate small electromagnetic fields. As a result, the larger EM field of the planet is impacted by these smaller EM fields.

My guides were suggesting I think of this like acupuncture. If the planet is the body of the patient, then the planetary electromagnetic field is the energetic body of the patient. The nuclear reactors are needles being inserted into the patient's body; in this case the Earth. If someone randomly inserts needles into someone's body, chances are they won't hit any major acupuncture points, or hit enough minor points that relate to each other in a way to disturb the flow of energy in any given meridian. Any disruption in the meridians or chi of the patient that does occur due to needles being inserted randomly the patient's own body will restore within a few hours or days, once the needles are removed.

In the case of our planet, the nuclear reactors and similarly large producers of electromagnetic fields have been plunked down upon the planet. But they are not spread out evenly. They are clustered into certain regions and in lines up and down the coasts of Japan and the east coast of the US. Where the reactors exist in these lines, it is possible that they are forming secondary energy meridians, with each reactor functioning as a potent nodal point. These secondary energy meridians exist alongside the natural energy meridians of the Earth. Where they are clustered, they are creating secondary nodal points.

My wondering goes perhaps a bit differently here than what you might expect. I wonder if Earth's energies and Gaia's consciousness feels these secondary meridians and might be incorporating them to catapult the change in human consciousness? That is to say, what humanity has built is not wrong. It is being used in a manner we didn't anticipate to help us spring more quickly into a new way of viewing and interacting with our Earth. And we may not find this comfortable. Perhaps this discomfort will motivate us to seek within ourselves that still center point. Or plant a garden. Or call a dear friend.

LISTEN NOW - March Sound Healing: Soothing Waters

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

from Mary,

Tension and Release

Tension and release are the acts by which you as humans move forward or backward – as to which direction, that is your choice.

You may choose to see disaster as a step backward for humanity. Or as an opportunity to receive new learning tools.

Your heart opens, and what pours forth nourishes your world.

A Note from Norma:

At about the some moment the Earth shrugged her shoulder under the island of Japan, my own body sighed deeply. Months of a tension which had slowly built up inside of my core released as I turned from my computer screen to reach some papers behind me. It was an emotional energy and a sigh and a question mark, all pulsing up and out and into the space around me.

It was also a surprise. Before I gathered my thoughts, the energy had gone from the room. And the uneasiness I had been feeling inside of my body was gone. Completely. It was not mine. It had grown so slowly that I had not even thought to ask the tension if it was mine. Like most of us who feel things going on inside of us, I assumed that the sensation was mine. But it wasn't. It was the Earth's.

Our bodies are resonant to the physical Earth. Although we may have blocked it, we have the ability to be telepathic with the Earth. Many people find it easier to be telepathic in their emotions. They know they are resonant with the grief, fear and pain they see on the television. Others are now resonant with the Earth, as she builds up tension and then releases it. Just as we are on a journey, so is Gaia, whose body is the physical Earth.

This is what I am exploring now in workshops and concerts. If you feel drawn, please come and join me on this exploration. Events are listed on the [Calendar page](#). [Individual sessions](#) are available no matter where you live. And there are nearly 30 meditations available as [free podcasts](#) or at [cost CDs](#). Just start wherever you want....afterall, you can't go back, so you may as well go forward!

My blessing to all who read this,

-Norma Gentile
www.healingchants.com

PLEASE JOIN ME (and let your friends know too!) AT AN EVENT

March 11-14	Pittsburgh PA RE-SCHEDULED to April 29-May 1
March 18-21	Portland Oregon Concert, Workshop, Private Sessions
April 1	Indianapolis Indiana , Private Healing Sessions (to compliment
April 17	Braco's Gazing)
April 22	Embodying Healing Sounds Workshop Ann Arbor
May 13-14	(Good Friday Eve) Candlelight Meditation Concert Ann Arbor
June 11-12	Richmond, VA Private Sessions, maybe more TBA
June 24-26	Sound Healing Training Weekend (private lake home near Ann
June 27	Arbor) Faery Congress (Carlton WA, western Cascades) Seattle WA Healing Sessions

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.

- 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.

Hildegard) composed and sung by Norma to the poetry of Hildegard of Bingen.

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.

chakras. The quality at which our skin rubs against our 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.

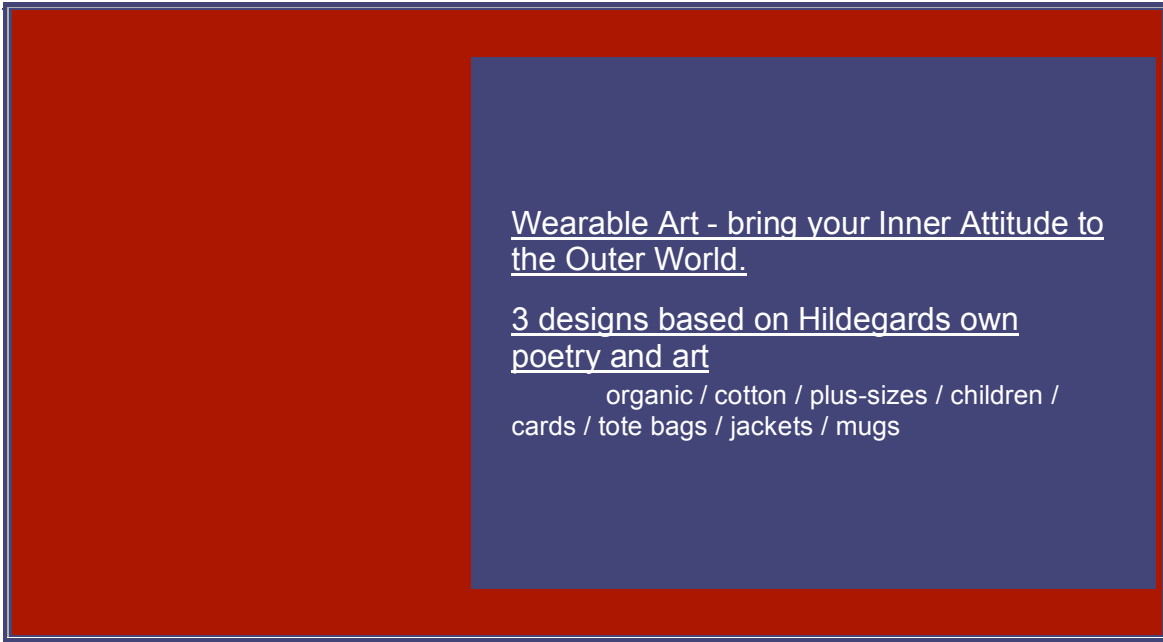
A Note on Phone Meditations and CDs of Meditations and Teachings:

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?



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

**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

**PITTSBURG PA**

April 29 Meditation Concert  
April 30 Sacred Sound / Sacred Healing workshop  
May 1 - 2 [Private Healing Sessions](#)

**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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