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Healing Emotional Turbulence

Blame, Shame and Spiritual Maturity

Dear Friends,

You have no doubt noticed that there is again an intensity in the air around us. This time it appears to be about bringing up long hidden issues that we have let become dormant. When we put issues 'away' and out of sight from our consciousness it is usually because the Teacher, the outer world circumstance or the people that would help us unwind the issue are not yet in place.

In the next few months many circumstances may appear in our lives, quite quickly, even suddenly, so that we can address one or more issue that our soul feels we need to clear up and clarify now.

Whatever you are noticing right now is apt to be one of those issues in your life that you are dredging up from where it has been sleeping, deep within your sub-consciousness. This process will intensify during the upcoming eclipses (Solar Eclipse May 20 & Partial Lunar Eclipse June 4) and remain active through August.

You may want to join me for a [FREE PHONE MEDITATION](#) on Sunday, May 20 at 1pm EDT.
[More info Here](#)

From the perspective of ongoing change, growth and healing, this intensity is a good thing. I know that I can't pry issues energetically out of anyone. I can only help to resolve and release those issues that are active and currently up for people. I do have [Private Session](#) times available during this period, if you feel that would support your process.

Especially for this month's energies, I have a new Sound Healing [Mother of Eternity](#)

I was mulling over how, during intense circumstances, we process and release the emotional energies or physical stress and discomfort we feel related to the intensity. Sometimes we use healthy methods, like yoga, exercise, talking with trusted mentors or chanting. Sometimes we indulge in less healthy forms of release. Lately I was looking at blame and similar emotions that tend to throw out of our own space those uncomfortable personal emotional energies that build up within us during difficult times.

I think the hardest part of going through something difficult is thinking that it is just you alone going through it. I don't tend to believe that "misery loves company". But I would say that when you know you are experiencing something, and that there are others who are experiencing something similar, it gives you access to the larger context of your experience. With this sense of 'you are not alone' it is easier to step out of self-blame (it's all my fault and I am ashamed) and be open to seeing how you contributed to the situation (without assigning blame). When any of us understands how we helped create our quandary, we have the potential to make choices that get us out of the situation.

As I see it, blame throws emotional energy out of your space (when you blame others) or overwhelms your ability to process and move forward (when you blame yourself, and feel ashamed). But we each need access to emotional energy in order to change ourselves and our lives. So if any of us is constantly throwing emotional energy away (or inward), we may never accumulate enough energy for true transformational change.

Emotional energies are some of the most potent energies we have easy access to, as humans. But only those energies that are actively flowing and in motion are available for us to use. This is true for all types of energy. Anything that is moving and flowing we can engage with to create change. We have a much harder time engaging with those energies that are stuck or frozen, and so they are prone to remaining unchanged.

A simplistic model of this is how water moves quickly when it is in its gaseous state as humidity in the air, or its fluid state as a flowing river. If you have walked on a beach or alongside a stream, you may have noticed that the motion of the water erodes the sharp edges on whatever it has come into contact with. Pebbles, shells, broken glass and even stones are worn down over time to have silky smooth surfaces and rounded edges. Water in its frozen state, such as ice, cannot interact with these objects in the same way nearly as quickly!

It is only to the extent that the potential energy within the water is released that it can act to change what it is interacting with. Ice will smooth the edges of objects, but it takes much longer because there is so much less motion. The energy potential within water in its liquid state is not bound up, and therefore it acts much more quickly on those things that are in its environment; the stones, pebbles, or pieces of broken glass.

Blame (or shame) is like putting water into ice cube trays and freezing it. When we blame another or shame ourselves we are putting our emotional energy into a sort of storage container. When we blame another, the energy goes outside of our personal aura. Psychically it looks like it hangs in the space between the blamer and the blamee. On the other hand, when we blame ourselves the emotional energy of shame is embedded into our physical body.

Obviously no one wants to hang onto emotional energies of shame, or imagine themselves walking around surrounded by hunks of blame-energy! But we are all human, and as humans we have developed certain coping behaviors. Blame is one coping behavior that we probably saw used by our parents and learned to duplicate at a very young age. How many times have you seen a young child blame another child for something? Or accuse the family dog of eating his vegetables?

In our power to think about something differently lies our greatest power to make it different. ~ Marianne Williamson

As we are maturing in self-awareness our spiritual abilities are also maturing. Those patterns of blame which served us before are now ready to change. Be aware of the flashes of emotion that seem over-the-top. Here is your experience of your own stored emotional energies flashing up. Like a little volcano they spurt up and out. This means they are in motion, nearing the surface, and ready to be released and transformed.

You may also notice odd body sensations. Again, this can be a symptom of self-blame energies stirring and rising to the surface. When you notice something, it means you are just a step away from having conscious access to the energies that are causing whatever you are noticing. Once you have access to the energies causing a pattern, then you have the ability to change that pattern. As one of my teachers, John Friedlander used to say, "Whatever you notice you can heal."

While it is not always comfortable, this is a time period of self-exploration and growing self-awareness. Noticing what fits and doesn't fit is a daily, probably hourly or even minute-to-minute tool that helps us redefine who we are and how we relate to our world. Whatever you feel is not

comfortable in your life, your body, your thoughts and your emotions is ready to change.

May each of you be well blessed, as you move into the next step of your soul's journey

-Norma
(with Archangel Michael)

Something Fun:

A friend who has a 'ghost busters' type app on her camera took pictures that show how my CD, [Songs of Spirit](#) interacts with dark energies. She then took a picture showing how Archangel Michael's energy looks. [Click Here](#) to see the other pictures for yourself.

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

May 20	Free Phone Meditation (many local numbers for different countries)
July 20-22	3 Day Workshop on Sound / Healing in my home in Michigan
Oct 20 -23 Oct 24-25	Ottawa (Canada) Concert, Workshop, Private Sessions Toronto Private Sessions

Note to Michigan Friends - - - SPECIAL BUDDHA KITTY FOUND HER HOME!

Thank you to everyone who responded to my email. The Buddha kitty has found her way home. If you are feeling that a special cat (or dog) is looking for you, there is a sanctuary just north of Ann Arbor, where I found my own "Buddha" cat, and have seen many other wonderful energy sensitive cats (and a few dogs). It is privately run, and you can be in touch with them directly. To contact them:

Mosaic Feline Rescue

Phone: 734 332 1621 - - - - - Email: MosaicFR@gmail.com

[Click here](#) for a partial list of pets. (They have many more than what are online)

This album invokes your personal connection to Archangel Michael and provides a unique healing for you each time you listen to it.

This is a live recording of a healing concert. The focus is the opening of the heart to Sacred Masculine energies held within the Earth. These sacred energies provide a surround and support for the feminine, especially as it relates to the women living in the Middle East, and their emerging Divine Feminine power.

Featuring Harmonic Tones, Tibetan Singing Bowls, and a small woman's choir

- chants of the mystic Hildegard von Bingen
- new chants by Norma Gentile
- spoken poetry of Hildegard
- healing energies from Archangel Michael

AVAILABLE FROM:
[iTunes](#) / [Amazon](#) / [CDBaby](#)

Healing Chants a live concert recording

LISTEN for free TO A SONG from Norma's album HEALING CHANTS now: [Click Here](#)



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long sleeve



iPhone cover

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

available as CD or mp3

Meditation #32 from February 5, 2012

Your Unique Frequency

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

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

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[Podcasts > Norma Gentile](#)

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 &endash; 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

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.

- 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](#)

[download
or stream
mp3!](#)

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. See Norma's [youtube page](#) or click below.

[Part 1 Opening to Spirit: talk and sound healing](#)

[Part 2 The Sacred Masculine Within](#)

[Part 3 Ubi Caritas Improvisation \(Where there is Love\)](#)

[Part 4 Improvisation and Kyrie by Hildegard of Bingen](#)

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

[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.

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](#)

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

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 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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