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Multi-Tasking and Discernment

Are Your Habits and Choices Serving Your Spirit?

Dear Friends,

As the sun is shining more and more brightly over my Michigan home, I found myself nearly ecstatic, reveling in the colors and flowers of the season. As I was outside working on my email, I realized how little I was actually enjoying the experience of Nature. To truly receive the energies of Nature that I know my body (and energy field) want and need to access, my attention must be present in the process. And so these thoughts came through me.

Throughout our daily lives we are multi-tasking. There almost seems to be something wrong with us if we can't focus on three things simultaneously. And yet, the more things that demand our attention, the less of our attention any single one of them will receive.

Isn't it interesting that our culture has come to value doing things at a very superficial level? I should say, doing multiple things at superficial levels. When our mental attention is so divided, so is our awareness. The ability to hold focus on a single task means that we are becoming resonant to that task. As our body, our psyche, and even our psychic powers come into resonance with a task, we can feel whether or not it's appropriate for us. We can feel whether or not we truly want to do it. If we are only superficially engaged, then our powers of discernment are weakened. I wonder how many things we end up doing because of this?

Too often in our culture I hear praises about someone who 'pushed through,' or exhortations to 'just do it'. From the Spiritual energetic perspective, 'pushing through' means that you are injecting your energy where it probably doesn't want to be or need to be. Being in resonance to a task, an idea, or any sort of project means feeling into the quality of energies that pertain to it. How does this feel to my body? How does this feel to my heart?

Sometimes, things can be challenging or difficult to complete and still be in resonance to you. Often when this is the case, you get a sense that this is actually a long-term project that is going to take a while to complete. You may even 'hear' or have an inner understanding that this task is going to include times of intensity. Going through intensity, because it is yours to do, is different from pushing through a task that is not meant for you.

So, what is the difference between a challenging task that is yours to do versus something that isn't? When you stop the multi-tasking and engage with a task that is resonant with your soul, a desire arises from within to dive into the task with a deep level of engagement. Once engaged, you are swept into the task. While attempting to push through something that is not yours to do your body may feel overly tense (but you won't notice it until afterwards) because you are expending so much of your personal life force (primarily from the navel chakra) to move forward the people and energies related to the task.

We have all had the experience of sitting down to do something and then suddenly looking up at the clock two hours later and realizing it felt like 10 minutes. That is when we are resonating to a task. That is deep engagement. It may be a phenomenally 'spiritual' task like meditating or chanting, or simply some sort of programming at the computer. It might be mulling over an idea and beginning to write it out. Anything at all can draw passion through us. At this point in our reality, it is incredibly important to begin distinguishing what we are doing, simply because it's in front of us, and what we are doing because it is part of our soul's journey.

My blessing to all,
-Norma

A related Healing Song is below, and similar songs are available on my [SoundCloud channel](#)
(Special thanks to [Lindsay Passmore](#) for editing this essay)

**UPCOMING
EVENTS**

June 21
FREE PHONE MEDITATION -
1pm EDT / 10am Pacific



An improvised Song from Spirit

Healing the Ages

with voice and Tibetan Singing Bowls

[Listen Here \(mp3\)](#)

[Watch Here \(video\)](#)

from a live Meditation Concert

We are resonant to all that surrounds us. Whether we choose to tune ourselves to comforting or disquieting vibrations is our choice. Our attention can be given to the external world of alarms and fear or to the songs sung by birds in the early morning. This principle has been true for all of the millennia that humans have graced this beautiful Earth. ([read more...](#))

[Click Here for a list of Norma's monthly sound healings, available as mp3 and video](#)

Get the healing power of a Private Session with Norma's Meditations

(available as CD or [mp3](#) for iPhone / iPod / computer)

Meditation #41 from November 17, 2013

**Creating Life:
Connecting to the Essence from which You Came
for Deep Healing and Spiritual Intimacy.**



The complete and full expression of who you are is the fulfillment of your contract in this lifetime.

Changing our reality isn't about thinking the change. It's about going to the foundation of our reality, reconnecting into that point from which we have all come, and feeling our ability to now sense all the consciousness' with whom we have incarnated.

LISTEN to an EXCERPT
[Why we resist healing](#)

This meditation includes many healing songs. More of these songs, along with videos, can be found under [Sound Healings](#) or [Recordings](#).

1 The Pure Energy of Nature (what it is, how to connect with it)
2 Co-Creating Sacred Space



- 2 Co-Creating Sacred Space
- 3 Earth listens to Our Body
- 4 Reintegration after Choosing Polarity
- 5 The Foundation of Our Reality
- 6 MEDITATION on The Pure Energy of Nature
- 7 SONG: The Gift
- 8 Releasing guides that helped us stay in Polarity and inviting in new ones.
- 9 SONG: Wandering
- 10 A new Level of Consciousness
- 11 SONG Omnia Harmony
- 12 Making Decisions Easily
- 13 SONG OMNIA Solo
- 14 Remembering and Releasing Sacred Space
- 15 inquiry vs judgment

[iTunes](#)

[Podcast Page](#)

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NOTE: Below are links that you just have to click on and let the internet do the work. Please do share this and let friends (who may believe they don't know enough to take advantage of the free sound healings, meditations and videos) know about these easy links:

All of my 100 or so sound healings are being uploaded to my website and can be found under **Sound Healings**

The 40 audio meditations are available to download and listen to free on your iPod, iPhone, or computer at iTunes. This link opens to the full list. Most computers can play the meditations right from this page **click here**. without using iTunes

Meditations can still be purchased as CDs and are also available to listen to through my website under **Podcasts**

My musical albums are all **HERE in iTunes** or **HERE on Amazon.com** and **HERE on my website**

FACEBOOK

Personal page: www.facebook.com/norma.gentile

Professional page: www.facebook.com/HealingChants

REPEATING PERSONAL NOTE: I continue to take a deep breath as I face a year (at least) of upgrading my ancient website to HTML5 and easy mobile access. If you are good with DreamWeaver and have an interest in helping please let me know. Thank you for the volunteers so far to come forward. There is plenty of code to update. I am glad to work out barter / pay arrangements.

Free Songs, Chants, Sound Healings, Meditations and Videos

Receive a Sound Healing from Norma without leaving your home!

Ode to Day Improvisation from live healing concert (Portland, 2012) for voice and shruti box - [video HD](#) - [video \(mobile\)](#) - [Audio mp3 only](#)

An improvisation on Ave Maria (by St. Hildegard of Bingen) with tambura and voice

O vos flores - You who are Rose Blossoms (voice and harp)

Medieval Chant by St. Hildegard of Bingen, accompanied by harpist Gordon Johnston of Ottawa

Renewal A sound healing with Tibetan Singing Bowl and Voice
(with multiple photos capturing Spiritual Energies in the room as I sang)

What are You here to do Now? Two sacred geometry mandala videos

FACEBOOK

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Only about 10% of you see my free videos, online sound healings, essays etc that I post on Facebook. If you want to increase that possibility SUBSCRIBE on my [official Healing Chants Page](http://www.facebook.com/HealingChants). <http://www.facebook.com/HealingChants>

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](#)



CELEBRATE H

Designs based on Hildegard

iPhone & iPad goodies / organic
children / notecards / tote
[Wearable & Usable Sacred Art - bring you](#)



long sleeve



iPhone cover



ceramic travel mug

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

As of today, I have [39 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 ---

FACEBOOK

Get Norma's free videos, sound healings and essays regularly.

VIDEOS

Watch Healing Chants online

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)

TWITTER <https://twitter.com/healingchants>

MONTHLY FREE ONLINE SOUND HEALINGS

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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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