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November 2010 email Newsletter

Politics, the Divine Feminine, the Sacred Masculine and Our Shared Consciousness

Canada and the USA as examples of Healing our shared Polarized Consciousness
a message from Thoth and other Ascended Masters

Dear Friends,

I am in Canada this next week. Please consider forwarding this newsletter to those you know in Ottawa and Toronto. Below is the essay that I wrote this weekend, and also links to the free monthly sound healing and a special essay on the role of music in meditation, accessing other realities, and healing.

A quick preface & endash; in previous essays my guides have shared this with me:

The inclusion of slavery as an active principle within the founding energies of the United States ultimately caused the collective consciousness of the country to veer off track. Rather than creating a collective consciousness reflecting principles of the Sacred Masculine, its shared consciousness grew to reflect primarily aspects of the profane masculine. In order to move into the Aquarian Age the planet, including the United States, must release the profane aspects of the masculine that many countries and regions have embraced. In order to release the profane aspects of masculine energies, we must first recognize them in ourselves, our lives, and then in the larger context of politics, business, etc.

Announcements

	<p>OTTAWA CANADA Please consider joining me (or let your friends know) Sat Nov 6 Meditation Concert (in complete candlelight) Sun Nov 7 Sound Shamanism / Healing with Music Workshop this coming weekend at St. John the Evangelist, a beautiful historic (and welcoming) church in downtown Ottawa, I'm also offering a day of Healing Sessions in Ottawa (Nov 8-9) and Toronto (Nov 10-11). See my Calendar Page for details, event registration (early online discount \$10) and appointment times for sessions.</p>
	<p>FLINT Michigan November 21 at 4pm Evensong Candlelight Meditation Concert A healing time for the wounds we are ready to release from our lives.</p>

Canada and the USA: Dancing with the Divine Feminine and Sacred Masculine

Like many who were born in the northern United States, my family roots reach back to many other countries, including Canada. It is hard for me to imagine due to the current state of border security, but at one time the border between the two countries, whether made by stakes in the land or by one of the Great Lakes, was easily and frequently traversed by my family members. We have found cottages and businesses and homes belonging to recent generations of my family members who lived and worked, nearly simultaneously it seems, on both sides of the border.

Like many people with this sort of history, I spent summers in the north, sometimes in the US and other times in Canada, and became horribly confused about the proper way to pronounce certain words and spell other words. I learned that you could put sugar on tomatoes. But only when certain family members were present.

My guides frequently point out to me that the obvious circumstances of our lives are here for a reason. And so as I've grown and explored the energetic context in which I live, I am coming to understand that I was exposed to both US and Canadian cultures not by accident but to support my soul's journey.

The cultures of the US and Canada are complementary. Each represents an aspect of the male / female polarity. Experiencing life within both, I can feel and appreciate the depth of honor that the shared Canadian consciousness has for graciousness, beauty, honor and those things generally associated with the feminine. As I have created my career path primarily in the US, I have come to appreciate the masculine clarity in action that the collective consciousness here has embraced. I am fortunate to be able to access these two distinct consciousnesses and their respective qualities in my life.

I understand the consciousness of polarity as existing on both microcosmic levels in my daily life and macrocosmic levels in world events. The personal level of judging what is good or bad in my daily experience is my microcosmic experience of polarity consciousness. My immersion into the national consciousness' of both the US and Canada allows my guides more ease to share through me insights on the balance of male and female polarities related to these two countries on the macrocosmic end of the scale.

As humans we now live in polarity consciousness. In order for one extreme to exist another extreme must also exist. For example, in politics if there are liberals then conservatives also exist. If something is defined as good then something else, probably its opposite, is defined as bad. Eventually this will change – but not yet. In order for us to move out of polarity we must first understand it and create within it both the Sacred Masculine and Divine Feminine. Only then will the collective consciousness of humanity shift.

Chaos, as Piscean and Aquarian Ages meet

The much lauded Aquarian Age, which makes its official entrance on December 22, 2012, began to influence our planet in tangible ways nearly a thousand years ago. In order to complete our exploration of polarity consciousness, we have used a very special energy that is only available during the time of transition between Ages, in this case from Piscean to Aquarian Age, to manifest a series of issues related to polarity.

Imagine if you would the waves of an ocean. They move in succession, one after another, in the same direction as the wind, across the ocean. What if there was another set of waves, created by a wind moving in another direction? What would happen when these two sets of waves met? Chaos. And the energy of both sets of waves would be released into this chaos.

That chaos energy is what we are using to create our reality with now. The waves of the Piscean and Aquarian Ages are bouncing against each other in the sea of consciousness of all Beings related to this region of space. It will not last long according to cosmic time, just a bit more than a few hundred years. But its climax point is right about now. And so humanity, and other beings of consciousness with whom we share this reality, are being tossed about in our little third dimensional rowboats. My guides often remind me that our shared collective consciousness is

thrilled to have so much energy with which to create our reality. But our personalities might beg to differ!

I find myself alternating between euphoria (what a great time to be in human form) and disbelief (how could my soul have even considered putting itself into this cauldron of chaos and tumult?) These final energetic waves of the Piscean Age colliding with the new energies of the Aquarian Age are allowing us to create extremes of polarity around issues both microcosmic and macrocosmic. The ferocity of politics, earth changes and weather are some of the visible issues reflecting our desire as humans to clarify what we hold dear to us.

Qualities of the profane masculine such as craving power over others and greed are easily visible now in the US. That visibility is very uncomfortable for some of us. But we can only transform what is visible. No matter what the choice of the voters (and please do vote, don't assume Spirit will take care of things – you are Spirit on Earth, so go do your work as Spirit in form by voting on Tuesday) the US will continue to work for nearly another hundred years on opening its collective consciousness to the qualities of the Sacred Masculine.

Masculine qualities expressed in a profane manner wound the feminine. Masculine energies expressed in a sacred manner empower the feminine. Profane energies cannot be expressed through the heart. Our hearts always open in the presence of sacredness, regardless of whether that expression is from the Divine Feminine or Sacred Masculine. What are the qualities of the Sacred Masculine that the United States is working on expressing? That is the question those of us engaged within its shared collective consciousness are working on answering now.

The founding of both the USA and Canada rode in on the Aquarian Age wave. Remember, the energies of the new Aquarian Age have been caressing our planet for many hundreds of years. The date of December 21 2010 is the closing date for the Piscean Age cycle of more than 11,000 years. Cosmic energies don't turn on and off like a light switch!

Canada and the United States are karmic partners, paired up like the male and female in the YinYang symbol (most countries or regions are paired in similar ways). Because the Sacred Masculine consciousness failed to flower in the US, Canada's consciousness of Divine Feminine has developed in a wounded manner. There is new power in the expression of the Divine Feminine that Canadian consciousness will step into in the coming decades. The development of new leadership principles based on Divine Feminine values may be one of the first uses of this power.

The Aquarian Age is awakening the Divine Feminine within the consciousness of the entire planet. The chalice formed by the awakened feminine serves as the safe container in which the Sacred Masculine can come to rest. It is only when they are at rest that the profane energies of the masculine allow themselves to be transformed into their sacred natures. And as various awakenings occur in the shared collective consciousness of humanity, all those who are able to create the chalice or fill it with Sacred Masculine energies are stepping forward.

My blessing to each of you,
-Norma
(with help from Thoth and the Ascended Masters)

If you enjoyed this essay, you might also enjoy similar essays on my website regarding the shift of 2012, Barack Obama and our shared Spiritual Journey. Please feel free to pass this onto others. And also let those who live in Canada know that I will be in Ottawa and Toronto this next week. (see [Calendar Page](#) for details)

SOUND HEALING Essay and Song

Beginning in early November and running until nearly the end of January, our planet will be passing through a very dense area of space. It is a field of energetic debris caused by emotions, but these aren't our emotions. But the energies we will be encountering will open up and resonate our own emotions. During this time we will have a much greater ability to clarify our own emotions. We will also have much greater access to those portions of ourselves that exist outside of our known third dimensional world. Music is one way to open a conscious portal between ourselves and these other aspects of our soul. [Here is an article](#) that explores more deeply how music healing works, along with a [sound healing](#) from a recent meditation concert.

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

As of today, I have [25 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.

NEW MEDITATION CD / mp3 from NORMA

Meditation CD #25 from Sept 22, 2010 Full Moon Equinox

Polarity and Neutrality

Standing Strong in Your Body's Central Pole of Being

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

The more stable you are within yourself, the less likely you are to look for outerworld signposts of what to do or how to achieve what you want. By investing some times and attention to your navel chakra, the point at which your soul intersects your body AND the point from which your body draws energy for itself from the outer world, you gain a greater sense of who you are and the vibrational quality of your soul.

Prejudice

Charity

Judgment

Self Forgiveness

Vanity

Compassion for Self

1 Introduction

I believe that prejudice, judgment and vanity are very visible at this time because they are on their way out of our reality. And so we see them departing.

But because we still have a bit more to learn about these behaviors, they may not be departing as swiftly as they might. We still have some understandings to gain around how these behaviors have served us in the past and alternative ways of behaving in our newly emerging reality.

2 Sacred Space Invocation

Invoking what Nature knows as unconditional love to surround and support us. Inviting your own connection to Archangel Michael to step forward into your awareness. Magnifying this connection throughout all the dimensions.

3 Energizing your Body with Prana

When you breath as if you are filling your body from your lower back and hips upward, you open your navel chakra to take in more pranic energy which stimulates and charges the body with your life force.

To the extent that your soul engages with your body, what your soul has come to do in your lifetime will be possible to do. The quality of the soul's engagement at the navel chakra determines the quality of prana available to energize your chakra system. A mis-tuned navel chakra means all of the incoming prana will also be mistuned. Clearing and resetting your navel chakra to the quality of vibration of your soul allows you to take in pranic energy that suits you now. When your navel chakra is tuned to your soul and body, you move from feeling that you are the victim or captive of life's circumstances to knowing yourself as the center and captain of your life.

4 Meditation: Clearing and Charging the Primary Connection of Your Soul with Your Body

As the navel chakra clears and reflects more accurately the vibration of the legally incarnating soul we become more aware of the remaining energy blocks. Our role is to simply notice and release when the cycle with an energy has come to completion.

What is in tune with us is like the air that surrounds us. It is clear and invisible to us. It vibrates at the same rate as our body. When an energy is ready to leave us, its vibration shifts out of alignment with our vibration. Its proximity to us creates dissonance with our vibration. This dissonance can manifest in many ways. The most common way is as physical sensations like tingles, heaviness, static, foggy mind, incessant looping thoughts or sleepiness.

5 Why we don't release energies that aren't ours

The process of judgment is one of the primary reasons why we don't let go of energies that are no longer in tune with our body or soul. Who they have helped us to be or what in our life they have helped us to do "isn't good enough" according to us. We still feel inadequate and imperfect. Many times these energies are actually out-of-time guides and angels. We may also fear that no other Guide or Angel will come to us to take their place.

When you make a decision and find energies from that decision ricocheting back at you and all sorts of things in your life fall apart, look at what opinions you were basing that decision on. What beliefs (preconceptions) are the foundation of your decision? Those are probably ready to shift and change.

6 Meditation: Healing what won't Heal Finding Compassion and Forgiveness for ourselves

I was scratching my head when my guides said "Prejudice, judgment and vanity are all words in polarity. They are all the negative pole of something that has a positive pole." And as we explore both ends of any polarity, we can find the center pole. "Using the qualities of these energies from their neutral center can stabilize our lives."

7 Guides, Angels and Humans share all Dimensions

Our guides and angels offer pulses of energies to us. These energetic pulses are reinterpreted by us as they pass through our body, heart and brain. They become ideas, emotions or images, based upon our already existing beliefs. It is important to note that all Spiritual messages are always reinterpreted by the human receiving them. Even me!

As we notice and release prejudices and judgments, our ability to hear, to understand and to experience what our guides and angels are saying to us increases substantially. The clarity of information we receive is based upon our ability to stand in that center pole of neutrality.

8 Releasing what your life no longer needs to reflect of your soul's journey

Just as we are becoming more and more aligned with who we are and how our soul has intended for our physical form to be, so too external forms of our world are releasing, recreating themselves to reflect more and more clearly what they are in the other dimensions.

As we slowly let go of the extremes of polarity, form begins to reflect what is at the center. What it is without having to display

As we slowly let go of the extremes of polarity, form begins to reflect what is at the center. What it is without having to display a polarity one way or the other. No doubt this will mean beyond just humans becoming more centered, that all that we have created will become more centered as well.

9 Releasing Sacred Space and energies

Know that if there is unfinished work, some aspect of AA Michael will remain to work with you in both normal awakened state as well as dream state.

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

**OTTAWA**

Nov 6 Candlelight Meditation Concert  
Nov 7 Embodying Healing Sounds Workshop  
Nov 8-9 [Private Healing Sessions](#)

**TORONTO**

Nov 10-12 [Private Healing Sessions](#)

**FLINT, MI**

Sunday, Nov 21 Evensong Candlelight Meditation Concert

**ANN ARBOR Michigan**

Tues, Dec 21 Candlelight Meditation Concert (Full Moon with a lunar eclipse on the Winter's Solstice Eve)

**PITTSBURG PA**

March 11 Meditation Concert  
March 12 Sacred Sound / Sacred Healing workshop  
March 13-14 [Private Healing Sessions](#)

**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 \(SE Portland\)](#)

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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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