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## Updating Your Soul's Journey

What you came here to do has probably changed

Dear Friends,

Below is an essay and a note to let you know that the new audio meditation, [Healing Meditations for Notable Days](#) (such as Solstice, Equinox, Eclipses, Full and New Moons) is now available as a free mp3 or at cost CD. This is from the 11/11/11 meditation, and it applies to current energies nicely.

In case you didn't know, we are on the verge of a set of eclipses. The first begins late Thursday eve into Friday morning (US time). These are drawing out of us emotions that we usually can put away, or at least hide from others. These emotions provide the impetus we need for yielding ourselves to new opportunities.

The magnification of energies during the window between these eclipses (Nov 24-25 and Dec 10) lets us not hide what we otherwise hide, even from ourselves. Astrologer [Mark Dodich](#) says "Those dreams and ideals that come from your soul mission want to come to the surface now."

If you feel so drawn, there is more information on the new [Healing Meditations for Notable Days](#) below. Please also consider joining me for an event, and letting others know about the concerts/workshops I offer in various locations.

### **UPCOMING EVENTS**

Dec 12    Ann Arbor MI Meditation Concert in Candlelight

## Updating Your Soul's Journey

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*First, A Note On Psychic Learning*

For most people psychic gifts need to be relearned in each lifetime. The world is vibrationally distinct in each lifetime and so is your physical body. It is only natural that you would have to relearn how to be energetically in relationship to yourself and to the world. This is particularly true about how we relate to our soul's journey and foreknowing future aspects of it.

Whatever your soul planned to do here before you incarnated on Earth has probably changed. Especially if you incarnated before 1972. Humanity changed. The planet changed. Whatever your soul decided to do here on Earth before you incarnated has probably changed.

During the past fifty or so years there have been multiple shifts in our reality that our souls did not anticipate. Depending on when in our linear time line your soul decided upon this lifetime's goals and challenges, you may be experiencing yourself as disconnected from your own life. Isolation is one symptom I commonly hear from clients, as well as the sensation of floating away from the physical life you are living. From my experience, this simply means that what your mind may think is your soul's journey is no longer your soul's journey.

Most of us have been told by someone at some point either what our soul's journey is, or have figured it out for ourselves. For me, I feel that no one can fully understand or know the journey of

anyone's soul. Not even our own. But we can have senses about what we are drawn to do in this lifetime, and how we are to do it.

Because of the dramatic changes that have already taken place and the increasing pace of future changes, I find it useful to revisit the trajectory of the journey of one's soul on a regular basis.

The soul's journey is more apt, at this point in time, to be revealed first to your body, then to your heart, and finally to your brain. Once entered into, your new soul's journey will continue to weave and shift throughout your lifetime. Learning how to monitor and adapt to changes in your soul's journey is most useful.

As you explore your journey, it is your mind that is able to look backwards and tell you where you have been. It is the heart and body that can look into the present moment and tell you where you are. Together, the mind, heart and body can chart a potential path for your future. But this is usually the near future, as your external world continues to shift and change.

I am emphasizing here that the brain can only look back at what has already happened. Most of us use our minds as the determiner of what to do. This leads us to repeat old patterns and repeat the same unwanted results. When this happens it is easy to assume that we are not in touch with our inner spiritual life or outer world.

But perhaps there is another reason. We experience the present moment most strongly not as thoughts but as kinesthetic sensations in our body. Simply put, the body lives only in the present moment. The mind remembers the past and can anticipate the future. Our minds therefore live without being anchored in the present moment. This can be very helpful, but not if you are trying to understand your soul's journey right here and right now.

### **Big Picture Information from Thoth:**

About 1997 our system of creating linear time changed. Because of this our psychic ability no longer sees the future with the ease it once did. This is because we are no longer creating our future probabilities in the same way as we were before.

Our new system of psychic perception of the future looks more like this:

Our body sees where we are in the present moment. That information rises to our heart center. The heart feels our relationship to this present moment. Do we like it and want to extend our experience or are we ready to move onto some other experience? Our heart answers this question and sends the information onto our brain. Our brain collects the information from our body and heart, adds its own ability to see the past and comes up with the most likely potential future.

Remember that our brains do have the ability to live in the past, present and future. We as humans are stepping into an exploration of creating outside of linear time. The first step in this exploration is comprehending how linear time functions. We must first understand time in order to understand how not to be subject to time.

In geometry (and I promise this will be easy, so please keep reading) there is a basic concept that if you have one point and then decide on a second point, you can draw a line between them. That line can extend beyond those two points into infinity in both directions. So you only need two points in space to define linear time. Where you have been and where you are.

What we are now able to do is change the point that exists in our past. By looking back and clearing past patterns the point behind us changes its location. That means the line drawn between our past and our present naturally changes. Our potential future changes every time we address, clear and release issues from our past.

I'm not talking past lives here. My guides are clearly stating that by addressing this life's issues we change this life's future. When we make changes in this lifetime those changes echo out to all of our other lifetimes and offer healing changes into those lifetimes. Since our bodies exist in the here and now, making changes in the here and now will get you the biggest results.

The head has to have the other partners, the body and heart, in order to see where it is going. If it is just looking backwards all that it can tell you is where you have been, which means you are going to create more of the past rather than utilize the new elements that are available to you now to create a different future.

### **How to get in touch with your body & a simple meditation**

Lie down on your back. Bend your knees so your feet are flat on the floor or surface you are lying on. This naturally presses your lower back against the surface you are on, and opens up the pelvic region to increased energy flow.

Feel the breath in your body. Feel the breath in your lower body. Breathe as if you could breathe from your feet up through your knees and into your belly. Your hips move and your lower back expands every time you breathe. Take normal size breaths. How easy can that quality of breath be in your body? Follow that quality of breath as you imagine the breath entering from your lower body. Let it exit wherever it wants to exit. At some point you may fall asleep, go into a light trance or meditation state. You might also notice that the direction of the breath seems to change. Just notice whatever you notice. Let your body's wisdom tell your mind something that your mind cannot know on its own. This is a time of exploration. What has your body been wanting to tell you?

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

**Caught by Spirit** with shruti box

[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

*Meditation CD #31 from November 11,,2011*

## Healing Meditations for Notable Days

Full and New Moons, Solstice, Equinox, Eclipses and December 21, 2011.

\*includes the sound healing "Caught by Spirit", similar to those on Norma's CD [Songs of Spirit](#)

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

On days which are considered to be sacred it is useful to take a moment to feel the old cycle which is fading away. Letting ourselves feel the grief and sorrow over old patterns departing lets there truly be space to receive the new patterns.

This meditation includes:

- releasing cords to processes that no longer serve your body
- a sound healing "Caught by Spirit"

and spoken meditations releasing energies corresponding to:

- cycles that you have already completed
- tasks that you have already done
- lessons that you have already learned

All of these energetic connections can be released out of your body. Your release of these connections will be reflected in the collective consciousness of humanity. This one way we take advantage of the heightened energies present during Full and New Moons, eclipses, Solstice, Equinox and other notable days.

LINKS to people mentioned in meditation:

[Caroline Casey](#)  
[Constance Demby](#)

### 1 Introduction

#### 2 Invoking Sacred Space

Archangel Michael, the Pure Energy of Nature, Nature Spirits and Intelligences join you.

#### 3 Inviting Your Angel/Guide into Your Awareness

Most of us have a sphere or portal of energy into our hearts that lies behind our physical bodies. This is where our Guardian Angel, Higher Self and connections to other healing energies most often occurs. Here is a meditation to open this portal, cleanse it, and then invite in the Angel or Guide most suitable to support you now.

#### 4 Understanding what you are already sensing in your body

Besides picking up on other people's physical body issues, the telepathic ability of our lower chakras can also pick up disturbances and changes in the electromagnetic field of the planet. These are the sorts of changes that many people anticipate will be happening over the next few years. For this reason it is particularly useful to be able to distinguish when the signals your body is sending to you relates to your own body, someone else's body or the planet.

#### 5 Spiritually Significant Days

Many people are already directing their attention, and so therefore their energy, into the date of December 21, 2011. I wonder if the various days preceding this that have interesting numerical combinations serve as practice days for us. How do we energize days that are defined by someone as spiritually significant? How well do we create sacredness afterward the hoopla of a spiritually significant day has passed? Especially when we are receiving the energetic results of what was done? These practice days give us the opportunity to work with the larger energetic patterns that arise in ceremony and return to humanity when many people focus on one thing.

#### 6 Collective Consciousness and Polarity

Outside of our reality there is no polarity. When the energies that we are creating in ceremony move out to the other realms or dimensions, the other realms perceive the energies in their entirety. They do not perceive someone wanting good. They simply perceive someone as wanting.

It is we who divide an energy into its good and bad aspects. The other realms do not perceive just the good, the calming or the joyful aspects of our ceremonies. They perceive the entire consciousness within ourselves, which includes those unconscious elements of fear, shame and all that we may not yet be aware of within our own selves. For this reason we often feel "out of sorts" in the days following a sacred ceremony.

#### 7 Meditation: What is the will of your Soul?

Our soul has its journey upon the earth within our physical form. It comes through our entire body, not

Our soul has its journey upon the earth within our physical form. It comes through our entire body, not just our head. In fact, our soul wants to embrace our entire physical body, every cell and every atom, from our toes through our navel and into our hearts. Here is a meditation to do just this.

**8 Sound Healing: Caught by Spirit**

Norma sings a Song from Spirit accompanying herself with a shruti box.

**9 Cycles of Change**

The connection explored in this meditation between your soul and body simply helps you understand that no matter what happens external to yourself that there is always a still quiet center. There is always a place where Spirit and form meet within you. This place can never be changed, altered, or taken away from you.

**10 Meditation: Releasing cords, processes, tasks and old lessons**

Your release of these connections can be reflected in the collective consciousness of humanity. As you release, this serves as the slightest reminder to others that they too can release. As you change, the message of change expands out to everyone in your life. It is up to their soul and their body to determine what, if any, of this change they may want to consider. You need not wait for them. You can make changes now.

**11 Releasing Sacred Space**

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

As of today, I have [30 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.

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If you have to wear clothes...  
why not wear something that reflects your inner attitude as well as your outer need?

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

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

November, TBA

**FREE PHONE MEDITATION**

local phone numbers for many countries. [More info Here](#)

**FLORIDA (near Tampa)**

Fri Oct 21 Meditation Concert (Sun City)

Sat Oct 22 Magnifying Healing with Intentional Use of Sound Workshop  
Sat-Sun Oct 22-23 [Private Healing Sessions](#)

**Ann Arbor, MI**

Sunday, Dec 12 at 4pm Meditation Concert

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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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