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October 2010 email Newsletter

Your Body, Your Soul, Your Compassion **a message from Mary** version espanol

Dear Friends,

The essay below comes from the September 22 Phone Meditation [Polarity and Neutrality &endash; Standing Strong in Your Center Pole of Being](#). (click for recording)The energy in this portion of the meditation was primarily from Mary. Some additional insights came today, which I have also included in the essay below the announcements.

Next Phone Meditation is October 10 Yes WE can

I was washing dishes the other day and listening to the radio news reporting on more political discord. Everyone being interviewed had plenty of blame to put onto someone else. As I listened, I kept thinking that no one was even considering what they themselves could do to change the situations they were complaining about. And suddenly the most obvious thing struck me.

The campaign slogan that Barack Obama used wasn't "yes I can", meaning he would do the work of for us, but "yes WE can", symbolizing the new Aquarian age. But now that the going is tough, few people seem to be willing to be part of the WE factor in this equation for change!

If you feel that you are part of the change as we enter together into the Aquarian Age, consider joining me on Sunday, Oct 10 at 2pm EDT (New York City time) for an hour of shared meditation and insights from my guides, usually Archangel Michael, Mary and sometimes the Ascended Masters.

To Participate: Dial - (641) 715-3200 and Enter Access Code - 555220#

Announcements

	Sun, Oct 10 at 2pm EDT Phone Meditation Oct 17 Mt Clemens, Michigan Concert Oct 23-24 Chicago workshop / private sessions
	Click here (after Oct 5) for this month's Sound Healings from myself and Ruth Cunningham . One is a very special song for Mary from Ruth with medieval harp. The page also includes my newest essay on Sound and Healing.
	As of last week, the recordings of my phone meditations are reaching more than 40,000 people. And there are now <u>25 Meditations available as podcasts or CDs</u> . See the longer note after the essay below. And join me for the next phone meditation on Oct 10th.

Your Body, Your Soul, Your Compassion

- a message from Mary

So much tumult in the human heart! So much pain exists because much needs to be addressed and seen. Those circumstances of your life, be they small issues or seemingly overwhelmingly huge, exist because there is something that your soul desires to learn. And as your soul learns a lesson here upon the Earth, that lesson is shared with your soul in all the dimensions of your reality.

Here is one lesson: Vanity

Vanity has two poles in your reality. One pole is obvious to you! Someone who over dresses, is constantly monitoring their looks, and most likely loves to be told how fabulous they are is easily considered to be vain. Granted this is a bit of a stereotype, but you get the idea. You consider vanity in terms of visual appearance. But some can be vain about the quality of their voices, their home, their lifestyle and accomplishments or their children.

The other pole of vanity is far less obvious. It is a lack of self-love. It is a lack of self-care. This is not referring to someone who throws on whatever clothes are at hand and takes little time to address their appearance. Rather, this pole of vanity lives inside of you.

Each of you, ideally, had parents who instilled into you a love and honoring of yourself. That is the primary task of parents. But you do not live in an ideal world, nor did you grow up with parents who themselves lived in an ideal world. Honoring and giving value to oneself was most likely never an issue they discussed with you.

But in order to truly express compassion for another, you must first know love for yourself. This love must extend to all of yourself, not just the parts you like, but the parts you also judge as being somehow "wrong".

The physical body is the 3rd dimensional expression of the soul. Therefore, how can there be anything wrong with your physical body, if it is merely the expression of your soul into the 3rd dimension? Would you be so silly as to tell your soul in the 4th dimension "There is something wrong with you! Your color is not pink enough today." Of course not!

If you make the assumption that your soul is perfect in the 4th or 5th dimension, why then do you make an assumption that there is anything wrong with your soul in its 3rd dimensional form, as your body?

When you cease self-judgment you also cease to express the other, inner pole of vanity. Your soul is perfect as it is in the 3rd dimension expressing through each one of your bodies.

When neither the external nor the internal poles of vanity are expressed, there is room for one to have compassion for themselves. This compassion looks upon the body and sees the manifestation of a soul.

Many trying times will be upon your world in the coming years. This is nothing that you have not heard before. When your heart stands open to the breeze of Spirit, you will easily feel what is coming, as well as what is leaving. Your hearts open not before judgment, but only in the presence of kindness and compassion.

The human heart has the ability to create a portal through which your personality may pass into other dimensions. Allow that to be true. Consider compassion toward yourself first. Let your own heart open. The hearts of others will open quite naturally after that.

-Norma Gentile
(with Mary)

NOTE: The seed for this channeled message from Mary was planted during a longer meditative channeling I did recently. You can listen to that meditation, **Polarity and Neutrality; Standing Strong in Your Own Center Pole of Being**, on iTunes (Podcasts > Norma Gentile) or at the [Meditation CD](http://www.healingchants.com) page of my website, www.healingchants.com. It is Meditation #25

A Note on Phone Meditations and Channeled 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](#)

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

Polarity and Neutrality

**Standing Strong in
Your Body's
Central Pole of
Being**

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

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 breathe 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.

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 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)

**FREE PHONE MEDITATION**

Sunday, Oct 10 at 2pm EDT (New York Time)

To Participate: Dial - (641) 715-3200 and Enter Access Code - 555220#

**MOUNT CLEMENS, MICHIGAN**

Sunday, Oct 17 at 4pm Meditation Concert

**CHICAGO IL**

Saturday, Oct 23 Embodying Healing Sounds Workshop

Sat - Sun Oct 23-24 [Private Healing Sessions](#)

**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](#)

**ANN ARBOR Michigan**

Tues, Dec 21 Candlelight Meditation Concert (Full Moon 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](#)

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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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