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Time and Creation

Dear Friends,

Below is an article inspired by Mary and Archangel Michael. I can't say I totally understand it myself, but I feel my mind being 're-wired' and my body come alive in a new way each time that I have read it. And so I share it with you.

UPCOMING EVENTS

Oct 21-23 Sun City / Sarasota Florida concert - workshop - sessions
Dec 12 Ann Arbor MI concert

I did not know as I was channeling this essay that we are entering in to a phase described by the Mayans as "The Time of No Time". This, according to astrologer and author Cal Garrison, is a period where future, past and present times collapse into each other. I experience this as a brief moment that feels like a timeless eternity opening inside of my own body. And it is happening in the oddest of places and seemingly random moments - a parking lot, standing in line in a store, on hold during a phone call, waiting for my computer to update a file or just sitting in the sunshine. Time stands still while gazing into the face of eternity.

SOUND HEALINGS (hosted on the SpiritofMaat.com website)

[Light & Dark](#) (for piano and voice, from Atamira, my Hathor guide)

[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

I sat down to write and asked what one message would be most useful to share. I had asked this after inviting Archangel Michael into the room. To my surprise it was Mary Magdalene who identified herself to me and who then began to help me form thoughts. Below is a transcript of what was shared.

What if time were not just linear or non-linear, but capable of existing in different forms within each dimension? Time is not unique to your third dimension, but its expression within your dimension is unique. What if time were an expression of the consciousness of each Being?

Mary:

You have been told that Time is an illusion. Some of you have had the experience of stepping beyond humanity's agreed upon definition of time as linear. If you consider that time may bend itself, much as you can turn your face to one side and allow your body to remain stationary, facing forward, so too can time be at once both linear and non-linear.

Your hearts are not linear. Your soul is not linear. Your bodies are not made to function solely within a linear timeline. Only one of many types of thought processes within your minds can conceive of things in a linear manner. To use a metaphor from your current computerized lifestyle: the linear timeline that you refer to is a result of one program among a multitude of software programs that your brains agreed to have installed within it.

Why is this important?

Because at this point in time your ability to utilize many other ways of reasoning that include other aspects of who you are (your heart, your soul, your spiritual network of helpers and your physical body) are being called upon. They are being called by the changes of the cosmic winds to step into your awareness and offer their own unique counsel.

You are not alone. But for thousands of years you have let your brain function as if it were all alone. You have believed that your very consciousness resided in that lovely round globe which rests upon the upper portion of your torso. But what of the remainder of your body? If indeed it were only your brain that held your consciousness, then there would be no need to animate your body. However, it is the loving presence of your consciousness that brings life-force into your entire body.

The bucket is empty without water. So too your body is a vessel waiting to be filled by you. Thinking merely identifies that the bucket exists. Actively engaging in your body fills it with water.

Let us address the issue of linear and non-linear time.

Consider this metaphor: Time is the action of moving the bucket to fill it with water. In order to fill a bucket with water one usually must turn the bucket to dip it into water. Turning the bucket on its side and filling it with water means allowing the bucket to enter the water. Here the water is linear time, and the bucket represents your ability to bend time and let the bending of time enter into and pass through linear time.

This metaphor represents how linear and non-linear time interpenetrate each other and co-exist within your reality. In this moment those of us who are Spiritual Teachers place a great importance upon your understanding of time as a result of where your thoughts originate from. Not just the thoughts of your head, but the reasoning process and resulting thoughts that travel through your entire physical body create your experience of time.

Thinking with aspects of yourself that include your body, your soul, your spiritual support network and your heart allow you to access the multitude of software programs within you that create non-linear time. Thinking as you have been taught to think, with your head, limits you to experiencing time only in its linear form.

When you exist in linear time you are limited to creating within linear time and in a linear fashion. When you think using all of who you are, you access the possibilities of creating outside of linear creation. This means engaging the thought process with your heart, your soul, your spiritual network of helpers and your physical body.

And it is not we of the Spiritual Realms who hold the key to how you experience time. You alone are the guardians of your own time. When you choose to follow the principles of time in its linear form, you continue to think within the limitations of the physical brain. The bucket is defined but empty of water.

As you explore your entire body, and how thought moves through your body as well as your soul and those Beings of Consciousness who comprise your spiritual support team, you open yourself to experiencing the other manners in which time expresses itself in your dimension.

For now, notice when time seems to stand still. And when it passes quickly. Notice how your body feels and how you experience yourself in relationship to your Spiritual support team and your soul. All these give subtle clues about what you are doing and what you are not doing

Why is learning to experience non-linear time important?

When you experience non-linear time you are in a position to create your reality in a non-linear fashion. Have you ever wondered why your world has seemingly developed so much maturity (in some ways) in the past 500 years? It is because various humans have, for a moment here and there, stumbled into experiencing themselves as comprising wholly their soul, heart, body and spiritual team members.

And these moments of non-linear time and creation, like the bucket, have been dipped into the water of your ongoing linear creation. Those things which were created in a non-linear fashion were brought into your linear reality and filled with your linear reality. Much like the bucket was filled with water.

We said at the start that your thought identifies the bucket. And your active engagement in the world fills it with water. Now we would add that the quality of your thought is now able to change the water in the bucket from reflecting linear creation principles to reflecting non-linear creation possibilities. You are now a participant in the generation of non-linear reality and hence creation.

-Mary and Michael

through Norma Gentile
www.healingchants.com

MEDITATION CD / mp3 Norma Gentile Sept 8, 2011 meditation

<p style="color: #800000;"><i>Meditation CD #30 from September 8,,2011</i></p> <div style="border: 1px solid #808080; padding: 5px; text-align: center;"><p>Resting Deeply How your body receives grounding within the changing electromagnetic field of Earth.</p></div> <p><small>*includes the sound healing "Replenish" available on Norma's album Songs of Spirit</small></p> <p style="color: #0000FF;"><small>Purchase as</small></p>	<p>As we have changed in consciousness, so too Gaia's consciousness and therefore the Earth has changed. The electromagnetic field of the Earth is constantly shifting and changing. More so now. This meditation is one way of helping our own electromagnetic field (our aura) listen and respond to the changes in the Earth's electromagnetic field and the consciousness of Gaia.</p> <p>Here is a meditation inviting your body to remember its innate connection to your soul. Deeply relaxing, this meditation includes segments of releasing energies within your body and your aura. By inviting those energies that match your soul from within the lower dimensions to reestablish their natural connection to you, a fluid and ongoing energetic dialogue is created between your soul, your body, and the Earth. This is a new style of grounding which serves us well as we move into</p>
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- 2 Confusion and Fear signal lack of grounding into body
- 3 Invoking Sacred Space
- 4 Polarity: we are both sides of the same coin
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- 5 Meditation: What our energies feel like to us
What other energies feel like to us
- 6 How do your ovaries / testicles want to relate to your soul and the Earth?
- 7 Sound Healing: Gentle Remembrance
with Lenore Wiand, Native American Flute
- 8 Navel Chakra Empowerment
- 9 Releasing Sacred Space
- 10 Gaia and Earth and Us
We are all changing, and so we must remember to listen to each other in order to dance together easily
- 11 For more information

created between your soul, your body, and the Earth. This is a new style of grounding which serves us well as we move into a new era of consciousness.

Our Western culture has cultivated such a dependence on our heads and our ability to think that it has also cultivated a disconnection with our bodies. We have ended up with lovely bodies that walk our heads around. Fear has become an intrinsic way of life. It has become our daily companion. This is because we as humans can not access our own body's knowing and telepathic experience of the world which lies within our navel chakra and within our enteric nervous system.

As we recover this lost skill, we will get better at feeling what is and isn't actually a danger to our body. As this happens, our level of fear decreases.

My guides during this meditation included Thoth, Shesat, Mary and Archangel Michael.

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.

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



~~~ 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:**

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<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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