

Perfect Storm / Perfect Prayer

Linking Prayer and Meditation
to the Consciousness within Weather Patterns, Politics and Earth.

Dear Friends,

I offer these ideas as ways to deepen your own meditation and process of prayer. Our hearts are in resonance to the greater consciousness of Gaia, the Earth. She is evolving with us. For many ages emotions experienced by humans have been incorporated into the physical Earth as energetic patterns. As Gaia's consciousness is shifting along with our own consciousness, these patterns need to be slowly and gently released by the Earth so that the energies contained within them might also be transformed.

For many years I have been aware of our potential to influence weather patterns. Throughout history we have gathered and prayed in words, song and dance for the balance of sun and rain, warmth and cold, breezes and cleansing winds and would bring us the most abundant harvest.

As our technology is moving into areas previously inhabited by spiritual and mystical teachers and teachings, we face the question: Just because we can, do we have the right to impose our 'good' or 'bad' desires upon the Earth?

I firmly believe that a group of people in meditation can magnify events that are already in progress. These events can be political, social or even weather occurrences. I also firmly believe that these same events can be de-escalated.

Those of you who have followed me for a while will understand me when I state this: It is not about wanting or praying or meditating or wishing weather (or anything) to be a certain way. It isn't even about praying to de-escalate a storm. It is about asking the consciousness already contained within the storm what it wants.

Storms contain consciousness. Political and social uprisings contain a sort of consciousness as well. Right now our planet is full of consciousness' much larger than our own, but intimately linked to us, who are massaging emotional energies long held by the physical Earth. As this massage continues the emotions are slowly released. If you think the chaos in the Middle East is difficult or the financial situation in the US and EU is hard, just imagine if instead of a controlled release over 35-40 years these same energies had been released over the course of 1-2 years.

Right now there is a potential for a large release of Earth energies to happen early next week. I have heard that solar flares are up, and expected to reach us about then. NPR just posted a story about Hurricane Sandy meeting up with the first winter storm over the US east coast which could grow to impact the northeast and even eastern Midwest.

It is easy to point fingers and say it's because of HAARP, global warming, psychic weather control...and I don't rule out that these and more are contributing factors. But we have reached that point in our own spiritual evolution where we each have the ability to support whatever release needs to occur.

We do that by coming into a meditation space of deep stillness. In this space there is no right or wrong. From this quality of consciousness 'see' in your mind's eye the storm, or whatever is directly impacting you. Feel your personal heart connection to the consciousness within the storm or event. Let yourself commune with that consciousness in neutrality. Ask it from your heart, "What do you want?" "How do you want to be?", "How do you fulfill your purpose?"

The more local and personal the issue, the harder it is to maintain your neutrality, and yet doing so will bring the greatest results.

I created an audio meditation specifically for this process. You can listen to it on your computer, order it as a CD or download it through iTunes and put it on your iPod/iPhone. [Click Here](#).

LINKS:

[NPR Hurricane Sandy](#) (as of Oct 25, 2012)
[Solar Flares](#)

READING:

[Behaving as if the God in All Things Mattered](#) by Machaelle Wright
[The Three Beauties; How the Unconditional Love of Nature, Nature Spirits and Humanity Create New Realities](#) by Norma Gentile

SOUND HEALING

[Three Beauties Create Sacred Space](#)
(this is the song that is currently playing when you open my website www.HealingChants.com)

[UPCOMING EVENTS](#) --- (complete list and more info here)

early Dec

Richmond VA area Workshop and Private Sessions

Get the healing power of a Private Session on your iPod / CD player with Norma's free Meditations

available as CD or mp3

Meditation #1 from September 2007

Emotions and Weather Patterns

How human emotions, conscious intention and other factors contribute to weather patterns

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A related Sound Healing, "Three Beauties", plays as you open Norma's website, www.HealingChants.com It is from Norma's album [Songs of Spirit](#)

- 1 Introduction
- 2 Article Weather and Emotions
- 3 Teleconference Start
- 4 Nature Energy Invocation
- 5 Gaia Invocation
- 6 Thoth and Ascended Masters on Weather
- 7 Shesat Speaks on how we create
- 8 Thoth on Hara Creation Energy
- 9 Meditation Prelude
- 10 Meditation Connection to Gaia and Your body
- 11 Helping those who Manipulate Weather

New! - Free Songs, Chants, Sound Healings, Meditations and Videos
Receive a Sound Healing from Norma without leaving your home!

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

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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

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- new chants by Norma Gentile
- spoken poetry of Hildegard
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Wearable & Usable Sacred Art - bring you



long sleeve



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FREE SOUND HEALINGS (moving to Norma's [Sound Healing Page](#))

[Renewal](#) (video)

[Beginning](#)

[What are You here to do Now?](#) (sacred geometry mandala videos [here](#) and [here](#))

[Mother of Eternity](#)

[Creatus](#)

[Loving Tenderness Abounds](#) (Caritas abundat) from Norma's newly re-released album **Healing Chants**

[Tibetan Bowls to clear the backside of your Body and Aura](#)

[Ubi Caritas](#) (4 part harmony) with schruti box

[Caught by Spirit](#) with schruti 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

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

As of today, I have [33 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

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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

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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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