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September 2009 email Newsletter

## **Love, Fear and Inner Stillness**

What we fear grows stronger as we approach 2012  
from Thoth, Mary, and Norma

Dear Friends,

A few announcements, followed by some thoughts from myself, Mary and Thoth.

[The Phone Meditation](#) from last week is now available as a free mp3 download or as a Meditation CD from my website.

This month's **free sound healing** is posted now online at [Spiritofmaat.com](http://Spiritofmaat.com). It is a sound journey with [Bradford Smith](#), who offers overtone chant. Check out his Native American Flute playing.

Cleveland  
Sept 18 Resetting Reiki, Healing and Financial Guides Workshop. Sept 9-20 Private Healing Session

Atlanta  
Oct 9-11 Sound Healing Training Weekend  
Oct 12-13 Private Healing Sessions  
(more info and event registration on my [Calendar Page](#))

### **Some thoughts on Fear and Inner Quiet**

I notice the continuing focus on fear here in the US, and I note that the abundance of Sacred Masculine energies (through the Sirian Portal, lasting until Sept 17) tends to focus and initiate change around whatever we are holding in our emotions. This can be used to create deep sacred change in our lives. Mid-August into September is a potent time for major change, and our souls often take advantage of the opportunity to create and choose new options.

This change is also generating much fear. Thoth addressed this well in the phone mediation last week. Those of us connected into the mass unconsciousness of the US and related societies have the potential to recognize the false generation of fear. When we do so, the larger unconsciousness pauses and reflects upon our actions.

### **from Thoth:**

How we deal with the surge of fear that is happening now will determine how we deal with much larger energetic currents that will come our way closer to 2012. As we can deal with the fear current that is being generated right now, and know that is simply an emotional current that happens to vibrate at a level of fear, we will have the experience necessary to face increasingly larger waves of similar emotions. It is crucial that we see what is present, and come to understand what of it may or may not relate to us,

There may be legitimate personal fears that we should act upon. And then there is the fear that is part of a larger cycle that is getting kicked up like dust on a dry dirt road. We just need to see it and plan our walk accordingly.

As we reach toward 2012 there is much external chaos. Each time we come to this point in the larger cycle of 26,000 years, switching from dark to light or light to dark, we undertake a re-evaluation of the larger picture of shared creation. Each soul considers its own journey, and its relationship to other souls. How is it that we are all interconnected now? How is the dance moving along? How is our dance interacting with the dances in other galaxies?

At the point where one cycle completes itself and another begins, there is stillness. Many people can find this underlying stillness now. Within this underlying stillness is the communion and communication among all souls. We are relaying communication not just about this past 13,000 year cycle, but also taking advantage of this time of still communion to plan out possibilities for the next 13,000 year cycle. One might consider it to be a giant conference call! And yet it is happening within the innate core stillness that is within each being of consciousness.

#### **and from Mary:**

One of the elements that the Divine Feminine creates most easily is a container. The Marian energy is available to provide surround and support to each of us. The container for your life is already present in your aura. The container for your soul is already present as your physical form.

Fear can flavor a world, just as love can contain a world.

This is a very important distinction. As you feel the presence of those Ascended Masters who support you, your body relaxes and your energy field expands. There is less room for those beliefs, emotions or energies that no longer serve you. There is simply no space for beliefs based on fear. Who you are as Spirit steps forward without fear. Spirit has no true fear of death, because it knows that it continues beyond the death of the physical body.

My blessings to each of you,  
-Norma

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**The Phone Meditation from last week is now available as a free mp3 download or as a CD (\$9.99) [click here or under Meditation CDs.](#)**

Here are meditations and teachings from the Ascended Master Thoth, along with the healing energies of Mary and the Pure Energy of Nature. These are present to support your own ability to find the still center of your communion with all consciousness.

These are primarily spoken word, often channeled CDs with information, healing energies and meditations. My [musical CDs](#) are of myself singing while the guides (primarily the Hathor Atamira and Archangel Michael) lay healing energies into my voice. What you hear when you click on my home page is a spontaneous song that Atamira inspired from my newest album, [Songs of Spirit](#).

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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 EVENTS~~~~~(complete list here)

CLEVELAND ----- Register [now online](#)

Fri Sept 18 Reinitializing Reiki, Healing, Financial Guides Workshop

Sat Sept 19 [Private Healing Sessions](#)

Sun Sept 20 [Private Healing Sessions](#) (morning only)

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ATLANTA -- -- --- Registration [now Open](#)

October 9-11 [Weekend Intensive on Sound Shamanism Workshop](#)  
**Applying Sound to Energy and Healing Modalities (limit 12 people)**

October 12-13 [Private Healing Sessions](#)

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TUCSON AZ - - - - -Tickets [now online](#)

Nov 7 Meditation Concert of Healing Chants

Nov 8 Sacred Sound / Sacred Healing Workshop

Nov 9-11 [Private Healing Sessions](#)

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GUELPH (near Toronto) - - - -Tickets [now online](#)

Nov 20 Meditation Concert of Healing Chants  
Nov 21 Sacred Sound / Sacred Healing Workshop  
Nov 22-23 Private Healing Sessions

(Toronto Private Sessions possible, please email if interested)  
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PORTLAND (Oregon) - - - -Tickets [now online](#)

Dec 4 Meditation Concert of Healing Chants  
Dec 5 ReInitializing Reiki Workshop  
Dec 5th Sacred Sound / Sacred Healing Workshop  
Dec 6-7 Private Healing Sessions

(Eugene area Workshop and Private Sessions in progress, check back soon)

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Norma's other offerings ---

**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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