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Facing what you Need to Do (when you don't want to do it)

Dear Friends,

As we sit in the energies of the Summer Solstice and amidst three eclipses it is interesting to note how these energies are interacting with each other and upon us in subtle and sometimes not so subtle ways. The solstice tends to magnify trends that are already within our lives. Eclipses tend to highlight shadows that we are trying to ignore. Put three eclipses and a solstice into one month and we can have quite a powerful experience. My sense is that the convergence of these energies is helping us to look at big things in our lives that we need to look at but have thought we couldn't.

The reasons why we believe we can't address an issue, a person, a work situation or whatever it might be in our lives usually stems from an inner belief of unworthiness and the emotion of fear. Fear of losing a friendship, or our job, or respect and sometimes losing the lifestyle that we know. But life is about change, and for most of us, our souls didn't incarnate at this point in time to maintain the status quo and go fishing. We chose this time to make progress in our Spiritual Journey.

The final eclipse is on June 30. To my inner vision it appears to be the most potent of all of these eclipses. For this reason I held a phone meditation (now available as mp3 or CD) on the second of the eclipses. My intention was to create a meditation that could be used to find that quiet and yet powerful still-point within each of our bodies that we know as center. Consciously connected into our inner center, we find a sense of belonging and of being at rest, no matter the tumult that rages around us.

For this reason I have called it "Coming Home". It includes the sound healing "Replenish" with a choir of Tibetan Bowls from my CD Songs of Spirit, as well as several interesting questions from participants. More information below.

Listen Now to the gentle flowing music of Hildegard in my own feminine voice with the lovely strength of the men's ensemble new York Polyphony singing a Gregorian setting of Beati Mundo Corde. This chant (my portion of it) is one of many at which were recorded several years ago in the Andes Mountains of Colombia. These chants have not yet found a home on a record label. If you want to help bring this to the attention of Sony Music, have a Listen Here and then vote. Thank you!

I am in **Seattle June 26-28** and western Washington State (Fairy Congress) for Private Healing Sessions, concert and workshops. Please let friends know - more info on my Calendar Page

And a "housekeeping" notice: I am now using a professional email service, and you can change your subscription by scrolling all the way to the bottom and clicking on the "Manage my Subscription" link there.

My best to each of you,

-Norma
www.HealingChants.com

UPCOMING EVENTS

June 24-26

Carlton WA [Congress and Private Healing Sessions](#)

June 27-28

Seattle WA [Private Healing Sessions](#)

SOUND HEALINGS (hosted on the SpiritofMaat.com website)

[Veni Creator Spiritu \(Invoking the Spirit of Creation\)](#)

[A Question into the Heart of Chaos](#)

MEDITATION CD / mp3

Norma Gentile

June 15, 2011 meditation

Meditation CD #29 from June 15,,2011

Coming Home

Meditations exploring where "home" is within your body, how to get there and how to remain there.

*includes the sound healing "Replenish" available on Norma's album [Songs of Spirit](#)

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

LISTEN to EXCERPTS NOW:

Sample 1 Your body's ease in living in the world

Sample 2 Judging our body keeps ourself from being grounding

1. Introduction

2 Invocation of Sacred Space

3 How Energies that are not ours show themselves to us

Creating clearer and stronger communication with your Guides and Angels. The quality of connection we have with our guides depends largely on our ability to understand when energetic consciousnesses, such as guides and angles, are telling us to let them go, or let them change and update their connection to us.

4. Home is in your Navel

As we learn that there is a quiet still-point which already resides within us, the quality of spirit which imbues this silence moves out to our external world.

5. Meditation for Ease in 2nd Chakra

It isn't just about sex. Our 2nd chakra helps to determine the quality of our life. The ease we have interacting with the world might be simple and uneventful, or each day might feel like we are bracing ourselves against the torments of daily life. In most cases our soul wants our body to have an easy and joyous experience of daily living.

The polarities of this reality are more deeply held in the lower chakras than in the upper chakras. Early non-verbal cues that often teach us racism and sexism lie in the 2nd chakra. So too the belief that we are not 'good enough' or that we don't have the right to exist, or permission to be happy have their roots within the 2nd chakra.

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6 Meditation for Soul/Body Gender Expression in 2nd Chakra

Beginning to explore how your soul expresses both its male and female gender through your physical body.

7 Revealing the Grounding that is Natural for Your Body

Through your feet, your 1st chakra and every cell of your body there are innate connections to those energies that your body knows how to use to nourish itself. Judging our body keeps our body from grounding itself because it keeps us contracted away from these nourishing energies.

8 Replenish &endash; from Norma's album "Songs of Spirit"

9 Deeply Resting into Home



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

As of today, I have [28 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?](#)



Wearable Art - bring your Inner Attitude to the Outer World.

3 designs based on Hildegards own poetry and art

organic / cotton / plus-sizes / children / cards / tote bags / jackets / mugs

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

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

**CARLTON, WA**

June 24-26 [11th Annual Fairy & Human Relations Congress](#) (Private Sessions during the Congress available)

**SEATTLE**

June 27-28 [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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If so, you can [CLICK HERE](#) and click on the amazon.com or amazon.ca logo at the top of the Store Page of my website to send 5% of your purchase back to HealingChants.com to support the free newsletter, free podcasts and free soundhealings offered each month. Thank you! And yes, my CDs are available at amazon as well.

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Norma Gentile, Healing Chants  
PO Box 971020, Ypsilanti, MI 48198 USA  
734-330-3997, [www.healingchants.com](http://www.healingchants.com)  
[info@healingchants.com](mailto:info@healingchants.com)

YES please pass this email onto anyone you think would be interested. Just be sure to include my contact info.

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