

Dear Friends,

Below is a short but very loving message from Mary. I would suggest sitting in heart mediation with the energy behind the words, rather than trying to understand it with the mind.

<p>Notes:</p> <p>I have the great honor to create two concerts this June with cellist and 2010 Grammy Award (Best New Age Album) winner <a href="#">David Darling</a> in <b>Toronto and Guelph</b>. I will also offer Private Healing Sessions in both towns while I am there. For tickets and session appointment times see the <a href="#">Calendar page</a>.</p> <p>I will also be presenting the 2nd of a series of workshops on Sound &amp; Healing in <b>Sarasota Florida</b> June 27, followed by Private Sessions.</p> <p>As always, I offer Private Sessions by phone when I'm home in Michigan. And I'll be creating the music for Interfaith's Celebration Service on May 23rd in <b>Ann Arbor</b>, followed by <a href="#">a workshop on using Tibetan Bowls and your own voice for Healing</a>.</p>	<p>New Meditation (CD or mp3)</p> <p>The most recent phone meditation, <a href="#">Holding the Earth, Holding Ourselves</a> is now available as a free mp3 or CD. Through a series of meditations, it explores and leads you inot a new quality of relationship with the Earth and Gaia, and a new way of grounding.</p> <p>I have received many emails from people stating that they find themselves to be more grounded and simply 'in a new place' with their lives overall. This feedback is from people who were on the phone during the meditation as well as from those who have purchased the edited CD or downloaded the free mp3 of the meditation and listened to it.</p> <p>You can read more, purchase or download this meditation on the <a href="#">Meditation CDs page</a> of my website. I have added a sound healing "Innocence" to the meditation. It is dedicated to a dear friend, Sarah Heberlein, who passed from the Earth this spring.</p>
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And now, the message from Mary, received Saturday eve, May 15, 2010

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*from Mary*

The physical form you know as the Earth is changing. Just as your consciousness arises and turns again into the Light of Love, so too does the mind of Gaia feel the warming return of this same Light.

And she yearns to stretch out her arms in the sweetest embrace of those souls whose presence she again senses. Yet she lies, for the most part, as still as possible, so as to not disturb those who yet slumber upon her.

Such a welcome homecoming she feels all around her body, and all around the star system in which she moves. Even the plants and animals sense the joy that is stirring within her heart. The pulsation of this same heart races from time to time, hearing the far off yet ever nearing calls of others like herself.

For just as she laid her consciousness within the Pure Energy of Nature, in order to become your planet, the Earth, so too did a myriad of other beings decide to express themselves into your form as planets, stars, comets and yes, even other solid phenomena.

And so is it not understandable that the first to awaken are the first to have taken form? And yet these same ones are the very bedrock, literally, of your human world.

As you pass through this time, the next several months, notice the small nudges, clues and insights you receive. Many of these will be coming not from the heavenly upper dimensional spirit guides. Rather, your physical form is lovingly receiving messages from Gaia's own body, the Earth.

Listen.

It is Gaia's active love of other beings which created the atmosphere around the Earth. That atmosphere holds the oxygen and moisture that sustains all life upon her. And with each breath you are reminded of her love for you. With each breath you fill your bodies with the energies of her love for you. And with each breath we feel this love warming and filling our own being, even though we have not form within the Earth at this time.

Remember.

Compassion is abundant. Forgiveness is your birthright. Love is your true nature.

Remember.

We who travel on the other side travel with you. You are never alone. You are loved beyond words and your deeds are appreciated beyond measure.

May each of you be so blessed, as you will allow yourself to receive it now.

-Mary (Magdalene)  
through Norma Gentile  
May 15, 2010

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**NEW MEDITATION CD / mp3 from NORMA**

*Meditation CD #21 from April 28, 2010*

### **Holding the Earth - Holding Ourselves**

A Compassionate Meditation for the Earth and Humanity

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

A meditation to hold a sacred space of calm and quiet for the changes that have happened already, and those that will come.

- Includes a Sound Healing from Spirit.  
- feedback from those who have used this meditation indicate a new sense of grounding, stability, support and a greater sense of life vitality.

- 1 Introduction
- 2 Essay: Earthquakes, Emotional Intensity, EM Fields & Gaia
- 3 Invoking the Nature Spirit Sphere
- 4 Exploring the 2nd dimensional self
- 5 Gaia is releasing ancient energies from deep within the core of the Earth to the Consciousness Grids surrounding the planet
- 6 Step out of the way and allow the Creative process to take over
- 7 Tuning into the lower dimensions of your soul
- 8 Innocence - a Sound Healing from Spirit
- 9 Releasing the magnified connection to your soul in the lower dimensions, as well as to the Nature Spirit Sphere
- 10 Q & A: Stability and Shifting within the Earth
- 11 For more Information

Total Time: 54 minutes

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

#### **ANN ARBOR MICHIGAN**

Sunday May 23 from 1-3pm

**Tibetan Bowls for Healing & Meditation Workshop**

#### **TORONTO / GUELPH ONTARIO**

**Evensongs for the Soul: Chant and Cello in Concert**

Grammy winner cellist David Darling and Norma Gentile

TORONTO Fri June 11 Holy Trinity

GUELPH Sat June 12 Harcourt United Church

GUELPH June 13 [Private Healing Sessions](#)

TORONTO June 14-16 [Private Healing Sessions](#)

#### **SARASOTA / BRADENTON FLORIDA**

June 27 Sacred Sound / Sacred Healing workshop

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

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