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An Eclipse of Linear Time

new healing song - Quantas Sabedes Amar Amigo

Dear Friends,

The upcoming May 24/25 eclipse is physically minimal; less than one-half of 1 percent of the moon will actually be effected. Yet this eclipse, along with the previous lunar eclipse of this month, open us to the potentiality of living outside of linear time. This is not an occasional experience of stepping out of linear time, but an ongoing perception of choosing to be 'in time' or 'out of time'.

While teeny-tiny at the physical level, my sense is that this is a homeopathic eclipse - with a very high potency, offering a deep potential for change - namely, this new level of consciousness around time.

This eclipse makes it difficult to maintain an awareness of 'when' we are at any point during the many hours of a day. Linear time becomes messy in the days leading up to, on, and just after the eclipse. In particular, we are unaffected or don't respond to time-sensitive matters.

We don't recognize the hours of the day as we have in the recent past. We may see the clock, but we fail to integrate the meaning of its numbers as we once did. A deeper aspect of our consciousness still recognizes the numbers of each hour on a clock as a symbol, agreed upon by our shared human consciousness. In this fashion we can choose to step into the experience of linear time or live outside of it. Neither is better or wrong.

If you have a dental appointment I suggest you step into linear time as a way of honoring the other people involved in the appointment. Time is a handy organizing factor for group events! However, if you have gardening to do, let Nature do the organizing with you, not time.

I am finding that in the space between my appointments (which are fixed at a certain time), there is a sense of non-engagement with linear time. Only when the energies of my present moment approach the energies of others involved in upcoming appointments does that point of future time exist for me.

Meaning, as the day progresses, I feel as if I am not moving in time, rather that I am moving into an agreed upon relationship with another person (a client, or my acupuncturist), which happens to occur at an agreed upon hour of time.

Yes...this is headache inducing...

What if linear time exists so that we can each become aware of our relationships with each other? What if, even before entering this Creative Cycle of 26,000 or so years, our souls decided to invent time as a means of organizing our interactions with each other?

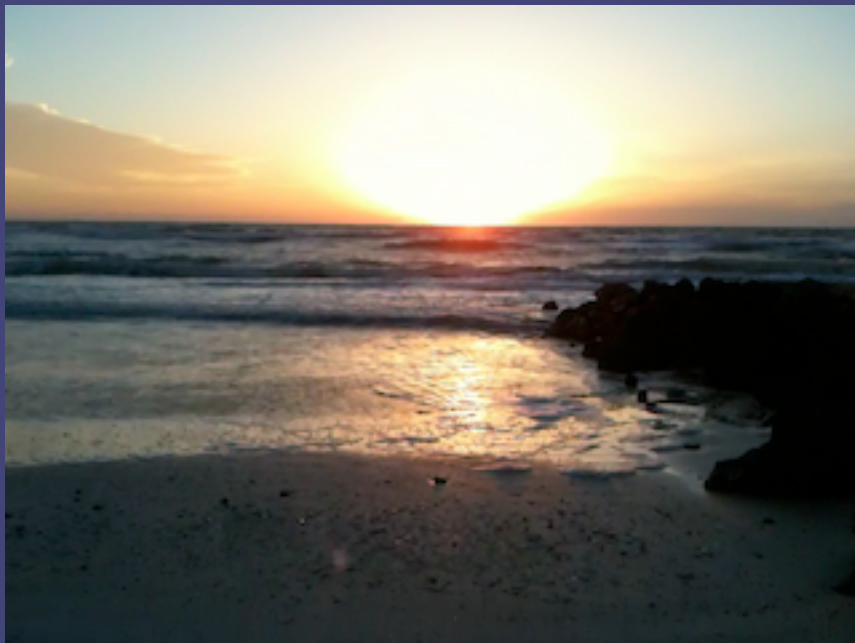
And what if not all souls agreed to this? What if some decided instead to orient to Nature? Incarnating into indigenous cultures during most of this larger Creative Cycle allowed these souls to continue to listen to Nature. Now, with this eclipse, some of these same souls are now awakening from their incarnations within Western Cultures.

I use a GPS (global positioning system) when I am driving and even when walking in unfamiliar cities. Now I feel as if I need a GTS (global time system) just to help me stay within society's agreed upon designation of hours. If you have read this far, I am betting you feel the same way!

I suspect that the meditation by phone this coming Friday evening (May 24, 9pm EDT, 6pm PDT) will provide information and energy work for our physical bodies to navigate this new relationship to time. If you can't join in (there are call-in numbers for the US and various countries on the [Calendar Page](#) of my website, www.HealingChants.com), you can download the podcast later.

These podcasts are in mp3 form, and available on both my website (www.healingchants.com) and iTunes (find them by going to the podcast section of iTunes and entering my name in the search bar). I have 37 meditations available, and you can get them all at no cost.

Many blessings to each of you,
-Norma



**Quantas
Sabedes
Amar
Amigo
a medieval
woman's
song of love
and the sea**

A medieval woman's song from the area of what is now present day Gallecia, Spain. Attributed to Martin Codax, it is accompanied here by a shruti box which offers a soundscape upon which Norma sings. The song invokes the gentle back-and-forth caressing motion of the sea in its simple melody. Recorded during a live Meditation Concert in Portland, Oregon April 2013.

[LISTEN
HERE](#)

[Click Here for a list of Norma's monthly sound healings. available as mp3 and video](#)

UPCOMING EVENTS - Please pass the word!

Fri May 24

[FREE PHONE MEDITATION](#) 8pm EDT (New York City Time)

Sat June 22 at 8pm

[SOLSTICE CANDLELIGHT MEDITATION CONCERT](#) in Ann Arbor, Michigan

COMING ATTRACTIONS:

Santa Cruz 2013

Toronto TBA

If you are an individual or organization interesting in sponsoring events please let us know. office@healingchants.com

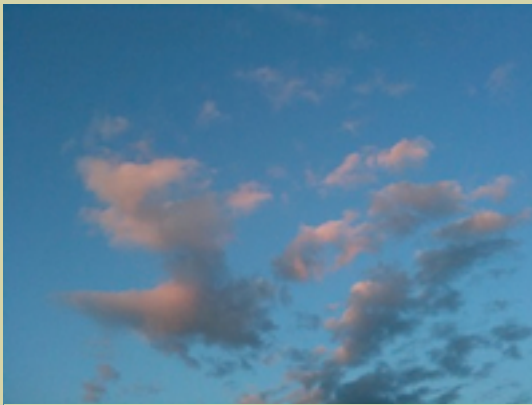
Get the healing power of a Private Session on your iPod / CD player with Norma's
Meditations (available as CD or mp3)

Meditation #37 from March 27, 2013

a meditation for

Breathing Stillness - Generating Peace

A series of Meditations to naturally Generate Power and Ease by
Connecting Your Body to your Soul's Journey



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- 1 Introduction
- 2 Creating Sacred Space
- 3 Balancing Body, Soul and
Spiritual Helpers
- 4 Good Brain!
- 5 Releasing Emotional Tumult in
the Heart
- [Completion A Sound Healing](#) to
release High Heart tumult
- with Gordon Johnston, harp and
Jeremy Sills, singing bowls
- 6 Rededicating your personal High
Heart; [Sound Healing Ode to Day](#)
- 7 Solar Plexus, Kidneys and
Adrenals: Your True Power
- 8 Breathing Stillness / Generating
Peace
- 9 Ovaries, Testicles and 2nd
chakra; Deep Patience and Ease:
- How much ease does your soul
want your body to experience
now?
- 10 Summary
- 11 Releasing Sacred Space

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

Ode to Day Improvisation from live healing concert (Portland, 2012) for voice and shruti box - [video HD](#) - [video](#)
(mobile) - [Audio mp3 only](#)

An improvisation on Ave Maria (by St. Hildegard of Bingen) with tambura and voice

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

- chants of the mystic Hildegard von Bingen
- new chants by Norma Gentile
- spoken poetry of Hildegard
- healing energies from Archangel Michael

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Healing Chants
a live concert recording

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CELEBRATE HILDE
(- 2012 isn't just about that old Ma

Designs based on Hildegard

iPhone & iPad goodies / organic
children / notecards / tote
Wearable & Usable Sacred Art - bring you



long sleeve



iPhone cover



ceramic travel mug

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

As of today, I have [34 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

Watch Healing Chants online

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)

TWITTER <https://twitter.com/healingchants>

MONTHLY FREE ONLINE SOUND HEALINGS

(hosted by spiritofmaat.com)

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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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