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## Reflection

**How our outer world helps us heal our inner world  
with a related [healing song/video](#) and [upcoming Weekend for Healers](#)**

Dear Friends,

I have long believed that world events reflect issues that we, within our shared human consciousness, have agreed to address. Healing entails noticing the obvious. We cannot change or heal what is not already seen and understood. Just as you don't put a bandage on a wound that you don't know exists, we cannot emotionally or spiritually heal what we don't see and understand. For this reason what is brought up into our human consciousness is usually a reflection of what we, individually and as a society, have decided to learn about, change and heal.

Having a publicly visible event (such as the recent weather patterns) or an individual person stand as an example of what is ready to change helps bring the energetic patterns behind the related issue into view. When someone or something stands at the forefront of our shared human attention, the pattern that they represent becomes much easier to see. In the western world we are healing narcissism and the many related behaviors (such as anger, violence and fear) that our American society has embraced as normal. Remember, we can only heal what we see and understand. What better way to do that than by placing people who demonstrate our wounds, and reflect what we need to heal, in public prominence?

### HOW THIS WORKS

Perhaps because of the recent floods my guides were giving me ideas of how we heal issues using the metaphor of rain. In my experience one needs rain in order for a rainbow to become visible. The water droplets that light moves through in order to create a rainbow are already hanging in the air, but must be intensified in order to be seen clearly by our human eyes. So too events in the larger world may serve to intensify and bring our personal inner issues more clearly up and into our awareness. That is what I believe is now happening within the arena of American politics. Anger, greed, fear and all the other bedfellows of narcissism are creating a huge storm. And this emotional storm is being brought into the physical world as well. Emotions that are not expressed by humans eventually do affect the physical land.

What many of us are realizing is that reacting with anger, or even seemingly justifiable indignation, merely feeds the emotional energies of the political storm. How can each of us let the raindrops fall without covering our heads out of fear or anxiously batting away at the raindrops? By remembering that for each action there is an equal and opposite reaction. And we are in charge of our individual reaction! Fear, violence and hatred are only useful to those wielding them if there is someone who will respond. For those on a journey of reflection it is possible to consider what a neutral response might be. I imagine this in two ways.

First as a tennis game. When I feel a ball of anger coming towards me, I simply don't return the ball. Angry words don't need to be responded to with more angry words. Rather, I imagine the words or action as being a tennis ball that has been hit over the net into my side of the court. In my mind's eye I imagine placing the ball of anger in the center of the tennis court at the net. Whatever of my own thoughts or emotions that have been stirred up by receiving the angry tennis ball are mine to understand, and release. Placing the ball in a neutral position in my mind's eye helps me remember not to react to the external person and to come to a neutral quiet place within.

A second way I have of deflating anger, violence and the related actions comes from my years of experience as an energy healer. My guides remind me that our soul chooses issues to address in each lifetime, and has already found people (other souls) that have agreed to help those issues arise in us. Sometimes these people are family members, but they can also be public figures like politicians. It is for the benefit of all humans that a soul agrees to publicly reflect a pattern that is ready to be healed in the shared consciousness of humanity. Souls that choose to publicly reflect compassion and love are easily blessed and usually have bountiful lives. On the other hand, those souls who choose to reflect the uglier aspects that we need to heal, are seldom thanked for their service to humanity.

Public figures reflect the issues that our souls want to address. They are the mirrors of our culture. It is uncomfortable for us to see the wounds they so publicly display because these are also our personal wounds. The western world is clearly seeing our culturally accepted anger, violence, hatred and fear being reflected back to us in daily news stories. Rather than turn away or ignore what is pleading to come into view through the political and social media arenas, we can use this opportunity. First, we find our own still quiet place within. Then we can bring compassion to the mirror and forgive both ourselves and those public figures who are so brilliantly displaying the issues that humanity must first see, in order to heal.

Compassion allows our eyes to see the rainbow that is present, along with the raindrops.  
-Norma Gentile

PS

If you enjoy this newsletter or the songs, I would ask that you consider sharing this newsletter, my [free healing songs](#), and/or the [audio meditation](#) with a friend via [iTunes](#) or the [podcast page](#) of my website. Likewise, you might gift an album of my music to someone through [amazon.com](#), [iTunes](#), [CDBaby](#) or the [CD page](#) of my site.

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Please be sure to add [newsletter@healingchants.com](mailto:newsletter@healingchants.com) to your approved senders list or address book. This will ensure that you receive the newsletter.

### UPCOMING EVENTS

Jan 28-31

Anna Maria Island (near Tampa, Florida)  
Sound Healing 2016 Practitioner Training

Feb 1-2

near Sarasota - Tampa, Florida  
Private Healing Sessions

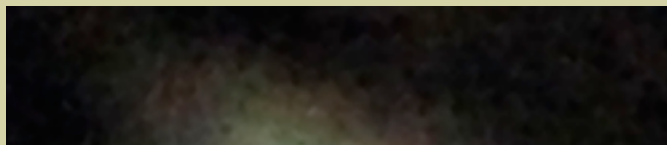
March 27

Ann Arbor, MI  
Easter Celebration - Interfaith Center

### Get the healing power of a Private Session with Norma's Meditations

#### First, Be Still

A meditation to bring you to that point of stillness where you can truly comprehend what your next step might be in a decision making process.



*Meditation #47 from September 27, 2015*

- 1 Intro
- 2 How to know when to leave a relationship, be it a marriage, job or yoga class
- 3 Straddling the Past and Future while in Present Time
- 4 Meditation: Quieting the Mind by connecting the brain to the body
- 5 Sacred Space Invocation



- 5 Sacred Space Invocation
- 6 Our roles as cocreators...Listen, then Speak
- 7 Our soul's desire resides in our High Heart Chakra
- 8 Archangel Michael / Michaela &ndash; Angels are neutral in gender.
- 9 Meditation to clear the 2 heart chakras and invite those guides and angels working with you now to be present.
- 10 SONG: O eterne Deus (O eternal God)
- 11 Completing the Healing
- 12 Releasing Sacred Space

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This meditation includes O eterne Deus (O eternal God) composed by St. Hildegard of Bingen. This song is from Norma's album [Unfurling Love's Creation](#), available on [iTunes](#) and at [Amazon](#) as well as her [website](#). More of Norma's healing songs, along with videos,

[iTunes](#)

[Listen to mp3 directly](#)

[Transcript & more information](#)



[mp3 listen now](#)  
[watch video](#)

## **Reflection**

**a sound healing from a live Meditation  
Concert  
for solo voice**

As you listen to this song, be aware of your reactions to it. Sections of the song are very soothing, while other sections are meant to draw out thoughts and emotions that are not congruent with who you are now. As these thoughts and emotions come into your awareness you might also notice tension in various parts of your body. Whatever you notice, be it physical sensations, emotions or thoughts you are having repeatedly, ask them if they are really yours. Such a simple act allows what is not in tune with you to move onto wherever it needs to be now.

This is the second of three healing songs meant to be used together.

1. [Solace mp3 listen now](#)
2. [Reflection mp3 listen now](#) or [watch video](#)
3. [Salve \(coming soon\)](#)

<http://www.healingchants.com/soundhealings.html>

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*Listen to a Song Now*

## *Unfurling Love's Creation*

Based on compassion as an aspect of Love, these chants illuminate the finer energies of the Divine Feminine. This recording is especially suitable for those seeking deeper stillness.

Chants by Hildegard of Bingen  
Sung by Norma Gentile

*with Harmonic  
Drone Chorus  
and  
Tibetan Singing  
Bowls*

<http://www.healingchants.com/soundhealings.html>



CELEBRATE H

Designs based on Hildegard

iPhone & iPad goodies / organic  
children / notecards / tote

Wearable & Usable Sacred Art - bring you



long sleeve



iPhone cover



ceramic travel mug

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### **A Note on Phone Meditations and Recordings of Meditations and Teachings:**

As of today, I have [47 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 a few times each year. About half contain healing songs or chants. All are offered freely as podcasts (you can subscribe directly on iTunes > Podcasts > Norma Gentile) or a few are available as 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 90,000 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.

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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 ---

## Norma's other offerings

### **FACEBOOK**

Get Norma's free videos, sound healings and essays regularly.

### **VIDEOS**

Watch Healing Chants online

### **MUSIC AND CHANT RECORDINGS**

Sacred chants from Hildegard, improvisations from Spirit and healing songs from the Hathors, CDs or download

### **SPOKEN MEDITATIONS**

Meditations and information, available as podcasts)

### **SOUNDCLOUD**

Stream Norma's music

### **TWITTER**

### **MONTHLY FREE ONLINE SOUND HEALINGS**

**PRIVATE HEALING SESSIONS** (by phone)

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