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Love's
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Chants of St.
Hildegard

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Bridging Two Worlds

**Bringing our Inner Sacredness to our Outer World
some thoughts for the Full Moon with [healing songs/videos](#)
and an [upcoming Weekend for Healers](#)**

Dear Friends,

Whenever we undertake a journey, we end in a different place than when we started. Spiritual journeys often mean that our outer self becomes more translucent; allowing our inner sacred self to be what is seen by the world. Of course that also means that our inner sacred self is interacting with the outer, sometimes not-so-sacred world. And it can be a difficult and uncomfortable experience when our heart opens in a sacred manner and feels the non-sacred emotions and doings of the outer world.

Most of us learned as infants to shield ourselves from what we experienced as harsh energies from the outer world. As adults we journey over and over again between our safe sacred inner self and our outer world. With each journey we reclaim our own power to create the roads and bridges that link our inner sacredness with our outer world. It may seem like an endless process, and perhaps like a process that has no effect on the outer world. But every so often we re-create enough connective bridges with the outer world that we notice something changes.

The three healing songs below lead you through this type of journey. The first song is our preparation for a journey; packing what we love, feeling the safety and security of where we are, and yet there is a longing for what is beyond the known, and our inner sacred self calls us to act upon this longing. The second song is the journey itself. Sometimes easy, but also at times unsettling. What we believe to be true may not be true. What was once firm ground may no longer be safe to stand upon. If we do not question ourselves and our world, how are we to ever change? This second song is the journey into the unknown, which is made known in the third song. As we reach the journey's conclusion we build new bridges to the outer world. And we start by noticing that we are not where we were in relationship to the outer world. Did we change, or did the outer world change? Perhaps it is both.

The consciousness of our own inner sacred self is energetically shared with each member of humanity. Not only does our change affect others, but the choices others make affect us. Have you ever felt a soft calming wave of energy come into your heart when you are not engaged in a spiritual endeavor? Or perhaps, suddenly thought of a beloved teacher or mentor, poem, or song? We are all connected. As others in this vast world make choices to honor their inner sacred self we each are blessed with their choice. And of course, as we each honor our sacredness, that reminder is like a quiet bell that sounds within the hearts of others.

Our shared journey continues....
-Norma

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 meditations](#) 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. Thank you for sharing in our journey.

Solace



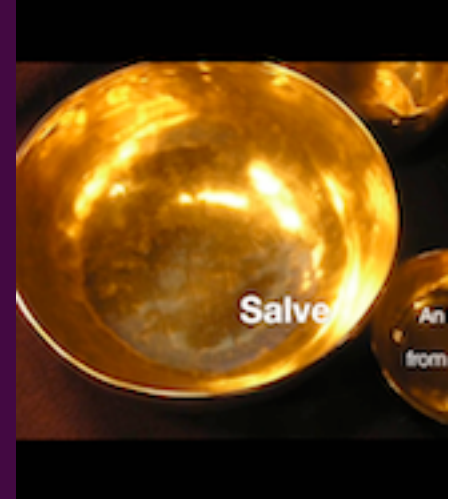
[listen now](#) or [watch video](#)

Reflection



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

Salve (A Sacred Gree



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

ANNA MARIA ISLAND - Florida (south of Tampa)

January 29 - 31 (Friday 6pm - Sunday 2pm)

Practitioner Training in Sound and Healing

Come and enjoy a warming weekend in an oceanfront Florida cottage with a small group of similarly curious healers, singers, and creatives. We will explore spiritual healing overlap.



[Workshop Content and Topics](#)

[Lodging and Registration](#)

NOTE: If you feel drawn to attend a few spaces remain open

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Very Important:

Please be sure to add 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.



[iTunes](#)

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mp3
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[Transcript
& more information](#)

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
- 6 Our roles as cocreators...Listen, then Speak
- 7 Our soul's desire resides in our High Heart Chakra
- 8 Archangel Michael / Michaela & 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

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,



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

Salve (A Sacred Greeting)

an improvised sound healing, drawn through Norma from Spirit. Accompanied by a choir of Tibetan Singing Bowls.

translation:

I greet all creatures
I greet the world
Honoring Spirit as
The Divine Mother
The Sacred Father
and God, in All That Is
I greet You.

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

1. **Solace** [listen now](#) or [watch video](#)
2. **Reflection** [listen now](#) or [watch video](#)
3. **Salve** [listen now](#) or [watch video](#)

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

[Click Here](#) for more sound healings. available as mp3 and video

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

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other countries

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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 b
Wearable & Usable Sacred Art - bring you



long sleeve



iPhone cover



ceramic travel mug

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.

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 ---

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

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