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A Quick & Timely Healing Meditation

spoken meditation and healing channeled song
with an [upcoming Free Phone Meditation](#)

Dear Friends,

Sometimes during a workshop there is a meditation that comes through me which offers an opportunity for deep healing. [Here is such a meditation](#). It begins with an invocation of Sacred Space, inviting your connection to Archangel Michael as well as the elements of Nature and the Pure Energy of Nature to be present with you in a conscious magnified manner. This is needed so that there is an energetic container surrounding you into which your body and personality will feel safe to release what is no longer yours. In my experience the energies that make up what is no longer yours each have their own consciousness. We, as humans, tend to say 'there is consciousness in all things', but we seldom apply this to energies that feel disturbing or troubling to us!

After the invocation you hear me talking to each of your chakras, and a few other areas of your body. I go step by step through a release and re-setting process. During this process you are apt to have memories, odd body sensations and emotions arise. Be assured that this indicates energies within your body and aura are on their way out. Sometimes we are tempted to stop the process of release because initially we re-experience the discomfort of our initial wounding (or meeting) with an energy. I encourage you to keep listening...

Remember also, that each issue has been with you for (probably) years, perhaps decades. It might take more than 40 minutes to resolve it! This meditation is meant to loosen up whatever your soul and body are ready to release. Your personality is along for the ride. So your opinion about how fast and how easy healing should be is most likely coming from your personality, right?

After the spoken releasing segment I offer a healing song, improvised in the moment with a Tibetan singing bowl. This is where all the newly empty space that you created by releasing is allowed to recharge and refill. During this time your body and soul generate energies that match the quality of consciousness of where you are now. This is crucial. Here is when your body and aura are filled with energy that reflects your physical body and your soul's journey now.

Without refilling ourselves energetically it is easy to feel a void in our body or in the space around us. We feel lacking of 'something', and misinterpret this as being too empty. We are tempted to simply invite energies similar to the old energies to fill us up again. Now, clearly this is a simplistic metaphor. Psychically we feel our own energies and the energies of our guides and angels as being so perfectly in tune with us that they feel just like us. It's like we are surrounded by still clearness. Most of us are used to being weighted down by energies that are not us. We take for granted that there is always discomfort, motion and movement pressing in around us. So when we release what is not really our energies it can feel like we are too empty. But in reality we are simply feeling what it feels like to feel only our own energies in our own body and aura.

Trust that as you listen whatever your body needs it is receiving. And whatever your chakras and aura reflect of your new consciousness allows this generation to take place.

Finally I close with a blessing of gratitude, releasing all those guides, angels and energies that were present in the healing. If you follow my writings and audio meditations (they are on iTunes under Podcasts) you know that I am insistent on releasing everyone that we invite to help us. So just as we invoked a magnified connection to Archangel Michael we release this connection. The same applies to the elements of Nature holding the Nature Sphere around the room. If you called in other guides or angels be sure to release them now. That allows them to step back into their rightful relationship to your body and soul, where you can hear them but it is your soul that is 'driving the bus'.

We all worked hard within the realms of Spirit to create a human body to inhabit during this human lifetime. Let yourself be in charge. That is how our soul truly learns what it is wanting to learn in this lifetime.

For more of these kinds of meditations see [Podcasts](#) or download them at iTunes under Podcasts (search for Norma Gentile).

These meditations are very similar to what I offer in my Private Healing Sessions. If you are drawn to this idea, read more about my healing sessions [here](#).

And of course if you like my music, you can find my recordings online [here](#) and at [amazon.com](#), [iTunes](#), [CDBaby](#)

My gratitude to all of you who are connected into the process of healing that we are sharing. Because yes, without you listening there would be no reason for me to connect into Spirit and receive this for myself as well as for all of you.

My blessing to each of you in your journey,
-Norma
(with Archangel Michael and the Hathor Atamira)

<u>UPCOMING EVENTS</u>		<u>Free Phone Meditation</u>
	Feb 21	
	March 4-5	Downtown Chicago <u>Private Healing Sessions</u>
	March 13	Framington Hills, MI <u>Sound Shamanism: a brief exploration and live demonstration</u>
	March 20	Ann Arbor, MI <u>Sacred Songs, Chants and Healing</u>
	March 27	Ann Arbor, MI <u>Spring Celebration - Interfaith Center</u>

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

A Quick & Timely Healing

a song and spoken meditation from Archangel Michael and the Hathor guide Atamira.



*Meditation #48 from
January 31, 2016*

1 Invoking Sacred Space
Co-creating a Nature Sphere around the room with the Nature Spirits, the Intelligence of Nature and the Pure Energy of Nature. All vibrating at their level of unconditional love. Then welcoming a magnified conscious connection to Archangel Michael.

2 Clearing and Releasing energies from your body, chakras and larger aura.

3 SONG: Recharging your body and energy field

4 Releasing Sacred Space

Excerpted from the Practitioner Training Workshop 2016.



Workshop 2016.

This meditation includes a channeled healing song. More of Norma's healing songs, along with videos, can be found under [Sound Healings](#) and [Recordings](#). Her albums are available on [iTunes](#) and at [Amazon](#).

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Solace



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Reflection



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

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*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

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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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