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Grounding isn't what it used to be...

A meditation and song for grounding into your Earth Soul

Dear Friends,

When I first began my spiritual journey, I began with the assumption that my Soul was perfect, and therefore lived outside of my body. It lived in Heaven. Heaven was then still defined in my world as some golden city floating in the clouds...more or less...but something that certainly did not exist or have anything to do with living here on Earth.

Maybe it was just my community that focused on the aspect of wealth in its image of Heaven, but I decided as a young child that if the streets of Heaven were paved in gold, then I didn't want to have anything to do with it. No trees? No grass? No dogs to play with? Clearly, I was not yet indoctrinated into the ways of the suburban upper middle class! But my discomfort with my community's definition of Heaven encouraged me to search for my own definition. For me, Heaven is the expression of Life upon the Earth. From plants and trees and lush green moss to wild lions roaming the plains and tabby cats curled up in the afternoon sun...each is an example of Life, expressing itself as Heaven on Earth.

As soon as I realized that Heaven is a quality of living which we each may create, my spiritual questioning gaze fell upon my concept of Earth. If being in Heaven is so desired that (according to my Christian upbringing) we must die in order to arrive there, what does that say about Earth? Clearly (again, according to my Christian upbringing) Earth is second best. Not that great of a place to be, compared to Heaven.

No wonder I could not conceive of my Soul as having any connection to Earth! My Soul was perfect, and therefore would not deign to reside in the Earth, only in Heaven. And so my belief remained that I had a Heavenly Soul, but not an Earthly Soul.

Until I met my prejudiced belief about Earth head-on.

Was it shattered in one moment? Probably not. Or at least I don't recall it that way. There were a series of small moments over a few years. These took the forms of conversations and overheard comments with shaman friends. There were personal experiences during my meditation time, or while teaching and channeling, or singing. I found myself connecting to Nature energies in many different cities and countries as I welcomed their participation in healing endeavors. No matter where I was, I found myself consciously connecting and conversing with Nature Spirits in every workshop space, church, hotel room and even a few airports.

I found the same loving acceptance of my queries to Nature's Intelligence about the relationship between Heaven and Earth as one might feel from a patient (but sometimes weary) teacher. "Earth is Heaven. Heaven is Earth. You (humans) are separating them into two things. They exist together, not apart. One does not choose between them. Your needing to choose is the illusion you have built. Nature does not live in polarity as humans do. Nature reflects polarity only because Nature expresses the consciousness of humanity. As humanity arrives at a point in consciousness that is outside of polarity, so too will Nature express itself in non-polarized physicality."

Simply put, we create our reality. Nature acts as the translator between ourselves and our physical world. For example, are you thinking about painting a room a new color? You are (consciously or unconsciously) consulting the Nature Spirits and Intelligence of the room for their suggestions. Whether or not you follow their suggestion (that odd color that just caught your eye might be fun) is up to you.

Below is a song (and spoken meditation) from a recent Gathering that focuses on helping you find your own soul's energy deep within the Earth. To say it will help you ground is overly simplistic, but yes, it will help you feel more grounded. In a larger frame of reference the spoken meditation and song assists you in releasing inhibitions and blocks around accessing the power and psychic intelligence that your body is meant to have. When we are connected to our Earth Soul as much as we are connected to our Heavenly Soul something different happens in our lives. Are you ready?

-Norma

**Yes, please share these newsletters with your friends, your email circle and social media.
I am on [Facebook](#) - come 'like' my page!**

Grounding into your Earth Soul - a song and meditation channeled from Archangel Michael



Now for the related sound healing! This song (and the spoken meditation before and after it) came through me from Archangel Michael. I present it in two versions - the complete healing with the song in the middle, and a version with just the song. For your interest, the text of the meditation is [here](#)

[Full Meditation \(7:30 mins\)](#)
[Just the song \(2:30 mins\)](#)

UPCOMING EVENTS

June 1-July 3

Private Healing Sessions

June 20 at 8pm
Eastern/5pm Pacific

**FREE WORLDWIDE MEDITATION (by phone and
online [facebook streaming video](#))**

Aug 20 - 23

Richmond, VA
Workshops & Private Healing Sessions

Private Healing Sessions

(offered in person or by phone) June 1 - July 3

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 \$215 and last about an hour. Please be in touch with me to secure an appointment time. office@healingchants.com or 734-330-3997. [Read more about private healing sessions here](#)

FREE MEDITATION (by phone and online video)
Monday, June 20 at 8pm EDT (New York City time) 5pm Pacific Time
(will be recorded and available as a free audio meditation podcast and facebook video)

I offer this time on the Full Moon and Solstice for whatever meditation my guides, usually Mary and Michael, might share with those who feel drawn to join in the meditation.

This hour includes a series of silent and spoken meditations, most likely from my guides Mary and Archangel Michael. Plan on finding a quiet space where you can lie down and be deeply at rest and undisturbed for the duration of the meditation. This will be recorded and posted as a [free podcast for download](#) or can be watched online at [Healing Chant's Facebook Page](#).

Previous Meditations are available at iTunes>Podcasts>Norma Gentile or [Here](#)

All are welcome to participate. There is no charge. If you are able to make a donation that is most welcome. Donations help me to edit, upload and maintain this meditation freely available to everyone.

To Participate:

ONLINE: will be live streamed (audio and video) at the [HealingChants facebook page](#)

PHONE: all callers must enter
Access Code 654222#

United States and Canada (712) 775-7031
[View Other International Numbers](#)

Please note:

- Callers may be charged for the cost of the call within your own country.
- Recordings of previous meditations are available to stream or download here

Donations Welcome!

Paypal Email:
office@healingchants.com

Checks to:
Norma Gentile
PO Box 971020
Ypsilanti, MI 48197

AUGUST 20-23 ----- RICHMOND, VIRGINIA

Saturday, August 20
10am-noon

Sound Shamanism; an exploration and live demonstration

Sacred Sound has been used by all spiritual traditions, from indigenous cultures to the medieval Catholic Church and today's modern sound healing practices. A single sustained tone allows the brain to quickly silence itself and shift into a state of reflection. Imagine what more can happen when Norma, who is a professional singer and also a trained healer and channel for Archangel Michael brings her voice, Tibetan bowls and presence to us.

Norma Gentile, (B.M. and M.M. in Vocal Performance) has her feet in both the professional music world and in the shamanic traditions of healing. Having seen auras and angels as a child, she learned to utilize her spiritual connections as an adult by training with shamans and psychics while developing her own means of using music for spiritual healing. Drawn to music that lends itself to inviting listeners into a deep state of inner awareness, Norma combines Tibetan singing bowls from the eastern meditation tradition with the western medieval chants of St. Hildegard von Bingen.

SPONSORED BY:: IONS Richmond

LOCATION: [River Road Baptist Church](#), 8000 River Road, Richmond, VA 23229 (at the corner of River/Ridge Roads) Park & enter on Ridge side.

Sunday, August from 10am-4pm (till 5pm for swimming/hot tub use)

Making New Choices in Your Life:

A Sound Energy Healing Gathering with sound shaman Norma Gentile

Our time will include a series of sacred chant meditations, teachings on the use of sound to magnify other healing modalities, and

exploration of our own ability to choose new thoughts, feelings and experiences to better follow our soul's journey.

Trained as a professional musician (Master's in Voice) Norma has an innate ability to see auras and connect with the Guides and Angels that surround each person. She cultivates a process of healing change by magnifying your own psychic awareness through sacred chant, toning and silence.



Bridges
Between
the
Worlds
Retreat
Center

The center will remain open for one hour after the close of the workshop for those wishing to swim or use the hot tub or infrared sauna. Please bring a bathing suit, towel etc for this purpose.

LOCATION: Bridge Between the Worlds 2395 Paddock Wood Road, Keswick, Virginia 22947 (in the Blue Ridge Mountains an hour from Richmond near Charlottesville) Email: mcilvaine@bridgebetweentheworlds.org Please contact the center directly to inquire about overnight accommodations.

COST: \$111 (with tea, snacks and lunch included)

HTMLDirect HTMLDirect

REGISTER NOW via PAYPAL
or check to Norma Gentile, PO Box 971020, Ypsilanti, MI 48197

Bring instruments if you have them.
You need not be a musician to attend.
All experience levels are welcome.
Wear loose comfortable clothing.

Private Sessions (Richmond, VA)
Sat, Aug 20 and Mon, Aug 22 and Tues, Aug 23

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).

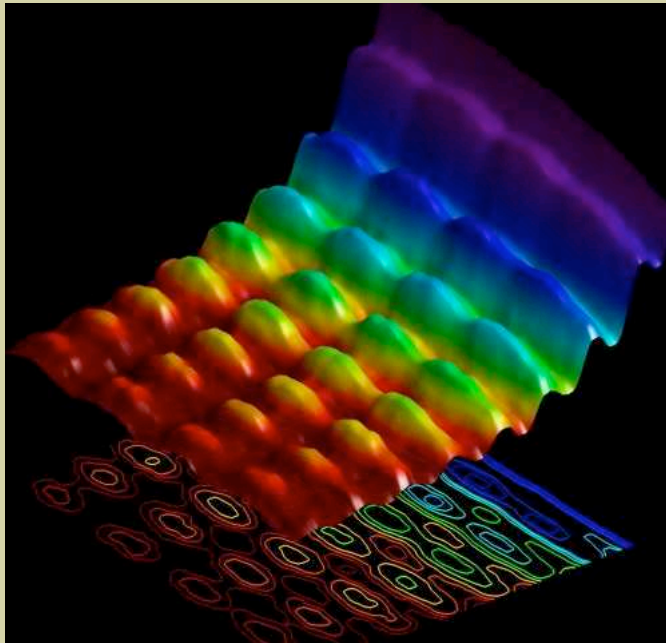
A recording is made of the session. When you listen to the recording your guides and the healing angels will return to continue to help your personal inner understanding and release continue. Sessions are \$215 and last about an hour. Attending the workshop helps to loosen up the energies from your aura before the session, so please plan to attend if you can prior to your individual healing time. [Read more about private healing sessions here before booking your appt](#)

To schedule an appointment time please email office@healingchants.com
Location: Richmond area, TBA

Norma's Meditations (free podcasts)

Healing from within Polarity

THE GIFT OF POLARITY: How and Why we use Polarity in our Lives.



*Meditation #49
from February
21, 2016*

As long as we have physical bodies here on Earth, we are creating within polarity. Our bodies are perfect examples of this polarity; organs that exist on both left and right sides, a brain with two hemispheres, and of course our upper and lower 8th chakras. We are designed to grow in our understanding of polarity while incarnate. Only by entering fully into polarity can we encounter our next step. When we resist this process, we may become disenchanted with our life, feeling sluggish and uninvolved; or we may spiral out of our bodies, feeling

Listen to excerpts now:

1. [Our souls choose to explore both sides of Polarity](#)
2. [We created Polarity](#)

[iTunes](#)

[Listen to mp3 directly](#)

[Transcript
& more information](#)

euphoric but disconnected from what surrounds us.

This meditation will assist you in becoming aware of the issues that you may be avoiding, and provide you with a nurturing safe environment in which to consider them. Here your guides and angels are present. Notice insights and ideas that may occur to you. These will be how you address your life issues. This is a time for you to choose how you desire to move forward.

This meditation includes two channeled healing songs. 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](#).

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](#).

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

Norma's Healing Songs

Opening

start wherever you are now



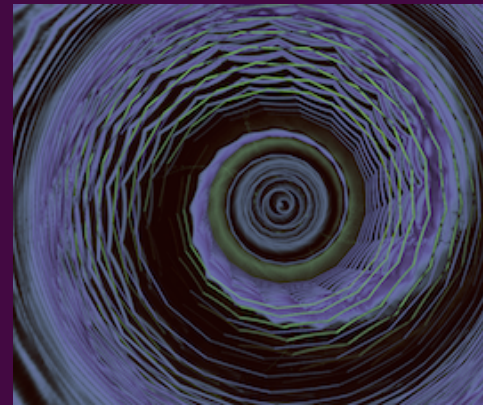
Seculum

for all the ages of our worlds



Being - Doing

A healing song for Balance



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

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

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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.

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USA

other countries

[more info](#)

[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

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)

Norma Gentile, Healing Chants
PO Box 971020, Ypsilanti, MI 48198 USA
734-330-3997, www.healingchants.com
info@healingchants.com

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

[Click here to see other Newsletters](#)

