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Choosing Profound Change in Our Lives Why it is hard and how to do it anyway (and a song to help release what is now passing away)

Dear Friends,

The combination of Full Moon and Solstice energies this coming Monday is squeezing up into our awareness what we need to change. And in order to completely release old habits and behaviors, we are exposing even the out-of-tune guides and out-of-time angels related to old beliefs and habits. If you feel drawn to explore releasing anything leading you into old behavior patterns, this is a great time to do it! Here are some insights from Archangel Michael, a quote from Mary (of the Magdeline energy) dropped into me just now, a healing song, and info on the group [phone/online Meditation](#) this Monday and my own [Private Healing Sessions](#).

What is a choice?

The revaluation of life you make when your soul whispers and your heart listens.

-Mary

A song for what is happening now
[Sacred Passing from the Earth](#)

from Norma's album
[Songs of Spirit: live sound healings](#)



These insights are based on my work with many clients and our shared connection to Archangel Michael. As always, I am so grateful for the shared path we walk together.

Choosing Profound Change: Why it is hard and how to do it anyway

Most of us make choices out of habit or based on the (unconscious) desire to escape pain by pleasing another person. Ultimately our choices define what we are bound by in our life, such as the lack of money or intimacy, or overwhelming thoughts and emotions. These sorts of situations keep us from fully spreading our energetic wings.

Through many years of offering healing sessions, I can tell you that such situations can and do change. Because there is an underlying energetic matrix from which our beliefs grow, one can shift the quality of energy in the matrix, and therefore change the beliefs and resulting choices we make.

What holds us back from making this change? Sometimes it is the same guides and angels that came to help us when we were younger, or assisted our parents or their ancestors. These well meaning but out-of-tune guides are often attached at points in our aura causing a distortion in our energetic matrix. They can be as far away as 25 feet from our body. For this reason they often go undetected by healers and psychics.

They can cause symptoms on the physical level as well. Most people sense a heaviness on one side or area of the body, and a discomfort or blockage in areas of the body may easily and habitually become painful or diseased. Because these out-of-time and out-of-tune guides influence our emotions and thinking process as well as our body, they can lead us to hold onto beliefs from our past that cause us to make repeated poor choices or fall into a routine of unhealthy habits.

Some of these guides are from your own past, such as guides and even angels that helped you live as a child within your family. But almost certainly how you needed to behave as a child no longer serves your soul's adult purpose! Stepping out from your previously agreed upon behaviors and choices, based on your old societal and familial energetic matrix, is the focus of this point in time.

The combination of Full Moon and Solstice energies this coming Monday (June 20) is squeezing up into our awareness what we need to change. And in order to completely release old habits and behaviors, we are exposing even the guides and angels related to old beliefs and habits. As uncomfortable as it is, we are choosing to become aware of what no longer serves us so that we may change it.

As a result feelings are swinging quickly between deep fatigue, psychic fog and overwhelm to astonishing moments of a clarity around future potential. All this can cause a dizzying sensation. Grounding, for many people, is even more tenuous than normal. But grounding is extremely important in order to take advantage of grasping and tuning into the new clarity we are each being offered.

If you feel drawn to explore releasing guides that may be supporting you in repeating old behavior patterns, this is a great time to do it. The energies are already upon us, which means the doorway for this type of release will last into next week easily. . For those of you interested in a [Private Healing Session](#) please [email me](#) with a few times and days that are good for you.

I am offering a **Meditation on Monday, June 20** at 8pm eastern / 5pm pacific. You can join in by phone or via live online streaming at the Healing Chants Facebook page. Plenty more information is below.

However you choose to spend these days, I wish you each the bountiful blessings of the Solstice.
-Norma

Norma Gentile, sound shaman, uses both spoken words and music to magnify our innate ability to bring our bodies and lives into balance. Her spoken word meditations for spiritual growth and albums of sacred medieval chant by St. Hildegard of Bingen are available at [iTunes](#) and [amazon.com](#). Check her out now at www.HealingChants.com

Yes, please share these newsletters with your friends, your email circle and social media.



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

A 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 14 -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
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Worlds
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Center

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.

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welcome.
Wear loose comfortable
clothing.

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

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

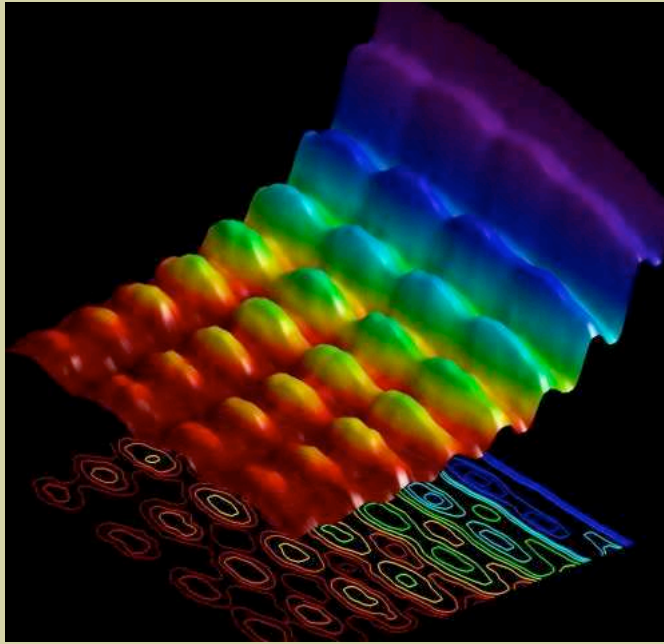
Norma's Meditations (free podcasts)

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.



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

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 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



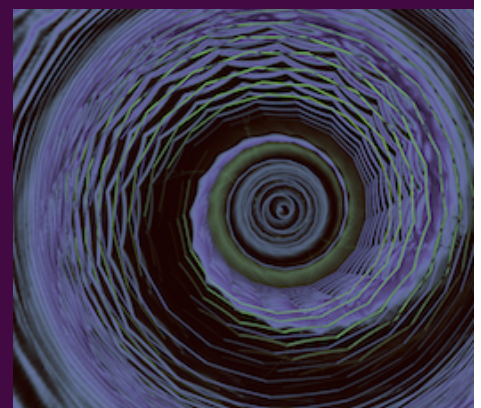
Seculum

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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[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 HILDEGARD

Designs based on Hildegard

iPhone & iPad goodies / organic
children / notecards / tote bags
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)

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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.

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