

Penetrating the Blindness
Healing the Reverse Face of Narcissism
with a new sound healing video O Creation of God
and two Meditations concurrent with the inauguration

Dear Friends,

Clearly we are living in times of chaos and healing. The behaviors of D.T. are reminding us all of less than loving encounters we have had with people. Each time we feel strong emotions arise, there is probably an underlying experience from the past that is being pressed up into our awareness. This is an excellent opportunity, even though uncomfortable, to notice what is coming up. Every time we turn towards a wound, we have a chance to understand what our soul desires to learn from it.

Our emotions are helping us notice those aspects of narcissism that we are ready to grow out of expressing. Narcissism has a reverse face, which often feels like victimhood, or worrying what other's think about you, or people-pleasing, or having no boundaries, or not feeling safe, or self imposed perfectionism...you get the idea. These are all behaviors learned when we, usually as children, had to deal regularly with a parent or authority figure who is a narcissist. And most of us have had this sort of exposure! With each wave of emotion that arises around political figures and events, we are reminded that we can either behave as we learned to behave as children, or we can try something new. We might cease to chose these learned behaviors that belittle us and instead turn our focus, passion and life energies towards that which enriches us and our world. We do this individually, and as a nation.

The narcissist pattern within D.T. is one that is prevalent in US society, and has been for more than 75 years. Probably longer. There are so many behaviors and beliefs related to narcissism woven into our culture that we don't even see them as being inappropriate. How many times have women and children been scolded for speaking up? How often does someone assume that the loudest voice in an argument is the 'right' one?

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In fact, US society learned to 'normalize' narcissism in the 1980's, then embraced it, and now many citizens worship it. This worshipful stance has led to a deepening of our national blindness towards it. And as an example of the perfect polarity in which we live, it is now only the searing light of D.T.'s extreme narcissism that might penetrate this blindness.

As many have pointed out, we can each take advantage of this moment in time to focus on what we want to release in ourselves and our own lives, rebuilding what we love and cherish along the way. In each moment, loving act by loving act, and kindness by kindness, the fabric of our world is re-woven.

In addition to the events and healing music, I am offering Private Sessions as well. Because...now is the time.

Please scroll down to see all that is possible, and join me as you wish.

My blessings to each of you, and to all of us, who travel upon this shared path.

-Norma, (with Mary)

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"

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](#)

[Download PDF](#)

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

UPCOMING EVENTS

Jan
12 -
Feb
10

Private Healing Sessions
by phone or in person in SE Michigan

Jan
19

A Meditation for Transformation (phone and LiveStream online)
a meditation gathering supporting the March on Washington

Jan
21

Entering the Sacred Heart (in person in Ann Arbor and online live stream)
a meditation gathering supporting the March on Washington

a song of reflection - sound

Please join me Thursday,
Jan 19

healing

O Factura Dei - O
Creation of God
based on the poetry of
St. Hildegard of Bingen
(1098-1179),
music by Norma Gentile

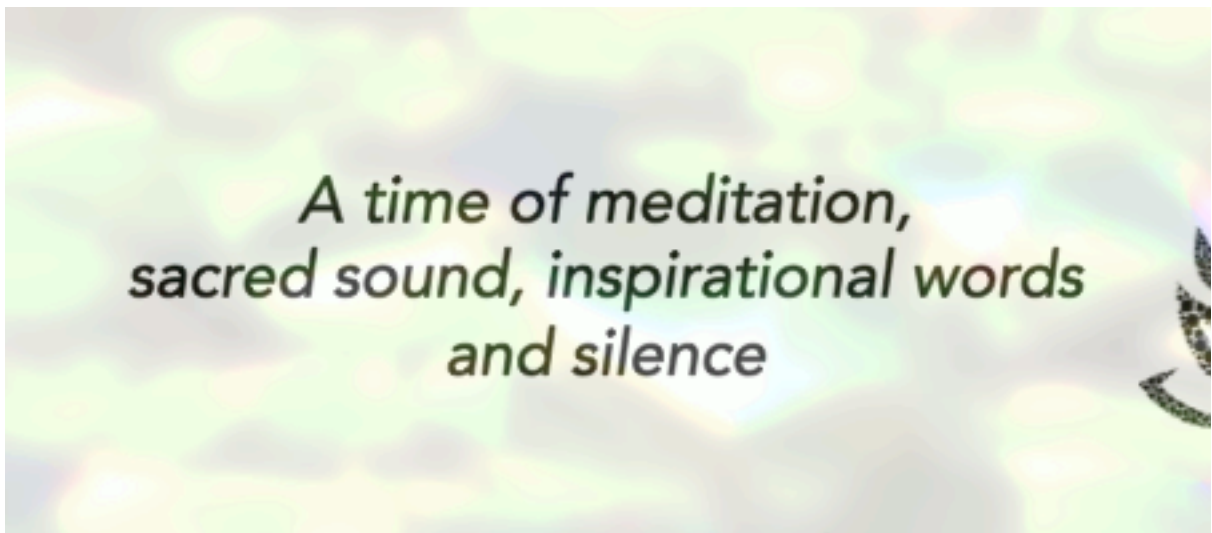
O creation of God which is human,
 in the greatest of sacredness you
 were brought forth
 when in humility, sacred divinity
 penetrated the heavens.
 O what great compassion
 allows divine brilliance in earthly
 mire
 So that those angels ministering
 with God
 might see God in humanity.

Please join me for a s

by phone or online



A Meditation for
 Transmutation
 on the eve of the
 inaugural



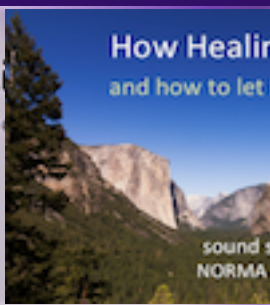
Entering the Sacred

Deepening the Knowing

New Online Video Courses!

(special early-bird pricing and a coupon for \$20 off a Private Session)

Spiritual
|
courses
in
Healing
,
Sound
and
Energy
Awareness



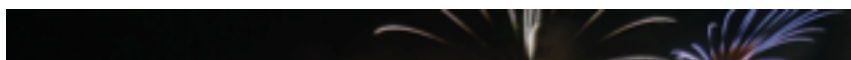
created for today's online world

Sample Free Video Here

Re-Initializing Reiki
Update your personal connection to Reiki and your healing guides. \$49 (pre-release price)

How Healing Happens
Insights and meditations to help you get out of the way of your own healing process. FREE

Let yourself hear and follow the money guides working with you right now \$49 (pre-release price)





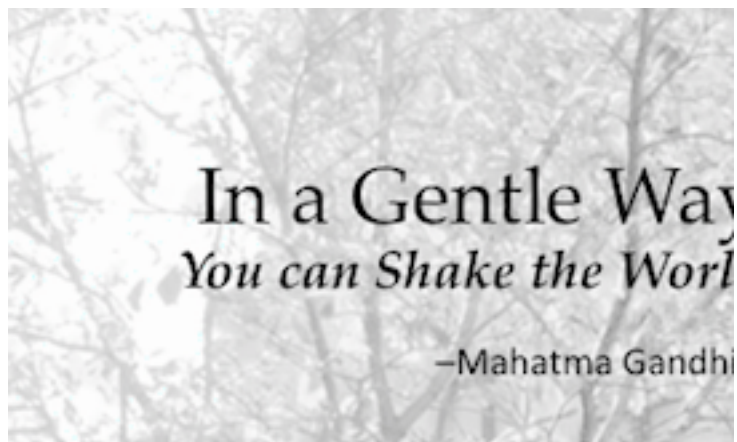
Pay no attention to the fireworks

Deepening our psychic and spiritual connections

The Transformational Power of Grief

Grief is a powerful tool for transformation.

Especially when it is shared by millions of souls interconnected by spiritual agreements. Grief, when fully embraced, leads to a deep sense of individual empowerment. The last SuperFullMoon of this size occurred in 1948, just five days before the assassination of Mahatma Gandhi. His example of peaceful protest was the model for the civil rights



for the civil rights movement here in the US.

I feel a similarity in the waves of grief, disbelief and fear that citizen's of India and many world leaders experienced back then with his assassination, and the same waves of emotional shock that millions in the US, along with other world leaders, are processing now. There are no coincidences. This particular US election and the SuperFullMoon are inexorably linked together.



A song from St. Hildegard, which seems appropriate to this moment in time, is streaming freely on my [website](#). It is from my album [Unfurling Love's Creation](#), dedicated to the Divine Feminine. [For mobile devices click here to listen](#)



Ave Generosa

I behold you, noble and glorious woman...
 You are the sacred matrix in which God takes great pleasure.
 The essences of Heaven flooded into you,
 and the Great Word of God dressed itself in flesh.

A song dedicated to Mary,
 a living representation of
 the Divine Feminine
[iTunes link](#)

Your flesh held joy, like grass upon
 which dew falls,
 pouring its life-green into it,
 and so it is true in you also,
 Mother of all delight.

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

an online course
 for all levels and lineages

Dear Friends,
 I am so excited to share with you a
 video from my new online course,
[Re-Initializing Reiki](#). Please have a
 look, and feel free to share with
 others.

The world has changed
 You have changed
 Reiki has changed

Why wait?
 Step into your new connection with
 Reiki and your healing guides and
 angels now.

sample video
**The Spiral and
 Linear Paths of
 Healing**
 from the online course:
[Re-Initializing Reiki](#)

Norma's Audio Meditations (available as free podcasts)

Feeling Safe in a Turbulent World
Resetting the Spiritual pattern of our lower body chakras



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Meditation #50 from September 16, 2016

Our lower chakras are underdeveloped and so not able to convey to us the psychic information that our body naturally receives. We have lost our ability to correctly interpret what our body is actually experiencing. In order to feel safe, we fall into habits that limit our expression out into our world. Fear, distrust, and not being able to make decisions are some ways that this manifests. This meditation offers you an opportunity to clear and reset your lower chakras, allowing your body to more easily connect into the nourishing energies and loving experiences that are possible in your life.

This meditation is about letting go of our brain's need to control, and learning to trust that what is around us supports us. Even when it feels uncomfortable to us, whatever engages with us in some way serves the journey of our body and soul. Our personality's insistence that something is wrong (or right) and must (or must not) happen is what moves us into polarity

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Listen to excerpts now:

- 1. When the Body's Rivers of Energy Open***
- 2. Engaging with Comfort***

iTunes

Listen to mp3 directly.

Transcript
& more information

This meditation includes

what moves us into polarity.

When we are functioning in this polarized state, it is very difficult to see options besides doing something, or doing its opposite.

There is an intelligence deep within our lower body's chakras that does not function in a polarized manner. I see it as a unique quality of psychic perception lying primarily in the navel, 2nd chakra, and enteric nervous system.

When we are able to engage with it, information received by this psychic (or Spiritual) intelligence is able to move out of our lower body and reach our heart and mind. We oftentimes have clarity about deep-seated issues when the information that has been received by our lower chakras is able to be transmitted to our heart and mind. For example, we can see options that were hidden from us when our only view was through the polarized lens of our overly busy brain. And because we perceive more options in a situation, we are able to address life issues in a very different manner.

[Ave](#)
[Generosa](#),
a song
written in
the 12
century by
St.
Hildegard
of Bingen.
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](#).

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