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**Re-Initializing  
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Update your  
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**(intro price of  
\$49 includes  
\$20 off a  
private session  
with Norma)**

## Revealing our Truth

a healing song, a few words, and an upcoming online/phone meditation

Dear Friends,

Below are details for the upcoming free meditation on Wednesday, May 10 at 9pm EDT / 6pm PDT, and a new video which I wanted to share with everyone. It is included in my online courses, and invokes your unique connection to Archangel Michael.



I feel that we are in a time (lasting at least a decade) of exploring what the Sacred aspect of masculine is, and how to manifest it into our world. While many spiritual or new age teachers talk about ascension and moving into the fifth or some upper dimension, my sense is that our journey of consciousness is to dive into the newly emerging sacred qualities of both masculine and feminine.

As the saying goes, 'the only way out (of polarity) is through (polarity). Only

by deeply understanding the polarized nature of our reality (which we did all create together) can we find the sacred nature imbedded within it. Only then can we move beyond this dance of duality.

Please join me for the meditation, and feel free to share and explore the music video and insights shared below. This is the last Full Moon before a series of SuperMoons. A supermoon occurs when the moon passes closest to Earth during a full or new moon. Last year the SuperMoons magnified outbound and boisterous expressions during a series of Full Moons. (late summer - fall) Anyone remember the US election?

This spring's SuperMoons fall upon New Moons. New Moons infamously intensify our introspection and psychic vision. Many people are already feeling the intensity of these SuperNewMoons. The intensity reminds me of how baby teeth are pushed out by the incoming adult teeth...it is uncomfortable and inevitable and ultimately useful.

I believe the deeply personal nature of the SuperNewMoon intensity this spring/summer (one even coincides with the Summer Solstice) will bring up fundamental issues from deep within our being. And just like our baby teeth eventually yield to make space for their replacements to take root and grow strong, our soul is ready to utilize this potent lunar intensity to push up into our awareness whatever we need to see, until our spiritual vision becomes clear. It is our journey to recognize why we are holding onto what might originate from our DNA or family or culture that is taking our time, attention and energy away from what now seeks to grow within us.

Two main questions occur to me as places to begin:

*What am I ready to see within myself?  
What that is now hidden is ready to be revealed about my outer world?*

I welcome you to use and share the video below, join me for the phone/online meditation May 10, and consider if one of the online courses or a private session might be useful during this 'window of opportunity'.

May the many spiritual blessings offered to you be also received by you easily,  
-Norma

(PS - the amazing photo of the water drop is by my brother, Jamie Gentile. More of his photography is included in my online courses, along with new sound healings)

## *Revealing Peace*

A healing song  
invoking your  
unique connection  
to Archangel Michael

[video](#)  
[audio](#)  
[only](#)

Recent events have me reflecting on what I call the Sword of Truth, carried by Archangel Michael. Although frequently interpreted as a weapon, the sword is a representation of our ability to feel our own internal Truth. In order to do this, we must step outside of judgment and into the deep stillness of Spirit.

This is a short but potent invocation of Archangel Michael. Before you listen notice how you feel, how the room feels, and the quality of the air or energy around you feels. Then enjoy the video. Now watch it a second time, with your eyes closed. Afterwards, take a moment and reflect on how you feel.

Michael's presence helps to remind us of our inner Truth. This allows what is not of our Truth to be more tangible. Thank and release into Michael's energy shaft whatever you recognize that is not actually yours. This could be an emotion, belief, relationship or physical tension...whatever shows itself to you is ready to move on.

When you feel complete with this process, spend a few moments in gratitude, thanking and releasing your magnified connection to the consciousness of Archangel Michael. Know that you can always return and reopen this connection by listening to this song. After awhile, you will find it possible to enter into this magnified connection to Archangel Michael with your own intention.

This is excerpted from my online course [Reinitializing Reiki](#)

This is the last Full Moon before a series of SuperMoons, when the moon passes closest to Earth during a full or new moon. Last year the SuperMoons magnified outbound and boisterous expressions during a series of Full Moons. (summer - early fall) Anyone remember the US election?

This spring's SuperMoons fall upon New Moons. New Moons famously intensify our introspection and psychic vision. **What are we ready to see within our self? What that is now hidden is ready to be revealed about our outer world?**

from Archangel Michael:

## REVEALING our TRUTH

A FREE  
MEDITATION  
(by phone and  
online video)

Wednesday, May 10  
at 9pm EDT (New

**from Archangel Michael:**

"The Divine Feminine and Sacred Masculine are both contained within each of you, no matter the gender of your physical body. Each of you has a unique expression of the Sacred Masculine. You have each incarnated at this time in order to experience the process of birthing the Sacred Masculine into your physical world. That is an agreement your soul made with all the other souls now incarnating.

"In the chaos of your world all that is transpiring sets up the greatest number of opportunities for each of you to transform the learned patterns, behaviors and emotions of the non-sacred masculine, and begin to express your true Sacred Masculine."

-Archangel Michael, through Norma

Wednesday, May 10  
at 9pm EDT (New  
York City time) 6pm  
Pacific Time

ONLINE LIVE VIDEO  
STREAM at the  
[Healing Chants  
facebook page](#)

or by phone (best if  
you have slow  
internet)

Please join me if you  
feel drawn. And yes,  
feel free to share this  
with others.

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Join Norma and her guides in an time of creating Sacred Space into which we will pour the emotions and energies relating to the current social and political climate. Chaos often begets renewal. But first the chaos must be allowed to remove and transmute what no longer fit so that there are the raw materials and space for the new to emerge. How do we each navigate during this time Sacred Chaos?

By offering this meditation I am seeking to provide a space of reflection and time for clearing our own issues. When any of us experience a change in our perception, that change moves out to all of humanity as a small gift. But we each must choose to unwrap the gifts we receive!

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](#) and video at [HealingChants facebook page](#)

**To submit Questions:**

I cannot read questions on the Facebook scroll easily during a live meditation. However, the meditation is based on the congregated energies (and life experiences) of all those participating in it. Therefore, what is happening to you is probably going to be a part of the meditation. It can be helpful for me to target the energies the guides and Archangel share through me by knowing some of the issues and situations people are finding themselves experiencing. Therefore, if you have an observation or general question you feel relates to the meditation please share it with me via this email (newsletter at [healingchants.com](mailto:healingchants.com))

**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 are most welcome, and help me to edit, upload and maintain this meditation freely available to everyone. [office@healingchants.com](mailto:office@healingchants.com)

**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 (712) 775-7031  
[View Other International Numbers](#)  
CANADA: Some telephone carriers in Canada restrict access to conference phone bridges. The only remedy we can provide in these circumstances are backup numbers. 559-546-1400 or 805-360-1075. These numbers are dialed FIRST, and then when prompted to do so, the original conference telephone number for the USA is entered, (712) 775-7031, followed by the Access Code 654222#. These backup numbers will reroute your call and connect you to the conference.

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!**

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

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

[Download PDF](#)

### UPCOMING EVENTS

#### Private Healing Sessions

by phone or in person in SE Michigan

May 10

[Phone/online Meditation](#)

### New Online Video Courses!

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

#### **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 you right now  
\$49 (pre-release price)



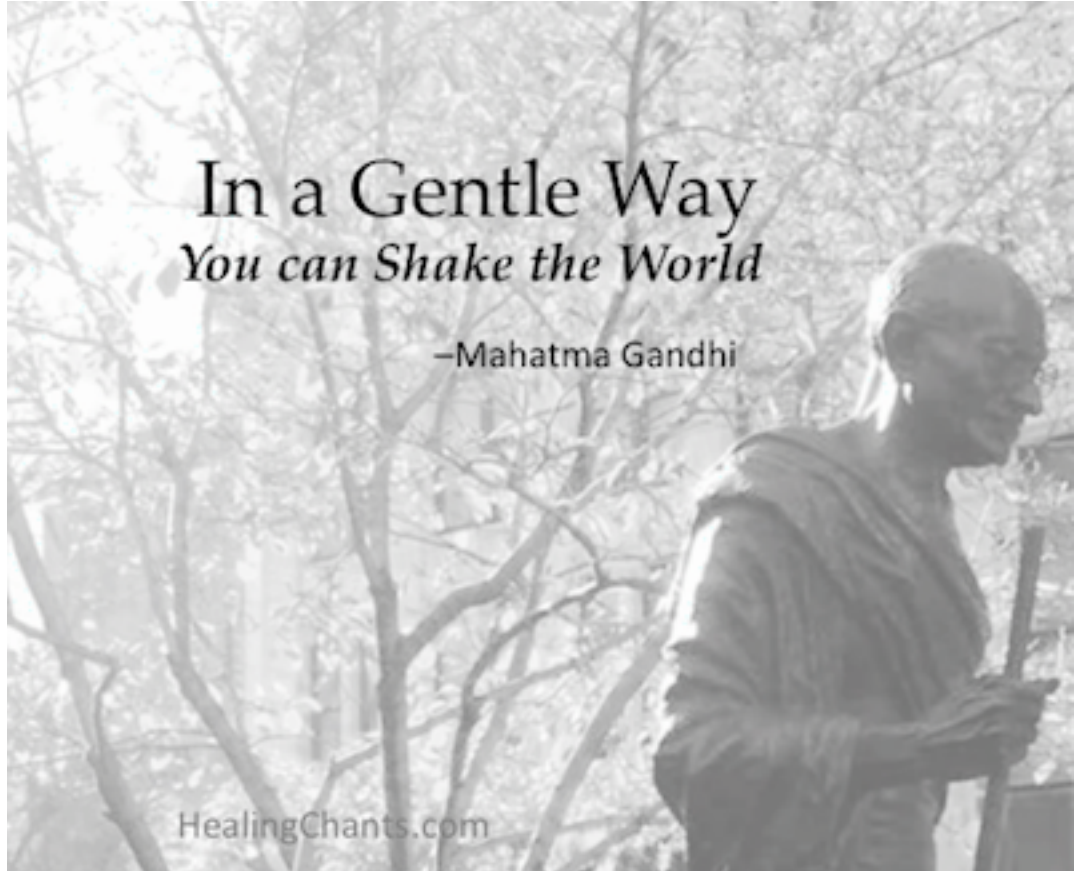
**Pay no attention to the fireworks**  
**Deepening our psychic and spiritual connections**

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**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 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](#)

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.

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.

**Ave Generosa**

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

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



sample video

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

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](#).

**Norma's Audio Meditations (available as free podcasts)**



## Feeling Safe in a Turbulent World

Resetting the Spiritual pattern of our lower body chakras



Listen to excerpts now:

1. [When the Body's Rivers of Energy Open](#)
2. [Engaging with Comfort](#)

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[Listen to mp3 directly](#)

[Transcript  
& more information](#)

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This meditation includes [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](#).

*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.

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.

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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