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*from Archangel Michael and Mary - through Norma Gentile*

When Your Inner Child  
becomes a King



Insights on Empowering  
Your Sacred Masculine

along with a Grounding Sound Healing Meditation and Song from Archangel Michael

Dear Friends,

A quick note about current energies that are rocking and buffeting us around. My friend, astrologer [Mark Dodich](#), posted in [FaceBook](#) that "a solar flare the size of Jupiter...has already sent energy out hitting Asia and Australia, so tune in energetically the next several days to see if it rattles your personal energy field."

Well, it did! This was the piece of information I was waiting for, so that I could organize recent insights that my guides, Archangel Michael and Mary, have shared with me. Here they are, presented in the original channeled format.

When Your Inner Child Becomes a King  
Insights on Empowering Your Sacred Masculine

### *Archangel Michael*

You, representing the consciousness of humanity, are clearing ancient patterns relating to obedience and authority. To clarify: each human, animal and anything within your world of form contains both male and female essences. All of your visible world is created upon the principle of polarity, thus it is so. Your soul is both masculine and feminine. The spiritual interaction now and through the next several years is between yourselves symbolized right now by Jupiter, the obedient son who is readying to become king, and the Sun, symbolizing the observable and external masculine figures you have created in your culture and lives.

The Sun is an embodiment of your Sacred Masculine qualities. However, at the present time the physical solar sun allows itself to be cloaked by your own consciousness. It is functioning as a mirror for what humanity believes the qualities of masculine ought to be.

But that is changing!

As humanity is readying to embrace the Sacred Masculine rather than its profane brother, the day-to-day 'power over others' masculine, the sun itself, as well as all the planets of your solar system (and regions of solar systems throughout your galaxy) are also changing. These celestial orbs are unburdening themselves of the cloak of the profane and arising into a rebirth that reflects elements of your original 'star-seed' creation. That is to say, the vibrations of Sacredness from which all of your visible world was originally brought into physicality are stepping forward more tangibly. And that which does not vibrate or find resonance with this original Sacred tone is jarring to hear and experience.

### *Note from Norma*

I am being asked to share a memory that just popped into my mind: As a child I often spent hours onboard my parent's sailboat. Not often, but sometimes storms came up suddenly in the afternoon, and I would watch as the waves hit not just the boat but also struck and hit each other. The energy of the forward motion of the waves was nullified when they struck up against each other. However, these were the waves that were the highest, and also created the deepest troughs into which the boat would fall. This sort of sailing upon rough seas is happening to us all right now.

### *Archangel Michael*

Consider this: All that humanity has created, from emotions to beliefs to physical forms, exist as waves. All that humanity has created during a very long game of 'free-will' and 'polarity consciousness' are contained within a vast sea as a multitude of different waves. Likewise, the original tone or tones of Creation exist as a series of organized pulsating waves.

As the energetic waves of the original Sacred Tone increase in volume, they are striking up against the waves created by humanity's prolonged exploration of consciousness. Long ago, in order to achieve this new polarized free-will consciousness, humanity, and all that exists within your galaxy, needed to release its ability to hear Spirit.

And consciousness within this galaxy was successful! Something new happened as a part of the Creative Experiment. The energies that humans know as emotions flourished. Humanity's ability to generate waves of emotion that impact the entire galaxy became the focus of the cosmic experiment. The intensity and density of this emotional energy has created a new type of chaos, and possibility, for All of Creation.

For many millennia those souls incarnating as humans agreed to bath themselves within the energies of emotions, thereby creating more and more emotional energies. And this is precisely what is causing your current difficulties. In this state of separation your ability to access 'free-will' and generate energies relating to emotions has been of service to all of Creation. As we all (even those in other dimensions) move now into a time of reconciliation, humanity is slowly awakening to the falsehood that is your emotion known as fear.

### *The Three Marys*

We who speak as Mary define human fear as the reaction when a human is disconnected from Spirit. In the past, fear was needful in order to function apart from Spirit listening only to your free-will. The cultivation of this emotion kept humanity from accessing its innate connections to Spirit. Now, its usefulness has past.

The nature of human consciousness within a reality that includes fear is to cling to the known patterns of behaviors, beliefs and lifestyles. Clinging to the past ways of functioning generates and enlarges the emotional energy waves pertaining to the sea of polarity. However, before fully departing from the sea of polarized consciousness, it appears to be the choice of those incarnating as humans (and we might add all those in any type of form visible to humanity) to explore the various waves created during your time of existing within polarity, and investigate both the gift and lesson each behavior, belief and related emotions have brought.

Hence the issues relating to power, authority and your concept of what 'masculine' is in your world.

### *Note from Norma, based on insights from Mary Magdalene*

Obedying authority keeps us safe as children, perhaps as employees, but does not feed our inner emotional and spiritual self. We become stagnant, bored and disinterested in life. We have ceded our spiritual inner authority to another, whom we view as an external authority. We deny or limit our ability to access our own spiritual tools; including the innate sense of our inner strength, the knowing of our Higher Self and our soul's purpose. This is the primary pattern we are working on now, and will be working on world-wide for the next several years.

When we step into a new habit or behavior and fully embrace it, the energies relating to the previous version of the behavior or pattern simply have no place to be within us. But, as Archangel Michael states, we also have decided that we will seek to understand the reasons we embraced the old patterns and how they served us. Then our release of these energy patterns arises out of gratitude, not fear.

As a result we become aware of the gifts and lessons within each behavior or habit. This type of release brings a completion to our individual process and offers a resonant healing of the pattern to our larger world. In this moment we have the opportunity to

allow the energies of our experiences and emotions related to obedience and authority to move onto their own evolutionary path.

*Mary Magdalene*

Healing is a term I hear those of you incarnating now frequently use. It is a word that has nearly lost its true meaning. What if healing were redefined not as fixing, but as nurturing the smallest and most vulnerable seedling inside yourself? What if the garden containing this most tender of sprouts was always bathed within the loving sunshine of Spirit? Reflecting upon this, perhaps, allows for a deepening into your own healing. May each be blessed and awakened with this reading.

-Norma



Here 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?

**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 \(2:30 mins\)](#)

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I am on [Facebook](#) - come 'like' my page!

**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](#)

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### **UPCOMING EVENTS**

### **Private Healing Sessions**

by phone or in person in SE Michigan July 5 - Aug 3

Aug 4

[Phone / online Meditation](#)

Dec 3

[Candlelight Meditation Concert](#) Ann Arbor, MI

**Please join me for this online/phone meditation,  
and feel free to invite others as well.**

#### **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

come into contact with each other and ourselves.

**shaman  
NORMA  
GENTILE**

**FRIDAY  
AUGUST 4**  
at 9pm EDT  
(New York  
City time)  
6pm Pacific  
Time

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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

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

**Revealing Truth**

Remembering an Inner Connection to Who You Truly Are



*Meditation #53 from May 10, 2017*

Includes insights and healing meditations for:

**New Ways of Grounding to avoid letting another's psychic energy pictures enter into your aura and overwhelm you.**

**Psychic Energy: Is it Communication or Overwhelm?** Narcissists know how to overwhelm our 6th chakra/3rd eye and create 'alternate truths' that are difficult to ignore. This is happening right now. It can happen during Performances, Political Rallies, while watching Movies and TV shows, especially news..

**Identifying and Releasing Psychic Energy Pictures given to us as Babies from our lower body** (your needs are inappropriate, you are not good enough...)

**Invoking Sacred Space:  
Finding the Truth that lies within Stillness  
Avoiding Distractions of the outer world**

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[iTunes](#)   [Listen to mp3 directly](#)   [Transcript & more information](#)

Listen to the healing songs now:

**1. Ubi Caritas**

Where there is charity, compassion and love, God abides.

**2. Blessing and Nourishing Your Body**

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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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