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**Re-Initializing
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When the Stars Come Out

Meditative
Insights
and
Healing
Songs

**Listen to
samples
now:**

**1. A New
Way of
Grounding**

How does
Your Body
want to
connect to
its own
energy
within the
Earth?

**2. New
Aspects of
Archangel
Michael**

**3. SONG:
Healing
Breath**

(Norma,
voice and
Atmaram
Chaitanya,
tambura)

Dear Friends,

Here is a meditation specifically for this solar eclipse. It alternates between spoken insights, mostly from my guides Archangel Michael and Mary, and many new healing songs, channeled in the moment from Spirit. Pull up a meditation cushion or lie down

and have a listen. It is available as both an [mp3 audio](#) to download and take with you and a beautiful [candlelight video](#) to watch online. I am including some of the insights below as text. An [edited transcript](#) is also available if you prefer to read or want to reference the text. And yes, feel free to use this for your own meditation, gatherings you might be attending or hosting, and share it with friends.

When the Stars Come Out

Meditative Insights and Healing Songs

Norma Gentile, sound shaman

with musical guest [Atmaran Chaitanya](#)

With this eclipse we have the opportunity to break our entrainment or enthrallment to the louder mundane world; especially as we relate to power, strength and authority. Here are a series of short meditations and songs to do just that.

Archangel Michael and Mary are the principle energies that led this meditation. Beforehand, Michael was reminding me that the process of an eclipse removes the main source of what allows us to physically see our outer world when the light from the sun or moon is obscured. In energy terms, an eclipse breaks our enthrallment with mundane activities, especially those that have gotten too loud, too time consuming or too chaotic. By temporarily blocking our entrainment with such energies, people and events, eclipses provide us the opportunity to reconsider and refocus our spiritual strength upon what is ours to do now.

During this particular eclipse the enthrallment related to US politics will be temporarily broken. People's ability to see beyond the blindingly shiny surface will be heightened. New choices are possible.

The eclipse will silence the chaos, just as it eclipses the sun, allowing the stars to shine through. Each star that becomes visible during an eclipse symbolizes a new possibility awakening from within us

This meditation was given before a live audience two weeks before the total solar eclipse of August 21, 2017, and a day before the lunar eclipse that preceded it. We tend to think of eclipses and other astrological events as happening for a few minutes at a certain point in time. However, the planets, stars and moon are in steady constant motion and so the energies of astrological events tend to begin days, weeks, even months or years before the actual event. The window of energies for eclipses is at a minimum a month before and after the event, and sometimes many months.

Eclipse often come in groups that are interconnected. Over the next several years we will experience a series of lunar eclipses based on opening our hearts and finding a healthy way of relating to wielding personal power and strength.

I think of this series of lunar eclipses as a series of maritime or water leveling Locks. Living in Michigan, I have watched boats move from Lake Superior into Lake Huron through a series of Locks, which provide controlled water level changes. The ship enters into a Lock, and as the Lock fills with more water, the ship is raised to a new water level. Once the Lock is as full as possible, the ship moves into the next Lock, which also fills with water and raises the ship a bit more. This continues until the ship has reached the water level of the other lake. The reverse is also possible; the ship can enter the series of Locks while they are full of water, and be lowered as the water is pumped out. The alternative to this slow but orderly transition from one lake's water level to another is an extremely rough passage through the area where the two lakes meet that can twist and tear ships apart.

Eclipses offer us the same opportunity for slow, steady change. To the extent that we have released any unconscious desires for drama (and the people in our lives that provide it) we can utilize the energy of astrological events, such as eclipses, to create real and lasting change in our lives.

With this eclipse we have the opportunity to break our entrainment or enthrallment to the louder mundane world; especially as we relate to power, strength and authority. As the eclipse blots out our physical ability to see, by obscuring the sun, so too it turns down the volume of worldly or profane energies in our world. It is up to us to not use our own energy to turn the volume back up, but rather to listen to the quieter promptings of Spirit that are more easily audible during the window of the eclipse.

The August 21st eclipse that passes over the US is about breaking the societal enthrallment with what is now centered around politics. It is about breaking the entrainment that is drawing people away from seeing what else is happening in their lives. This eclipse opens our heart space and our own body of integrity, to whatever is true for each person to express into their lives and hence into our shared world.

Grounding is often an issue, especially when changes happen quickly. I include here a section from the meditation you may find helpful at this time:

[7 A New Way of Grounding \(click to listen\)](#)

How does Your Body want to connect to its own energy within the Earth?

Each of the atoms of our body has been loaned to us by Earth so that we might use it as part of our physical form. Each of the atoms of our body therefore, rightfully belongs to the Earth. Each of the atoms of our body knows, within its own intelligence, that it pertains to the Earth. As each atom within our body finds its own resonance to its own presence within the Earth, our grounding opens. Our body remembers itself as both Sacred Spirit, and Earthly human form.

As the Stars emerge out of their black velvet hiding place, so too do the possibilities that we each have in life begin to awaken within us. And they do not awaken first in our mind! Rather, they awaken first in the space around us. They awaken within our physical form, our body, because they are already awake within the Earth energies into which our body is already and always connected. Each possibility, each new option for life awakens first within our soul and within the Earth. Our brain is the last one to know about it!

My blessings to each,
- Norma

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I am on [Facebook](#) - come 'like' my page!
Use the buttons above for social media sharing
To share via email: copy & paste this URL into your email to them:
http://www.healingchants.com/newsletter2017_08.html

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 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

Sunday,
Dec 3

[Candlelight Meditation Concert](#) Ann Arbor, MI at 4pm

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

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

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)

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I am on Facebook - come 'like' my page!**

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**

[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**

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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