



Re-Initializing Reiki

for all levels and lineages

Opening to the
New Light of Reiki

How Death Connects Heaven & Earth

Patience, Guidance & Acceptance

Insights from Archangel Michael and Mary
paired with sound healing videos

Dear Friends,

This newsletter is a bit different in that the insights are quoted directly from my guides. While I am always listening to Spirit (as no doubt you are too) this information came as a result of my asking the question "What is most useful to know for the near future?"

The insights include a reference to three qualities that we would do well to cultivate; Patience, Guidance and Acceptance. Each of these came through in healing songs, and are offered on my [sound healing page](#). Please note that I will be offering a [Meditation Concert](#) of similar songs in Ann Arbor MI (Dec 4) and will be in the [Chicago area](#) and available for in-person [healing sessions](#) the weekend of Nov 18-19.

a note from Norma:

The Three Marys reflect the combined Divine Feminine energies of the three women named Mary within the standard Bible. Mary Magdalene is usually the most prominent, and her energetic voice is often felt by some readers.



"When you are present within the world and express yourself fully, you become our purest form of pleasure."

from the Three Marys

You who are in form, and we who are not, are inexorably connected. What happens to anyone of us happens to the other. Just as you on earth continue your journey as Spiritual Beings in the form of a human, we who appear to you as light and sound, and who are also Beings of Spirit, journey alongside you now and always.

When chaos reigns externally in your personal life, or upon the Earth, we feel it too.

What you experience as external chaos creates an internal pressure to find your stillest, quietest and most sacred center. As that still quiet center is found more and more frequently by more and more of humanity, the quiet within you generates a quality of energy that permeates not only yourself internally, but your external world. This is the loudest silence. In this way chaos hears the quiet within each one, and its fabric begins to be re-woven into the new, more cohesive pattern. You perceive this pattern as peace.

We who appear as external to humans feel this quiet and find delight within it. Creativity reigns within it. When you are present within the world and express yourself fully, you become our purest form of pleasure.

Ascension and Earth Events

Each time a soul rises to heaven it is met by its entire soul family. This channel often experiences what you call 'crossing over' and senses one soul stepping forward far enough into your world to be 'seen'. Behind the one soul she senses a large group of souls anticipating the return of their dear one's soul to them. We would like to share with you the importance of this process as it relates to the Earth Changes that are most probable for your near future.

Whenever large numbers of souls leave their bodies and return to their natural state of Spiritual energy, both Heavenly (upper dimensions) and Earthly (lower dimensions) are involved in the process.

When large numbers of souls drop their physical forms, you as humans look upon this as tragedy, and are often consumed with grieving a perceived loss of life. Beyond the expression of grief, your gaze upon the event can become one of attentive compassion. The opening of so many portals between Heaven and Earth so that family souls might move into earthly view allows an out-pouring of heavenly energies to reach deep within Earth. This happens whenever there is a large occurrence of physical death. We see it as an opportunity to open our heavenly embrace to Earth and to other humans continuing to reside upon the Earth.

The out-pouring of heavenly grace is always met by an in-pouring of earthly grace. 'As above, so Below'. Your compassionate gaze allows for a resonant remembrance of your own Spiritual nature. And the Earth herself vibrates with Heaven.

When someone passes from their human body, their soul appears to pass up into what you call Heaven, or the upper dimensions. What you in the western cultures will learn over the next decade is how to honor the other half of the Ascension process; how your soul returns to its lower dimensional or Earthly home.

Just as that aspect of your heavenly soul returns to Heaven so too the aspect of your soul that appears to you to reside within the Earth returns to the lower dimensions. Your soul both Ascends and Descends in its infinite cycle of reincarnation and rebirth. And as your soul moves into Heaven and Earth, it creates small ripples of change in both heavenly and earthly dimensions. With the passing of each Soul from form back into Spirit, the connection between Heaven and Earth is created anew.



When large numbers of humans drop their earthly bodies at the same time, the opening from Earth to Heaven and Heaven to Earth is deeply magnified. If just one soul's Ascension/Descension process can bring change to both Heaven and Earth, imagine the effect that many soul's movements can have upon all the dimensions. Substantial change occurs as a result. Realities can shift. But humans are not yet aware of how to consciously allow for the most loving outcome of such events.

Remember, the vibration of your physical world is always affected by both the upper dimensions of Heaven, and by those invisible (to most of you) lower dimensional earthly energies. All beings in all dimensions talk to each other through your third dimension of form. This communication is amplified when many humans cross over simultaneously. Pay attention. As you can, allow yourself to not be drawn into the reactive emotions, but to find that stillest, most quiet place within yourself. From here a deeply creative impulse moves through you out into your world of seeming chaos. Your still heart touches all Beings in all dimensions. And vice-versa.

As this channel well knows, the role of prophecy is most often to avoid what can be learned in a less harsh manner. Severe earthly changes are most apt to occur in the spring (May) of 2018, the late summer of 2018 and progress into the fall of 2018. These will create numerous opportunities for large numbers of openings between Earth and Heaven. Do not be afraid. This is a process reflecting your ongoing relationship with All That Is.

What is it that your heart most easily opens itself to in joy? As you find this you will find your path. Do not seek safety in your physical world. Seek expression.

Regardless of what happens externally, continue to enter into the quiet place within yourself. Your attentive presence here allows all of us to speak with you and manifest creativity through you out into your world.

The most important thing to remember is that the progress of your soul in learning its true and unique expression through the human form can never fail. No matter what choices you make. Or what others choose to do.

Your soul is your unique and ultimate expression of both Heaven and Earth joining together. As your physical form progresses into and through the world all that you are meant to create from your Soul is made manifest. All that your joy expresses becomes available not just to you, or to other humans, but to all of us, in and out of form. All within the spiritual realm value and benefit from your creative expression while in human form upon the Earth.

Sing with your voice, dance with your feet, paint with your hands, and celebrate with your eyes all the beauty, grace, power and glory that is available to you now.

from Archangel Michael

Patience, Guidance and Acceptance are those qualities you will most value in the coming year.

Patience; allow the creative cycles to expose what they are meant to expose in your world. Do not force this process to fit within

your perception of time.

When you strip away the outer husk of a seed before it is fully developed the seed is unusable. It can neither be consumed for nourishment nor planted for harvest. So too stripping away someone else's reality before they are ready to release it does not allow their soul ample opportunity to fully develop.

Stripping away what appears to be a false reality before what is truly within it is ready to be seen simply means that that which is trying to be born at a precise moment in time will not be born fully empowered. In order to transmute realities, your causal seed must be fully matured.

For this reason your year of 2018 is one of allowing seemingly contradictory realities to create themselves and to have their place within your world. Patience allows you to recognize the discomfort of feeling two different 'truths', but not rush to resolve the discomfort. Wisdom lies within Patience. Wisdom reminds your human self that at some point in time the seed within each contradictory reality will develop fully, and be ready to be revealed. As each seed is viewed, the combined psychic energies of those humans viewing it activate a deeper awakening within your shared consciousness. In this moment of realization, the seed becomes a doorway into a new reality.

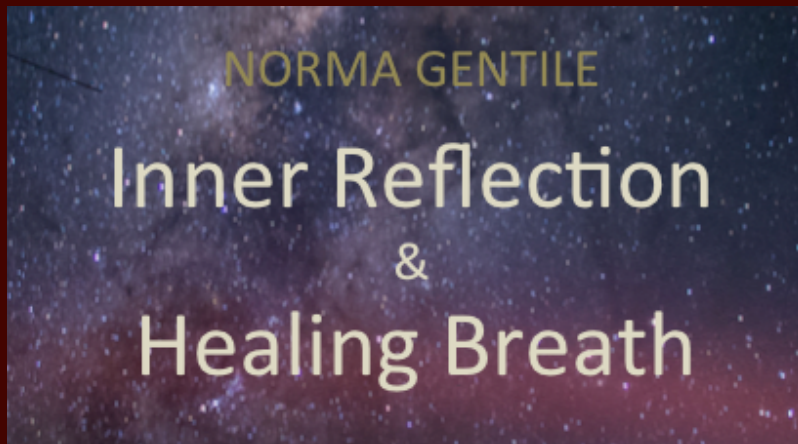
In this process Guidance, following your own sense of timing, is crucial. You will be learning, by practicing, how to know when it is proper to simply as you say 'hold your tongue'. This is a great gift of compassion. By following your inner Guidance, you learn to allow another to see the world as they are seeing it in their own context, while knowing you are seeing something different. Thus you may feel and experience two or more realities simultaneously. They need not.

And so comes the virtue of Acceptance. Accepting that the speed of spiritual evolution, or seeming lack there of, may require Patience. Especially in regards to what you want to change, or what you feel is ready to change in your life. Honoring that each creative cycle has its own journey, within which it has its own participants, and its own timing in being revealed to others.

In Patience allow yourself to enter into stillness. From stillness you may welcome your own Guidance from within. We residing in Spirit accept you as you are. Accepting others as they are deepens with your own compassionate self-acceptance. May the blessings of all Beings reach you through this message.

I offer music from the energies of Mary, Archangel Michael and my Hathor guide Atamira to support you in discovering and expressing yourself now.

Patience, Guidance & Acceptance
Songs for Meditation and Healing



Yes, please share these newsletters with your friends, your email circle and social media.
I am on [Facebook](#) - come 'like' my page!

To share via email: copy & paste this URL into your email to them:
http://www.healingchants.com/newsletter2017_10.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

now available by phone or in person in SE Michigan

Private Healing Sessions in Chicago

Nov 18-19

Sunday,
Dec 3

[Candlelight Meditation Concert](#) Ann Arbor, MI at 4pm
[\(advance tixs here now\)](#)



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



Mourning
that which has not (yet) come to pass

Norma Gentile
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Mourning
what has not (yet)
come to pass
a healing song from Norma's
Hathor guide, Atamira
([read full text here](#))

Norma's Audio Meditations are available as free podcasts at [iTunes](#)
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(this particular meditation is available as video above or streaming audio below)

Meditation #54 from August 4, 2017

MEDITATION INCLUDES:

- **Sacred Space Invocation** of Nature Sphere and Archangel Michael
- **The Earth has only loaned you its atoms** in order for you to create your body
- **Clearing Our Newly Emerging Chakras** in Heart and Solar Plexus from past beliefs, guides and intensities.
- **Why and How to Release Beliefs and Behaviors** (and old guides and angels)
- **Brain Chatter Release** (clearing 6th and 7th chakras)
- **Connecting the two Heart Chakras** (knowing what is yours to do)

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](#)

[iTunes](#)

[Transcript
& more
information](#)

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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