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Patience, Guidance & Acceptance

Insights from Archangel Michael
paired with sound healing videos

Dear Friends,

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 here below and 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. If you know of someone who would benefit from an in-person session while I am in the Chicago area please share this.

from Archangel Michael

Patience, Guidance and Acceptance; the 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 lies at its core 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. Do not force the time of this revelation.

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 thereof, 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

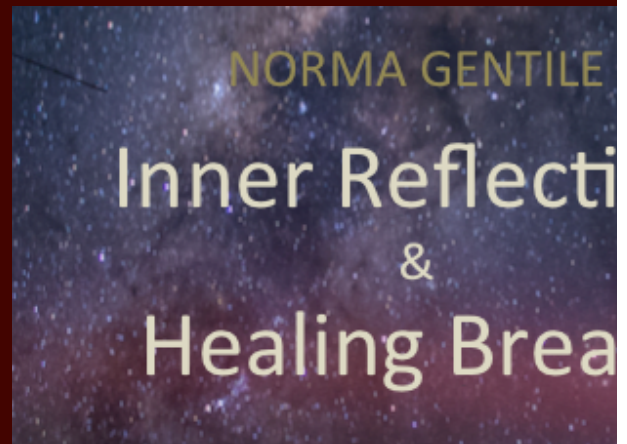
Spirit accept you as you are. Accepting others as they are deepens with your own compassionate self-acceptance. May the blessings of all Beings reach you through this message.

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

Songs for Meditation and Healing



Song for Patience



Songs for Guidance & Acceptance

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_11.html

Private Healing Sessions

(offered in person or by phone)

Sessions include both information from your guides and angels, as well as healing energies to facilitate changes your Soul desires in your body and your life. This multi-faceted approach is notably deep and most people find that one or two sessions provides them with substantial, lasting and profound change. The kind of change that is so complete that there is little or no going back to the other ways of being.

In these healing sessions the spiritual foundation of who you are (the portion of your soul incarnating right now) engages with your body in a new way. This allows what does not reflect your Soul and body to be revealed, understood, and released. Simply put, the real world version of you catches up with the spiritual foundation of who you truly are. After the healing session your Soul, body and life will reflect each other more accurately.

How Your Healing is Supported

I do not intend or focus healing so that your body looks perfect, or that your aura looks like it does in a book. My guides consult and follow your guides, asking at each organ, each chakra, each issue in your life; what is it that your body and Soul choose? What is your next step? And in this process, allowing whatever no longer serves your Soul's journey to be released.

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](#)

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
[\(advance tixs here now\)](#)



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](#).

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)

Here are some additional free offerings.

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



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

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](#)
Subscribe today!**

When the Stars Come Out

Meditative Insights and Music
Norma Gentile - sound shaman

HealingChants.com

(this particular meditation is available as video above or streaming audio below)

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 #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)

[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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