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online video course
with Norma

Re-Initializing Reiki

Update your
personal connection
to Reiki and your
healing guides.
**(intro price of \$89
includes \$20 off a
private session
with Norma)**

a new sound healing meditation video
Healing (more than) the Tip of the Iceberg
and don't forget
Healing Meditation for the Equinox Tuesday, March 20

Dear Friends,

As part of my new offerings, I am creating an ongoing series of videos about Sound, Energy and Healing. You can find them in my [online collection of courses](http://learn.healingchants.com) at <http://learn.healingchants.com>. This video comes out of my reflecting on the process of healing, and a new trend to treat Energy Healing as if it should be tested and guarantee physical results. As someone who has actively engaged with energy healing for over 25 years, I can assure you that we are only limiting what someone's physical healing and spiritual expression might be when we direct energy to fix, rather than to heal.

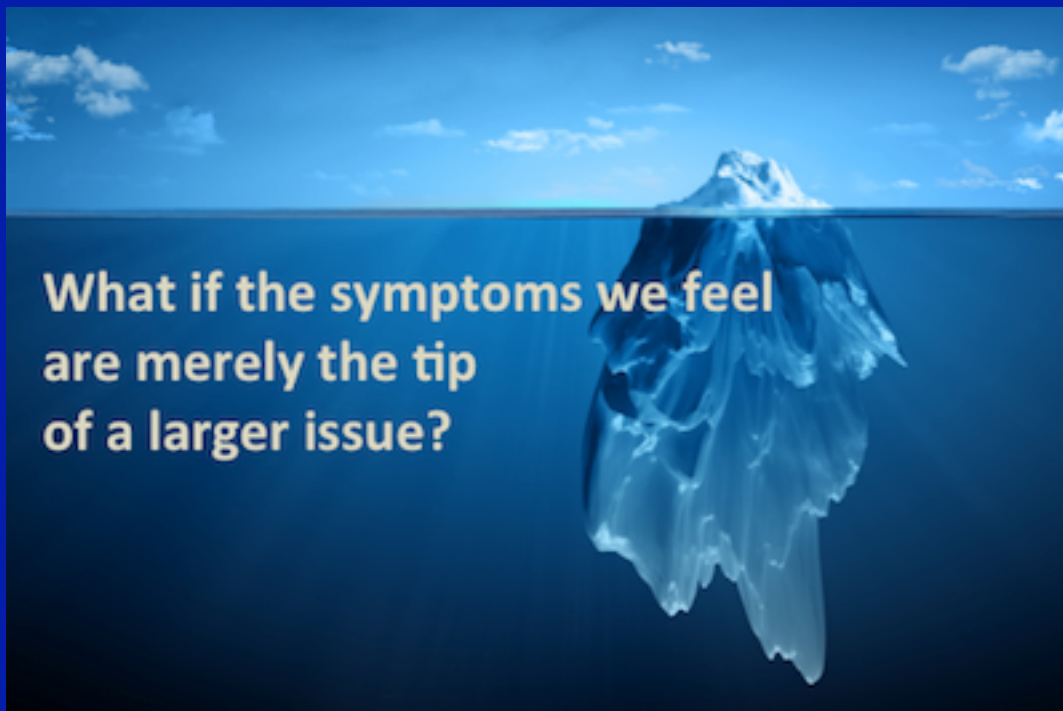
This is a meditation video, with some ideas from Archangel Michael on healing, along with a chant by the medieval abbess and seer St. Hildegard of Bingen from my album [Healing Chants \(v.1\)](#)

from Archangel Michael;

Your soul incarnated in order to experience Life, and carry that experience back to your larger Soul. How much effort (over perhaps many lifetimes) has your Soul dedicated to creating the very issue that you now want to avoid addressing?

Healing (more than) the Tip of the Iceberg

a video from Norma's [online courses](#) about Sound, Energy & Healing



What is true healing for you?

By removing the tip of the iceberg (the tangible effects of disease or illness) you might be denying yourself, and your soul, an opportunity to heal the deeper causal issues of these tangible symptoms.

This is a meditation video, meant to provide new thoughts around what healing means to you. While watching this, allow a time for yourself to step into reflection and sacredness.

This video includes the song *O what a miracle is the Divine Heart that foretells all Creation*, from my album [Healing Chants](#). It was written in Latin by the medieval abbess and seer St. Hildegard of Bingen. This song encourages you to let go of having to 'figure it all out', and instead slip into a deep state of reflection. As you watch this video your only job is to relax, and allow my words and singing to bathe you in Sacredness.

[This Tuesday - a Healing Meditation for the Equinox](#) [Merging Multiple Realities](#)

In the weeks surrounding any equinox the Earth's geomagnetic field cracks open, allowing energies to both enter and depart, from the earth. This year we are also experiencing the impact of a major solar storm. Due to the naturally occurring 'cracks', energy fluctuations from the solar storm are able to interact more profoundly with the electromagnetic field of the Earth. One result you may also notice is that something similar happens in your own aura, as pieces of alternate realities (or seemingly odd possibilities) seem to emerge suddenly out of nowhere while long past issues come into your awareness. If you learned the left-brain version of the MerKaBa meditation, now is a good time to dust it off and use it. As taught by Drunvalo, the left-brain version will steady your personal magnetic field, so you are less impacted by the Earth's magnetic field opening. I can also assist you with this in [Private Sessions](#).

For this reason I am offering a Healing Meditation during the equinox to help us integrate pieces of new realities into our lives and ease ourselves more comfortably into the emerging vibration our souls and bodies are choosing to live within.



Healing Meditation

Tues, March 20 9pm EDT/6pm Pacific
phone & online

Norma Gentile
sound shaman

Merging Multiple Realities

HealingChants.com

ONLINE: on t
Facebook pa
<http://www.fac>

BY PHONE:
7031 Access

Phone numbe
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I offer this meditation at no charge. If you find it useful, please do consider a donation to balance out your experience of healing with my time, expertise, and the technical cost of offering this healing meditation.



*Thank you for com
Infinite Healin
with your dor*

LISTEN NOW

Power vs. Love; identifying and healing patterns of narcissism, victimhood and people-pleasing

Show #4

Laura Knop had me as a guest on her radio show, *Let's Get Real!* discussing narcissism; how we are too easily blinded by narcissists who block our Third Eye/intuition, and pull the energetic grounding out from underneath our bodies. Healing this pattern is crucial, I believe, in order to truly ground, trust our body's telepathic signals, and clearly receive insights from our guides. This is a commercial radio show, so yes, there are commercials. It is Show #4 You can listen (or download the mp3) at this link: <https://www.spreaker.com/show/2814757>

BACKGROUND

People who readily behave like narcissists lie hidden within our lives. Usually they hide in plain sight! We don't see them because the principle traits and behaviors of Narcissistic Personality Disorder are acceptable in American society. The list of narcissistic behaviors is simple to find with an Internet search...or while observing our current political leaders.

On an energetic and spiritual level, souls expressing through a narcissistic personality offer those around them the opportunity to see and experience one of the major polarities within our reality. We each have a choice in how we interact with others. We can wield power over them, or aspire to creating a loving relationship with them. Narcissists stand upon our world stage and offer us the gift of watching the results of choosing power over love.

As a psychic energy healer, I have become aware of how narcissists wield power and blind us to their control over us. In this hour I will explain how narcissists block our Third Eye (and intuition), take over our grounding, (which often begins in early childhood), and gaslight us, convincing us that we are wrong, useless and must rely on them alone. Narcissists ultimately create enmeshed and co-dependent relationships with those around them. They exist because we (unconsciously) feed and encourage them. The reverse of a narcissist is a people-pleaser. We each have the potential to express either aspect.

My intention is to support an awakening to how we have been drawn into co-dependent relationships with narcissists, and begin to unwind the connective psychic cords and energies.

UPCOMING EVENTS

Private Healing Sessions

now available by phone world-wide or in person in SE Michigan

March 20

Equinox Healing Meditation online/phone

June 23

Meditation Concert - Ann Arbor

**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/newsletter2018_01.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](#)



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)



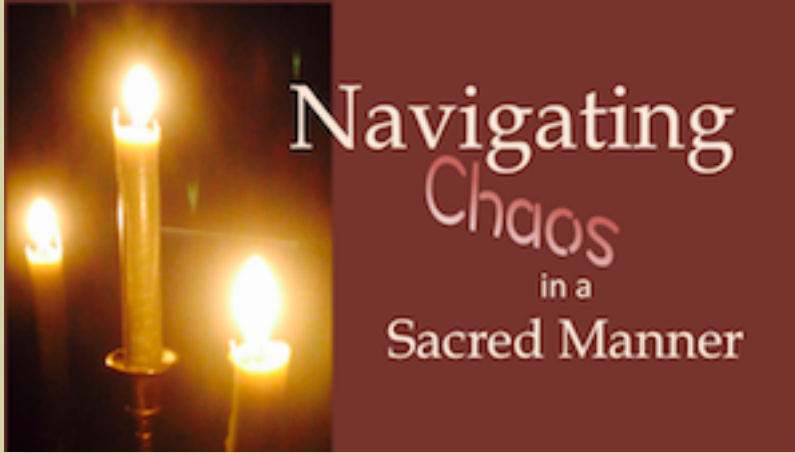
How Healing Happens
Insights and meditations to help you get out of the way of your own healing process. FREE



Let yourself hear and follow the money guides you right now
\$49 (pre-release price)

Here are some additional free offerings.
Yes, please share these newsletters with your friends, your email circle and social media.

Norma's Audio Meditations are available as free podcasts at [iTunes](#)
Subscribe today!



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:
Navigating Chaos in a Sacred Manner
[Full Meditation Audio](#) (50 mins long)

SONG
Revealing Your Innate Grounding
[Song Only Audio](#) (3 mins long)

[iTunes](#)

[Transcript & more information](#)

THIS MEDITATION INCLUDES:

Empowering Yourself
Releasing other people's energies, including their guides/angels, especially from behind your navel chakra and lower back. This can help tremendously to relieve chronic pain and kidney issues.
Recognizing and Clearing Psychic Energies from Your Parents/Family/Spouse

When we are full of our own energies, it is very difficult for other energies to re-enter, and for energies that aren't us, to find a home within us.

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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Very Important:

Please be sure to add newsletter@healingchants.com to your approved senders list or address book. This will ensure that you receive the newsletter.