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# Creating Outside of Polarity

a sound healing meditation

NORMA GENTILE

HealingChants.com



I offer a new video meditation which includes insights from myself and the Divine Feminine consciousness defined as Mary, along with a just recorded healing song to cultivate your own Inner Knowing.

## **Creating Outside of Polarity** or **The Reverse of what you Don't Like isn't what you Really Want**

Dear Friends,

You know that sensation when you are delaying leaving the house and the phone rings with an important call? Or you go back into the grocery store to grab a forgotten item and suddenly run into an old friend? It was only after the phone call or seeing your friend that you realized the spiritual impulse behind your choice.

Today is a bit like that. I can feel the energies surging toward an event, in fact I think it already happened, but I don't know what

that event is. On one hand I want to wait to send out this newsletter so that I can include it. On the other hand, I trust that these written insights along with a new video meditation (a mix of spoken words and a healing song) will be of service. So, please read this knowing that I am honoring my nagging feeling that something which is hidden is about to be revealed, and that the appropriate choice is to offer this to you before the energy of the event takes full form in our lives.

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The last of this summer's SuperNewMoons comes upon us this Saturday, August 11. It occurs in conjunction with a Solar Eclipse...and in the midst of a 7-week window during which we receive Sacred Masculine energies from outside our solar system; what I know as the Sirian Portal. One result we are already experiencing is a heightening of our tendency to be triggered by seemingly tiny moments. It may be hard to remember, but each time we are triggered we are given the opportunity to notice a belief, emotional pattern or physical issue that is ready to be understood more fully. Once our personality understands what our Soul desires to learn, the belief, emotion or physical issue is free to change. Understanding that issues are not here in life to irritate us, but rather to get our attention so that we might choose to have a different experience: the experience our Soul is guiding us to have

I find that astrological events tend to help our Soul choose and guide us into learning about an issue in our lives. Each SuperNewMoon has a particular focus. Learning to respond to anger through Peace was the focus of June's first SuperNewMoon and eclipse. July's SuperNewMoon aided us in deepening our response to other's fear with compassion towards them and fearful circumstances we see externally. This third and final SuperNewMoon offers us life experiences around judgment. When we make a decision to create in reaction to what we find wrong, we deepen polarity's hold over us. In short, we override our Inner Knowing in favor of doing what our society tells us to do. Shifting into not just hearing our own guidance from within, but following it, as our response to external cacophony, is what this August 11 SuperNewMoon offers us.

Remember, this is a lesson or series of lessons we each are learning. It takes practice to truly listen and follow our inner guidance during times of external overwhelm. Events during the next few weeks (or more) will continue to tease us into jumping into the tumult. For this reason my guides suggested sharing a new video and healing song at this time.

I do have [Private Sessions](#) available in the coming weeks, should you feel that would assist you in your understanding and exploration. I delight not just in helping people with energy healing, but also in unraveling the mysterious threads behind deep seated life issues that seem to constantly arise and ongoing chronic conditions. Noticing what isn't comfortable lets your Soul reveal to you what you are ready to learn and change.

My blessings to each of you, as we navigate the most interesting seas of experience during this time.

-Norma

***For more on this topic:***

[Responding to Intensity](#) Insights on Creating Gracefully and not adding to the chaos in life.

[Inner Knowing](#) (healing song from video Creating Outside Of Polarity)

More videos, healing songs and insights are freely available in my newsletters. You can view past offerins and subscribe yourself [here](#)

**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,

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](mailto:office@healingchants.com) or 734-330-3997. [Read more about private healing sessions here](#)

PS This cycle continues through mid-September, as we have the annual Sirian Portal bringing us accelerated energies until then. And I do have [Private Healing Sessions](#) available for you during this time. ([office@healingchants.com](mailto:office@healingchants.com))

#### **In this time we are called to:**

- Stand into our ability to honor ourselves and others; finding our self-worth internally, no matter the external setting of family / work.

- Reveal our uniqueness, no matter the pressure to conform.

- Sense our inner power, and use it to empower others.

- Recognize anger as a call for inner action before taking outer action.



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A free sample video excerpted from my online course  
Resetting Your Financial Guides

You can go to [Resetting Your Financial Guides](#) and check out the other sections of the course that are offered freely, and enroll at the discounted price which also includes a \$20 discount on a [private session](#) with me.



[Watch Video](#)

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This meditation includes:

- Losing stuff in order to save your Life-force
- How we value Big more than Comfort
- Maybe striving for more doesn't serve you
- You are Enough (a message from Mary)
- A healing song to create comfort in your life

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This meditation includes insights and energy healing around financial disempowerment; focusing on releasing energies that cause us to feel over-whelmed and to over-work. It includes a healing song, as well as a spoken channeling from Mary (You are Enough), and a healing song..

One of the most interesting sections (to me) looks at how we use our personal energy to 'tune' our possessions. This allows us to define our 'stuff', but may also limit what what we allow ourselves to receive in life,

I believe that what is happening in the external world always resonates our own inner issues up and out into our conscious awareness so that we might address them. As we understand more deeply our own wounds, we can more easily have compassion towards the wounds of others.

May what has been offered assist you in your journey,  
Norma

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**UPCOMING EVENTS  
2018**

**Private Healing Sessions**

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

Winter Solstice

**Meditation Concert - Ann Arbor**

Fall

**Sound and Healing Workshop - Ann Arbor**

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[http://www.healingchants.com/newsletter2018\\_06c.html](http://www.healingchants.com/newsletter2018_06c.html)

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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

**New Online Video Courses!**

(special early-bird pricing and a coupon for \$20 off a Private Session)

Spiritual courses in Healing, Sound and Energy Awareness



created for today's online world

**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



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Here are some additional free offerings.  
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THIS MEDITA

- How a Narc  
Own Intuition

- How much  
does Your S  
Body?  
-

This meditation includes insights from myself and my guides Archangel Michael and Mary, along with healing energies to easily open your body's natural connection to it's own Earth energies (also known as 'grounding'), while clearing old patterns that block your Soul's desire for you to create and manifest easily in your lifetime. I include a meditative song (Creating Comfort) near the meditation's end for use whenever you feel 'off' and the world feels 'off' and it's just too weird to put into words. Because when realities overlap and merge, our logical brains are pretty useless!

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 s

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