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MerKaBa Meditation & Pranic Nourishment  
(free with Private Session)



You are an  
Unimaginably Magical  
inspirational insights from Archangel Michael

Dear Friends,

Here is a sneak peek for you of some of what I am working on. As you read this, remember that the words are meant to keep your brain busy while the energies embedded within the words interact with and awaken new parts of your consciousness.

If you feel drawn to do so, [add this Friday's \(Sept 21\) Free Phone Meditation](#) to your calendar. If all the spiritual beings involved and FaceBook spirits align, it may also stream on the [Healing Chants facebook page](#).

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### **You Are an Unimaginably Magical Human**

Inspirational insights from Archangel Michael through Norma Gentile

You are not just human. You are magically human. It is not just your spiritual side that makes you immortal. It is your ability to balance *within* Polarity; especially the polarity of human physicality, subject to mortality, and the timeless divinity of your being or spirit.

As the outer world becomes deeply chaotic, the refuge is within. The less you can depend on what is around you to be stable, the more strongly you are drawn to rely on your inner stability.

In your current world-reality, built upon the foundation of Polarity, you have learned that what you give your energy to grows. But what you ignore also grows! This is the cardinal law of polarity; as you create one aspect of anything, the reverse aspect is

created equally.

Notice in the coming year that which you love and that which you fear or hate. Attempting to cultivate only that which you like will naturally also cultivate what you dislike. One solution is to honor the polarized or dual reality in which you reside. You do this by recognizing that when you yourself create out of wanting to avoid fear, anger, hatred or similarly uncomfortable emotions, you are creating out of the negative. You are creating out of not wanting something. When you do this, you automatically give unconscious attention (and energy) to that which you are avoiding.

In this coming year more and more humans will realize that they are not moving forward because of this pattern of attempted manifestation. When one believes that they have manifested something good and desired, almost immediately something they consider bad and undesirable appears to have been created also. Notice this pattern in your life.

The magical element of humanity is this: once you realize the futility of throwing your time, attention and energy into creating what your personality wants, your energy is freed out of polarity to truly create. This is done by honoring the intelligence within every physical aspect of the world.

It is not just those of us you deem to be spiritual beings who offer you guidance and insights. An aspect of wise intelligence resides within everything in form; from your table and chairs to rocks and trees and the light of the sun. Chaos in the outer world occurs when the human personality forces manifestation to occur, rather than allowing all the divine beings to work together with you. As a human, you have at your disposal the means to invite any of us, including those beings you define as pertaining to Nature and the Earth, to consul you, steady you in times of tumult, and ultimately bless the physical world with gifts through you.

Let's talk clearly about the upcoming phase of humanity's growth.

In order to lead humanity inward, deep changes in your outer world will occur. These changes need not always be storms or earthquakes. For most of you reading this, the outer world will seem less and less connected to you. Thoughts, dreams and ideas will seldom involve your outer world. Your personal energy will cease to interact or form cohesive bonds with what you perceive as the outer world. Dissatisfaction, an inability to continue to do 'the same old things' and an inner urge to 'let something out' are good ways of describing the sensations you may experience as you move toward a disconnect with the old physical world.

"This is not to say that anyone should quit their day job" adds Norma. And this is wise advice. Allowing yourself to feel discontent nudges you to look at what does make you content. Feeling that you are stuck in 'the same old thing' helps you recognize you are ready to move on. Sensing that your heart wants to open and sing itself awake each morning (but can't) helps you find what is causing restriction in your love of self and others.

This year will see a rise in what appears to be magical events. Your human body has abilities that surpass your understanding. As you move beyond polarity, even for an instant, the rules of physicality cease to apply. Outside of polarity your bodies are magical. They obey only the limits of your imagination. This will become apparent, as more and more humans demonstrate extraordinary abilities.

When any one of you steps out of forcing what you want upon others, what your Soul wants for you is easily drawn into your body. The pendulum of your reality will continue to swing widely in the next 5 years. Learning to feel and see each swing as an expression of one aspect of polarity allows you to find the place outside of polarity that is not subject to the rules of polarity. Manifesting becomes an act of stillness, drawing your body into this vibrational space outside of polarity. When this happens non-dual thought; that is thought without designated purpose, not driven by the personality, becomes possible.

What is it you most want to know? If how to stay safe is your answer, or how to make money...these are aspects of your polarized reality. If you can be safe then you can be in harm's path. If you feel a need for money because of a lack of money then you can feel a wealth of support. The true questions lie within your self. What does your Soul desire to experience? How will you enter into a consciousness that lies outside of polarity, and outside of judgment?

Observe external events. They will continue to be highly polarized. Learn from what you observe. Does judgment serve anyone? Does what you see please you or bring you fear, or is it simply information?

It is not just you humans who are in a quickening spiral of awakening. Gaia, the soul whose clothing is your Earth, is on this journey and walks alongside you. Perhaps not in this year, but very soon, the link between her consciousness (held in your current dimension as electromagnetic fields around and interpenetrating the Earth) and the electromagnetic fields related to your own bodies will become clearer. This is a resonance that will at first appear to be troubled by your technology, but ultimately made stronger by bringing greater awareness to your interconnection with not just the Earth but all matter everywhere. Here there is magic that you cannot yet imagine - that your pure science validates what your spiritual teachers already know &ndash; that rules within polarity are meant to be broken!

Take a moment now, and feel inside your body. Where is a still space? Bring your attention here for a moment, and allow yourself to come to rest. The spiral of spiritual evolution happens in moments of stillness. Listen to the related [healing song](#) if you like, or sit in quiet meditation. Let yourself partake of this now.

And as always, if you feel called to do so, please be in touch to explore and shift these or other issues in a [Private Healing Session](#).

My best to each of you,  
-Norma

## Blooming

a healing  
song  
invoking the  
Pure Energy  
of Nature

from Norma's  
video  
Magnifying  
Your Body's  
Connection  
with the Pure  
Energy of  
Nature

in the online  
course:  
The  
MerKaBa  
Meditation  
& Pranic  
Nourishment



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### A tiny bio for those who do not yet know me:

I have always seen auras. As a psychic I 'see' how people connect to their guides, angels, and other poeple. Through channeled insights, intuitive ideas, energy healing and music I assist others in clearing accumulated cobwebs and awakening their innate creativity and healing potential. I believe that our world is healed as each person heals themselves.

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

#### **UPCOMING EVENTS**

#### **Private Healing Sessions**

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

Fri Sept 21

#### **Meditation by Phone/Online**

Sun Oct 21

**Interfaith Sunday Celebration** - Ann Arbor (The Thinning Veil - a musical meditation with insights from Norma and her guides)

Sat, Dec 22

**Winter Solstice - Candlelight Meditation Concert** - Ann Arbor

June 18 -23

**Pranic Nourishment Retreat**

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

a healing  
video song to  
**Cultivate  
Compassion  
in response  
to Fear**

Change opens  
deep places within  
our hearts where  
Compassion  
abides.  
[Read more about  
this video and  
related spiritual  
energies](#)

# Mystery

a healing song to

Cultivate

Compassion

as a response to fear

**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.



*If you are seeing this newsletter because a friend sent it to you, you can subscribe and see past newsletters [here](#).*

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Here is a simple video, excerpted from one of my online courses. Oddly enough, it was originally intended as only an audio meditation. I decided to add pictures to clarify some of the ideas. And it turned out to be a nice mix of information and healing meditations. You can go to [Resetting Your Financial Guides](#) and check out the other sections of the course that are offered freely, and enroll now, at the discounted price. That price also includes a \$20 discount on a [private session](#) with me. .

[Watch Video](#)

[Listen to Audio](#)

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

**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\\_09.html](http://www.healingchants.com/newsletter2018_09.html)



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](#))

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

Let y  
you r  
\$49 (

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!**



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

MEDITATION  
**Tools for  
Multiple F**

[LISTEN NOW](#)  
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(58 mins long)

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[Creating Cor](#)  
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THIS MEDITA

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- How much  
does Your S  
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