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## Explore Norma's Spiritual Courses

### Re-Initializing Reiki

Update your personal connection to Reiki and your healing guides.

Let yourself hear and follow the Spiritual Beings working with money, ease and living well.

MerKaBa Meditation & Pranic Nourishment  
NEW ONLINE CLASS

The veils or boundaries between worlds are thinning. And not just between what we think of as Earth and Heaven, but also between the spiritual energies that we perceive of as residing within the Earth, and the emotional and mental boundaries we each have with the larger collective consciousness of humanity.

That's a whole lot of thinning veils!

Here are some insights from Mary and Archangel Michael on why this is important to acknowledge, and what we can each do.



## Thinning Veils Create New Opportunities

(insights from Norma, with Archangel Michael and Mary)

### **A little background:**

Our town, our country, our social friends, and our family each have a separate group consciousness. We are all subject to, and able to somewhat impact, each of these groups of consciousness. We are actively exchanging information with everyone and everything (Earth energies, for example) related to each group consciousness. We establish boundaries not with energetic walls or by cutting cords, but by intensifying the unique vibration of who we are. Each choice we make, especially in regards to interactions with uncomfortable situations, generates a quality of energy in our aura that is 'heard' by others in the group consciousness.

As much as we might try to deny it or clear it, we are subject to feeling issues the groups are dealing with. When more than the Golden Mean (5/8ths) of a group is expressing anger, fear or depression, (as is currently happening) our own related issues come

into our awareness.

Clearly there is much anger being expressed that individuals are not able to process. This particular type of anger isn't just anger. It covers over suppressed fear. When the individual cannot move into the anger and recognize it as fear, people around the individual, as well as within the group consciousness, feel it more intensely. But they do not always experience it as anger, or the suppressed fear. Rather, others around the individual experience the anger as being a sense of physical heaviness, emotional dullness and depression of their own life-force. Ignoring these symptoms or trying to change the symptoms themselves gives only temporary relief.

Now, a part of me wishes it were possible to simply make everyone look at their own spiritual, mental and emotional 'stuff'. But of course that is the whole point of incarnating into a free-will zone, where we learn, through our own choices, how to be divine creators.

So what does one do when (it seems) that 5/8ths of the various group consciousness' to which we belong are busy being angry in order to avoid feeling their fear and other feelings?

We learn to allow any bits of our own anger to arise. And feel what we fear arising alongside the anger. Knowing what you fear the most brings that vibration into your awareness. This isn't about dwelling in the vibration. It is simply about naming it, identifying it, and releasing or transforming it.

Let's look at the most common fear; losing one's lifestyle. Perhaps due to illness, a spouse's death, or money or a natural disaster. What if the form of your lifestyle were swept away? What things that you view as lynchpins would be taken from you? Are these lynchpins truly and completely irreplaceable? For example, losing a computer is an opportunity to find newer more efficient technology. Having to move to a new city means meeting new people, and potentially re-prioritizing what you do each day. What difficult issues would also be swept away in the process of major change?

Now that you have opened into extreme aspects of the fear, feel your feet on the ground in this present moment. Feel the walls around you and the roof over your head. In this moment you are safe. And you just learned to psychically 'you're your greatest fear, and then place it in the context of the vibration of safety. You are right here, right now, reading this. There is no need to take the fear into your aura or body. You can see it. But it isn't you. You are the one observing it. The fear is outside of your current vibration. Your current vibration is one of steadiness. Your current vibration is a reflection of your conscious presence in the room where you are, at the time of day, breathing into your own feet and body and noticing the Earth where you are.

### **Diving Deeper**

I have spent time psychically or intuitively 'looking' into the reason we are experiencing, and so needing to address anger, its underlying fear, and the resulting group depression. I'm recognizing that we have come to the point where we think we've done a deep dive around clearing emotional issues and becoming spiritual. Many people feel like they have taken a deep dive, done their work and have come up and out the other side. But there is much more to do.

When coming out the other side, we've opened our collective eyes, looked around and have seen the sun shining. There were crystals and sandy beaches and soothing sounds...but now, our eyes are open far enough to see that there are also alligators...right in front of us! We can't avoid them. And although the beach is beautiful, the waves soothing and the sun warming, we can't stay here. For a moment we might try to focus on these wonderful elements...but then there are these alligators.

In a decision made by the collective consciousness of humanity, we realized that we must return to the ocean, even though it contains the discomforts and emotions of our collective unconsciousness. And being there now, we allow ourselves to sense the discomforts within our own lives. We dive down even deeper than before. This time we connect to the heavenly energy that we already know, and open into dimensions of consciousness that appear to reside within the Earth. These spiritual energies anoint us in ways that open hidden energy channels within our physical body.

So while we believe we have already done 'the deep dive' toward self-awareness and awakening, (and we did do a good dive), we have to go back in and go even deeper. And this time, especially at this time of year, we are able to access spiritual dimensions within the Earth that bring a sense of profound stability to our life and physical body. As each of us learns to tune to these newly available energies, and therefore vibrate within this stability, our stability can be a resident and resonant factor in our world.

Opening ourselves to these newly available spiritual energies within what we perceive of as the Earth allows for what we think of as miraculous healings and amazing events. Of course what appears to be miraculous or amazing is simply allowing pranic or energetic wirings that are pre-existing within our bodies to function as they are meant to function. As you do something as simple as feel your feet now, your new wiring can more fully open and plug into the energies your body is meant to plug into within the spiritual dimensions of the Earth.

In time, perhaps days or weeks or months, your body will recharge itself. Then, how you organize your physical form changes. Sensing anger, fear and depression is a doorway into this stability. And reminders to practice accessing it frequently. As your ability to tap into the deeper stability of your own body and aura grows, your ability to see, but not need to fix, those emotions around you grows. It begins by letting yourself feel your own fear, and contrasting it with your own safety.

Current events are not random. Humanity has chosen to awaken at this time. While the awakening appears as a moment in spiritual time, it is a process of many hundreds of years in linear human time. Do not be discouraged. This new even deeper dive you are taking through emotions allows you to access remarkable new qualities of spiritual energies that lead you through the veils and into new frontiers.

Your bodies are not just solid forms; as you well know the space between your molecules is the largest percentage of your form. And what lies in this space? The potential that spiritual energies bring. And how does this happen? With your conscious attention and awareness.

May each being be blessed, may each being be joyful, may each being know home as residing already within them.  
-Norma (with help from Mary and others in spirit)

**PS (a little addendum from Mary and Thoth)**

This even deeper dive allows you to access new qualities of energy within the lower dimensions that nourish your bodies and open new energetic wirings including your ability to nourish yourselves with prana. Stay tuned for more...

**UPCOMING EVENTS**

**Private Healing Sessions**

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

Sun Oct 21

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

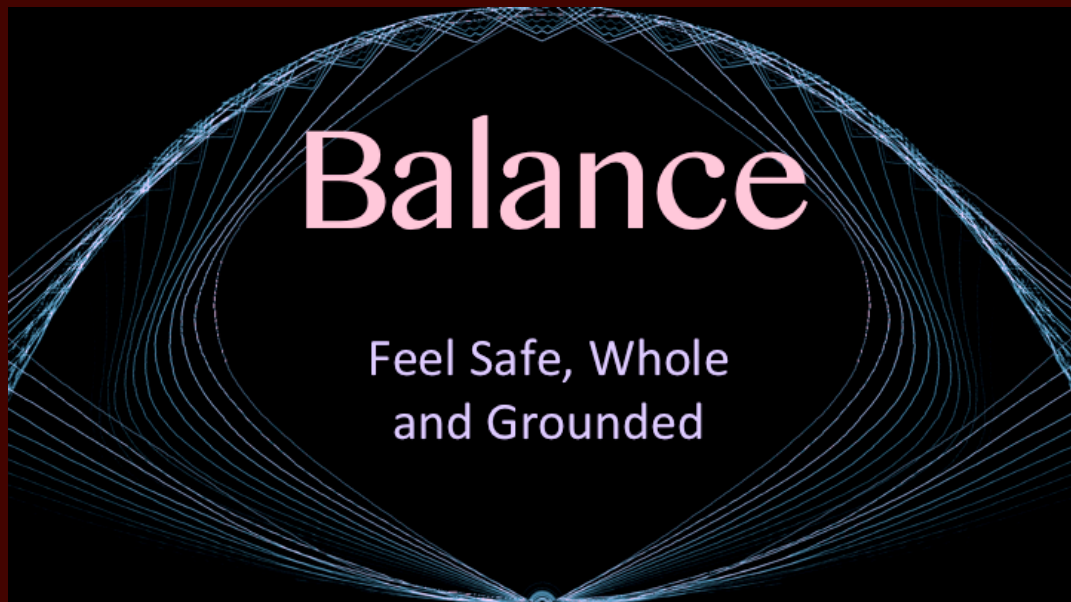
Sat, Dec 22

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

June 20 -23

**Pranic Nourishment Retreat (Michigan, more TBA)**

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



a  
meditation  
for  
**Balance**

*with Norma  
and her  
guides*  
Archangel  
Michael  
and Thoth

An  
exceptionally  
soothing  
meditation  
focusing on  
drawing  
healing  
energies to  
you so your  
body can  
feel safe,  
whole and  
grounded.  
Archangel  
Michael and  
Thoth join  
me, sharing  
energies and  
insights. Of

course there  
is a  
spontaneous  
healing song  
that came  
through me  
as well.

## 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 NEW online  
course:  
The  
MerKaBa  
Meditation  
& Pranic  
Nourishment



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 people. 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](#)

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](#)



**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. .

The background of the entire page is a soft-focus image of pink lotus flowers. The petals are a light pink color, and the centers are a slightly darker shade. The overall tone is gentle and calming.

NORMA GENTILE

www

# Money, Ease and Comfort

a meditation from

## ReSetting Your Financial Guide

[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 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](#)  
[Full Meditation](#)  
(58 mins long)

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[Creating Cor](#)  
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THIS MEDITA

- How a Narc  
Own Intuition

- How much  
does Your S  
Body?  
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