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# Why do we Delay our own Healing?

Insights from sound shaman  
NORMA GENTILE

[www.HealingChants.com](http://www.HealingChants.com)

**Insights  
and  
Ideas  
to move  
from  
Inertia  
into  
Action**

Dear Friends,

When people who know me as an energy healer encounter me in places such as a chiropractor's office or the waiting room of an acupuncturist, they are surprised. It seems there is a perception that those who do healing work (and I would include parents, teachers, etc.) don't need to receive care from others. And too often we do put off and delay being on the receiving end of the care that we need. But is that really serving us? Here are some insights about the pattern of delaying and denying self-care that may resonate with many.

## **Why do we Delay our own Healing?**

**Insights and Ideas to move from inertia into action**

Why do we wait to care for ourselves until the very last ounce of our life-force is depleted? I always get a wave of people wanting healing sessions but insisting on dragging themselves through some situation first. Right now I notice folks barely making it through the last days of this year...yet putting off prioritizing self-care. Why do we (especially care-givers, nurturers of other people) put off 'putting on our own oxygen masks' to recharge ourselves? Most common answer: if I recharge I will just be drained again by (family/spouse/entertaining/whatever I think I have to do) so I would rather wait until (they leave/regular routine is established/I am completely exhausted).

My response? Let's look at the underlying assumption that you have to be drained. Or that you have to do something that drains you. And why anyone can deplete you of your vital life-force. And let's do that while the pattern is happening, so it is easy to see and release. Let's start a new tradition inside of you now.

If this speaks to you, let's work on the issue right now, while it is 'up' and clearly tangible. What you notice you can change. And my guides can support you and your guides in this change.

Additionally, you may be feeling the impending energies of the Jan 21st Total Lunar Eclipse occurring on the first of three Full SuperMoons. (other Full SuperMoons this Winter are Feb 19 and on the March 21 solstice). Each of these Full SuperMoons will bring up into our awareness unique issues that our Soul wants us to understand more deeply. The Jan 21st 'Super Blood Wolf Moon Eclipse' illuminates emotions we have hidden from ourselves because external authorities (mother/father usually) made it clear such emotions were wrong or bad.

Most of us learned to suppress these emotions as very young children, before we were able to fully speak. We learned to push the emotional energies into our infant and toddler-age bodies, where the energies created habits of tension and torsion in our muscles and soft tissue. I am also convinced (from seeing such patterns many times in energy healing clients) that our enteric nervous system and lower body is overwhelmed when we need to keep repeating a pattern of denying what is truth (that mom/dad is angry or violent for example) and behave as if everything is fine.

At some point it is easier for us as children to believe the lie. After all, our family provides food and the physical house we are accustomed to navigating within. And so as children our head insists that all is well, while our body screams 'no it's not!'. In order to survive, we needed to disconnect our brain from hearing our body's voice so we could function within the reality of the lies. But as adults, we recognize that we need to hear what is happening with our bodies. Our ability to 'tune into' what is happening in our body is the key to a satisfying quality of living, and catching what is out of balance in its early stages of discomfort before generating dis-ease. More and more I am noticing that our body's lower chakras, which are the most disconnected from our brains, are opening into a new telepathic connection with the Earth and physical form. In order to utilize this new psychic and intuitive ability, we must re-connect with the truth of our body, allowing a profoundly new resetting of our lower chakras.

All this is to say that now is a great time to pay attention to whatever is happening; whether it is emotional or physical or an inner urge for a good deep clearing. These are the days of quiet, ideally providing an annual time of reflection for humanity. Allowing yourself to find your path of reflection is a gift only you can give yourself.

May each who read this find their true light shining already within.  
-Norma

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### UPCOMING EVENTS

#### Private Healing Sessions

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

#### **Sound Healing Event TBA**

June 27 -30

Pranic Nourishment Retreat with Elitom, a  
breatharian of 18 years  
(Michigan, Song of the Morning)  
Enrollment open - limit 50 participants

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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 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.

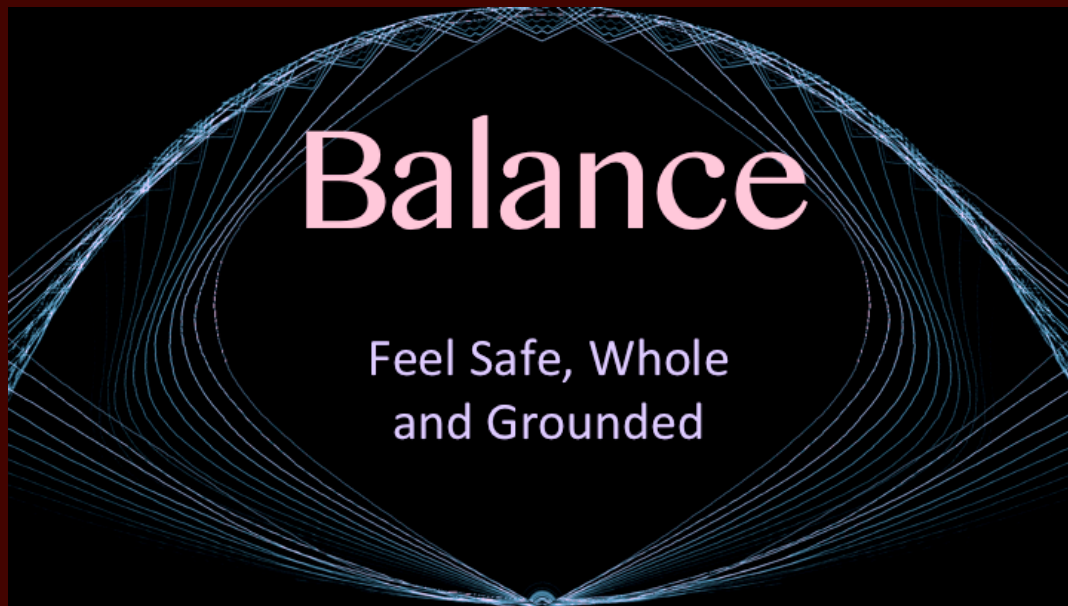
In these healing sessions the spiritual foundation of who you are (the portion of your soul incarnating right now) engages with your body in a new way. This allows what does not reflect your Soul and body to be revealed, understood, and released. Simply put, the real world version of you catches up with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

More videos, healing songs and insights are freely available in my newsletters. You can view past offerings 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.

**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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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. .



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 (from Mary)**

**A healing song to create comfort in your life**

[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

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Dear Friends,  
  
I am so excited to share with you a video from my developing 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](#)

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

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you r  
\$49

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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