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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

Make Changes in Your Life

during this season's

Introspective New Moon Energies

New Moon Energy is excellent for making new choices and initiating changes. Interspersed between three Full SuperMoons, this season's New Moons are especially potent.

Also
A Reflection on the
Sweet & Sour Aspects of Life
(a new sound healing video with Temple Bells and Singing Bowls)

Dear Friends,

Maybe it's the -40 wind-chill, the foot of snow, or my cats napping throughout the day...but I am already feeling the introspective energies of the upcoming New Moon. Here is a thought that might resonate with you as well; even if you are on a warm beach or enjoying in a sunny garden space.

Using New Moon Energies to Make Changes in Your Life

I love Full Moon energy as it illuminates that which we most need to see that is nestled in the corners of our Hearts. The upcoming Full SuperMoon Eclipse in March will brilliantly engage the issues we have (until now) successfully hidden from others, as well as from ourselves. Especially around power and authority. (this from Thoth, one of my guides).

New Moon energy is excellent for making changes you would never try to make when your life is moving full speed ahead. Think of it this way – if you are driving a car, you slow down when turning a corner. Not only do you need to slow down so that the car safely navigates the turn, but you also need to see what is happening on the street you are turning onto. You need a moment to be sure that it is safe to proceed.

So too with making changes in our lives. You can't fully know what changes you are stepping into until after you have started to turn the corner and make the new choices that create those changes. And sometimes you don't get exactly what you expected! It is normal to be in the midst of change and realize that you need to quickly assess whether to proceed or turn around. In order to make this decision, you need to know what the previous street looked like and also be able to see what the new street looks like.

Both streets represent sets of choices. Neither is wrong. They are just different. Each holds unique options and opportunities. In order to choose, you may need to drive down each street and see a bit of what it holds. You may need to slow down in order to

catch an address, or appreciate the scenic beauty.

New Moon energies are introspective. This is the time we make new choices. Too often we are going so fast we don't know what it is that we are passing by. During the time of the New Moon we slow down and are able to see the scenery of our lives.

What is already in our life may not be visible to us because we've been driving too fast.

During this next two weeks just be aware what is it that you most desire. It is very possible that as you slow down you are going to notice it is already present.

I offer a meditative song, Sweet & Sour, that arose spontaneously out of the energies of last month's Solstice Concert. Enjoy, and feel free to share this with friends! My thanks to Nathan Correll (HealingRiverTherapy.com) for drawing out the tender sounds from the set of Tibetan Temple Bells and Kashi Walters (KashiNivas.org) for joining me in playing Singing Bowls.

May each be blessed in this season of inner contemplation,
-Norma

A reflection on the
Sweet
&
Sour
aspects of life
a musical meditation from
Norma Gentile sound shaman

HealingChants.com

Enjoy this quiet and introspective new sound healing video, Sweet & Sour, with Temple Bells and Singing Bowls.
(live concert recording)

UPCOMING EVENTS

Private Healing Sessions

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

Sat June 15

Summer Solstice Meditation Concert (Ann Arbor)

June 27 -30

**Pranic Nourishment Retreat with Elitom, a breatharian of 19 years (Michigan, Song of the Morning)
Enrollment open - limit 50 participants**

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 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.



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

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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**To share via email: copy & paste this URL into your email to them:
http://www.healingchants.com/newsletter2018_09.html**



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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