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MerKaBa Meditation & Pranic Nourishment NEW ONLINE CLASS



What in your life keeps popping back up, like a bad odor that you can't quite locate the source of...

That is the sort of underlying life-long pattern we are able to shift fairly easily now. Here is why and how...

Slipping into a New Reality

Sliding into Life's Lasy Changes with New Beliefs and New Realities plus a video musical meditation. Love Finds A Way, for voices and singing bowls

Dear Friends,

It seems that every time we experience a New Moon or a Full Moon or an Eclipse I talk about how easy it is to make certain shifts happen. For this Full Moon, I'm going to describe the type of energy that I am seeing people shift during Private Sessions with me. These shifts are fairly easy, and are happening around large beliefs that we each have as backgrounds in our life. Because these beliefs have been an integral part of who we define ourselves to be, they are very difficult for us to see for ourselves.

Primarily I am witnessing people releasing belief patterns that belong in other times frames, such as those inherited during childhood from parents and the culture of the town they grew up in from birth to about 2nd grade. There are also belief patterns that now belong to different realities, which is difficult to explain, but when the underlying emotions relating to the alternative reality are accessed, the physical body 'updates' itself to this current reality and sheds beliefs from other realities. It's sort of like getting an amazingly good night's sleep and waking up feeling like the world is completely fresh and new.

Shifting realities also relates to being able to see and take advantage of different choices that might have been made but weren't made at critical points earlier in life. Sort of like a do-over...your body integrates the reality of the choice you didn't choose. And releases the patterns of 'what-if' and 'I should have'.

These types of energies move through the Pure Energy of Nature to be recombined with the greater reality that contains all possibilities and all realities. And the physical body (and emotions and mind) in this reality is able to glide forward easily as it no longer is dragging energetic baggage from the past realities.

I want to mention something I am noticing about the role the Pure Energy of Nature plays in this process. When we release beliefs that are rooted in our past, we are also releasing multiple energy cords to the people who were part of that past. As we release beliefs about who we were, it is important to allow other people in our lives to continue to be exactly as they are. This allows us to change, moving through into new realities and new ways of seeing our world. Insisting that someone has to change is really our personality's way of wanting to control that other person. This doesn't serve our forward momentum nor does it support the journey that their soul is choosing for them.

Below I offer a healing song, Love finds a Way, with myself and Nathan Correll from a recent live concert. The energy of the song filled the room during the concert, and we both channeled that energy into this song. Enjoy the original video or the audio.

Feel free to share this newsletter, and if you want to subscribe just <u>click here</u>. If you want to take advantage of the 'change your reality/change your life' energy waves, I am offering <u>Private Sessions</u> now. You can <u>read more here</u> and email me at <u>office@healingchants.com</u> to setup an appointment time.

My fullest heart blessings to each of you, -Norma

Love Finds a Way

a musical meditation with Voices & Singing Bowls

NORMA GENTILE voice & singing bowl

with Nathan Correll voice & singing bowl

video or audio (live concert recording)

A Song from Spirit: A musical improvisation based on the Spiritual Energies present in the room. Love
Finds a
Way
from
Heart to
Heart
and
Hand to

Love finds a Door that opens through our Hearts

Hand

Love finds the Space Within Silently Carefully Softl

Love Finds a Way

UPCOMING EVENTS

Private Healing Sessions

now available $\overline{\text{by}}$ 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 based in India

(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 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 themself.

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

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

A SNEAK PEEK!

You can experience my video MONEY, EASE and COMFORT right now. It's from my online course Resetting Your Financial Guides. Originally designed as 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 other course videos. Get the discounted price by enrolling now. That price also includes a \$20 discount on a private session with me.



Watch Video

Listen to Audio

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

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 <u>Facebook</u> - come 'like' my page!

To share via email: copy & paste this URL into your email to them: 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 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.

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

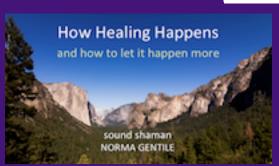


created for today's online world

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 you \$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 <u>iTunes</u> Subscribe today!

MEDITATION
Tools for
Multiple F

<u>Full Meditatio</u> (58 mins long

SONG Creating Con Song Only Au

<u>iTunes</u>

THIS MEDITA

- How a Narc Own Intuitio
- 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 <u>Sound Healings</u> and <u>Recordings</u>. Her albums are available on <u>iTunes</u> and at <u>Amazon</u>

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

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Very Important:Please be sure to add newsletter@healingchants.com to your approved senders list or address book. This will ensure that you receive the newsletter.