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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
COMING 2020

Listening to our Highest Heart plus new videos with healing songs

Dear Friends,

There are times where it is easier than other times to find a sense of quiet stability within ourselves, and then see and feel it reflected back to us in our world and day-to-day life. The last few weeks have been like being in a small sail boat trying valiantly to use its own sails to arrive on shore by using the first gusts of an oncoming storm to power it into port. Using the power of the storm can tear the sails, but it is also the quickest means to reach a point of seemingly assured safety. Which has led me to wonder....

By what means do we reach a point of safety in our lives?

I often see people believe that they have reached a safe point by 'playing it safe'. Doing what the world they perceive around them tells them to do and shutting off their own passions and talents is usually the result. This is a choice. Better to be safe than sorry, as the saying goes.

And then there are those choices that we make in direct opposition to what we perceive the world around us is telling us to do. And yet these choices do not lead us into expressing our talents. Choosing something that is simply the reverse of what surrounds us is no less contrary to our Soul's journey than choosing something that fits in with what is around us.

Whenever we are making choices (big and small) based on what is around us, our attention (and energy) is responding to how we perceive our outer world. In order to choose to express who we are (our unique talents and gifts that our Soul desires for us to bring to this physical world) we must listen internally.

If you have worked in private sessions with me, or attended a workshop, you probably know that I find two heart chakras active in most people. The Traditional Heart Chakra (about where the nipples are) and the Thymus gland or High Heart Chakra. The Traditional Heart Chakra is meant to be tuned to the unconditional love that our Soul expresses at all times in all ways. It is a love that comes from our Soul, not our personality. As this unconditional love moves through our body it is retuned by each chakra to fit the immediate connection of our Soul into our body.

When this unconditional love moves up through the Thymus gland or High Heart Chakra, it is transformed into a series of colors or beams of light. Each colored beam (or energy) emitted from the High Heart Chakra reflects something that our Soul wants to explore in life right now. Over time, these colors change, as our Soul takes advantage of opportunities for us to experience, sometimes dramatically, how we are living life.

Whether it is marriage or divorce or job loss or moving or graduating from school, there are points in our lives where what served us in the past (including guides and angels) won't serve us in the next phase of our life. Forcing (usually mentally) ourselves to continue in a routine of behaving as if nothing has changed does not allow us to release old energies, guides and patterns in order to make room for new guides, thoughts, and passions. These old guides most often sit behind the High Heart Chakra, and cause discomfort between our shoulder blades. Releasing them not only frees up our body, but also frees up our mind to think new thoughts and see new opportunities.

We are creator beings, meant to create anew with each moment. What is it that you are ready to create now?

Here are two videos to help you do this. One is a half-hour of gentle healing songs that were drawn through me from my Hathor guide Atamira. It is like a little mini healing concert. As you listen, just relax, lie down, and let yourself enter into the music. The second video is an animated series of insights about using sound in combination with energy healing. Both come from the workshop I co-taught with the Elitom El-Amin (who has lived on pranic energy instead of eating food) for nearly twenty years.*os from my workshop with the breatharian Elitom*

in June 2019

A mini-
concert
of Sound
Healings

Relax and allow the healing energies that travel upon Norma's voice connect with your own guides and angels. How does your body want to be more fully supported by your Soul? Whatever is impeding this connection can come into your awareness and be released.

Elitom speaks and shares some of his experiences as a Breatharian towards the end of this video clip, which was recorded live during a joint workshop with Norma in June 2019.



[Watch Video](#) or [Listen to Audio Only](#)



Insights on using Sound with Energy from a Sound Sha

[Watch Video](#) or [Listen to Audio Only](#)

Insights on

Before he leaves the US, Elitom will make one last visit to Ann Arbor!

Cultivating New Energetic Nourishment

Breatharianism & Healing Prana

ANN ARBOR - 2 NEW EVENTS

Fri Aug 9 7:30-9:30pm

Sat Aug 10 10am - 5pm

details/register now at:

www.HealingChants.com



For those who are interested, Elitom will be making one last stop in Ann Arbor (Aug 9 & 10) before he leaves the country. He is one of the few full-time Breatharians who has a truly remarkable ability to cultivate a quality of pranic energy that sustains and regenerates the physical body. Clearly I believe that this quality of energy is what he has agreed to teach with him twice this summer while he is in the USA.

Together, we are offering a Friday evening gathering (Aug 9) and Saturday (Aug 10) workshop. These are both experiential. You will have a chance to see part of his daily practice to nourish himself from the Qi or prana all around us. Ideally plan on attending both events if you can. I will be adding my own energy to assist you in tapping into this nourishing and regenerative pranic energy. The full information is here:

http://www.healingchants.com/2019_08_Prana.html

Eating Energy Instead of Food

A sneak peek at how Elitom nourishes himself from energy



Elitom El-Amin
(a breatharian
of 19 years)
shares his daily
QiGong Practice

[Watch Video](#)

Elitom's Daily QiGong Practice

Follow along with Elitom and feel how your own body responds to this energy cultivation technique. This is an informal video, and a good way to see the workshops in Ann Arbor on 10 that he and I will lead.

Elitom El-Amin, breatharian of 19 years
Elitom, a Breatharian for 19 years, has been living on energy, instead of food/water, and invites you to join him in his daily practices to cultivate the prana that sustains him.

Norma Gentile, sound shaman, uses music and spirit to will amplify your ability to connect with and use the energy Elitom demonstrates easily and quickly.

Cultivating Pranic Nourishment BREATHARIANISM & ENERGY HEALING two events in Ann Arbor

Friday, August 9
7:30pm - 9:30pm
[Enlighted Soul Center](#)
3820 Packard Rd, Ste 280

Register Now: \$20

Saturday, August 10
10am - 5pm
[Interfaith Center for](#)
704 Airport Blvd

Register Now:
(\$111 at door)

There are only a handful of true Breatharians (someone who meditates instead of eating) in the world. He invites workshop participants to join him in the process to energetically connect so fully to Spirit that he no longer needs to eat or drink. He is able to share his process so that those present may begin to sense

Elitom is joined by Sound Shaman Norma Gentile, whose training allows her to magnify the energies that Elitom is nourished by, so that all those present bodies want to connect to these same energies.

Experience Elitom's exuberant life force for yourself and join him in his daily practice of cultivating energies. This offers your body easy access to the energy of his body by letting you be with him live, while Norma's music heightens your ability to tap into these same energies. Elitom is returning to Asia, so consider his presence now while you can. Norma will be adding her own energetic insights and musical healing. Please join us!

[FOR ADDITIONAL INFORMATION](#)



LISTEN TO
MEDITATION
[Bringing
Wholeness to
Your Body -
Meeting
Adversity with
Compassion](#)

LISTEN TO
THE SONG
[Opening
Your Feet to
Grounding](#)

Love Finds a Way

a musical meditation
with Voices & Singing Bowls

A HEALING SONG

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
Hand

Love
finds a
Door
that
opens
through
our
Hearts

Love
finds the
Space
Within
Silently
Carefully
Softly

Love
Finds a
Way

UPCOMING EVENTS

Private Healing Sessions

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

Aug 9
7:30pm-9:30pm

Pranic Nourishment Workshop Meditations and Music with Elitom (Breatharian) and Norma. \$20
Enlightened Soul Center, 3820 Packard, Ann Arbor

Aug 10
10am- 5pm

Pranic Nourishment Workshop with Elitom, a breatharian of 19 years based in India, and Norma \$99 advance/ \$111 door
Interfaith Center for Spiritual Growth, 704 Airport Blvd, Ann Arbor

Dec 21

Solstice Meditation Concert (Ann Arbor)

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](#)

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I am on [Facebook](#) - come 'like' my page!**

an online course
for all levels and lineages

Re-Initializing Reiki

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.
(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
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Here are some additional free offerings.
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Norma's Audio Meditations are available as free podcasts at [iTunes](#)
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**Tools for
Multiple F**

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(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?

-

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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