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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

How Healing Happens
and how to let it happen more

What if...

Health is the result of living according to our Soul's Path.

Our health may not always appear to be perfect. We are not meant to be Plastically Perfect. Our health (emotionally, physically and mentally) is meant to reflect those issues (challenges) that our Soul desires to experience in our lifetime.

Healing is the process by which we maintain ourselves upon our Soul's Path.

It is an ongoing process. There is no ultimate resolution. We never stop healing because our Soul never ceases in its quest for new experiences. Our Soul continues to learn throughout our lifetime and after our death while between lifetimes. This learning

process is
what we
experience as
healing.

How and Why we Confuse Health with Healing Insights from Mary, through Norma

Dear Friends,

Many of you know me as an energy healer and channeler, others know me as a singer. This weekend I bring these two aspects together as I (and my guides, usually Mary, Archangel Michael and the Hathor known as Atamira) lead a workshop and Equinox healing gathering. For those not in the Ann Arbor area, I am offering a group healing meditation by phone/online during the Full Moon on Oct 13.

The following insights are from Mary, who speaks alone through me at some points, as well as a blended or combination of Mary and my own energies, working through me to clarify common human life experiences. I decided to indicate the change back and forth as the energies are palpably different. And this way you get a sense that 'channeling' isn't necessarily a big deal - guides and angels surround us and interact with us all day long.

from Mary:

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from Norma:

Maybe it's the time of year. Here in the US there is a flurry of activity around 'getting back into a routine' after a 'summer vacation break'. Just the idea of separating out activities related to relaxation and enjoying oneself from the daily routine of living makes me very uncomfortable. How can anyone live a daily life that they don't like and therefore feel a need to escape from? And while most of you reading this probably agree, I suspect there are still small things and smallish choices we make out of obligation or unconscious emotions like guilt (I have to do it) and fear (If I don't they won't love me), or shame (If I don't do it they will see me as not good enough).

from Mary, blended with Norma:

All the choices we make, every single one of them, will ultimately impact our mental, emotional and physical health.

Our unconscious fear/shame/guilt is what often drives our focus to something that we believe will heal us. We are confusing the distinction between being on our Soul's Path (Mary refers to this as our 'being whole') and being Plastically Perfect. Advertisements to lose weight, to do something that has always eluded our skillset, or to suddenly be free of worry....all this targets our desire to

be free of the unconscious pangs of fear/guilt/shame.

And society chimes in and says that as long as we appear to be healthy externally everyone will like us, accept us, and money will come to us.

Of course, our Soul may have other plans!

Over and over Mary and other guides remind me that the Soul's Path isn't one of perfect perfection. It is one of exploration.

- What has your Soul not yet experienced?
- How much more deeply does your Soul desire to learn about compassion, empathy, and tenderness?

These are qualities found within the great healers and change-makers in our world, and seldom come about by living a life with no challenges.

Whatever your perception is of what is slowing you down, holding you back, or causing pain in your life...turn towards it and recognize that it is a creation of your personality at the behest of your Soul. Your personality creates challenges in this world based on the path your Soul wants to travel.

from Norma:

Now many of you know I constantly ask uncomfortable patterns if they are really in tune with our body and Soul. That is because frequently we draw to ourselves similarly challenging patterns from people around us. This makes the piece of the pattern that is ours to experience much larger than what our Soul meant for us to have. When we tag the physical sensations, emotions and repetitive mind chatter and ask it questions like:

Are you really mine?'

Are you really mine right now?'

Are you really ALL mine?'

what isn't completely ours dissolves. What remains is a bite-sized piece of uncomfortable energies that will continue to create odd physical sensations, emotions and mind chatter in order to remind us that we have an issue. But these symptoms no longer feel overwhelming.

from Mary, blended with Norma:

As we approach any time of quiet in our lives, be it daily meditation, or an Equinox, Solstice, or New Moon, we have an opportunity to turn and address what we find uncomfortable. In the silence of reflection what we are ready to change reveals itself. In this silence we can each ask if all of our experiences now, especially the painful ones, are really a part of our body now, and a part of our Soul's Path.

I find that the urge to reach out towards things that promise to 'fix' something that I find uncomfortable don't work. But we are drawn to them because we prefer to appear healthy on the outside, so that our unconscious fear/shame/guilt will not be triggered or perceived by others. Yet the small seedlings within our unconscious fear/shame/guilt are most often the basis of the uncomfortable patterns that we seek to release from our lives.

from Norma:

Asking 'is this really mine, now?' allows you to clear the excess energies that have been attracted to your unconscious fear/shame/guilt. Your seedling need not have a small forest of trees around it! This process isn't initially easy to do by your self and that is why I offer healing meditations and music, in addition to Private Sessions. And group meditations by phone/online, such as this one coming up soon.

Please join me Sunday, October 13 for a Full Moon Meditation

Sunday, October 13 at 7 pm EDT / 4 pm PDT

Full Moon Meditation

with Norma and her guides (usually Archangel Michael, Mary and the Hathor Atamira)

To Participate:

ONLINE: will be live streamed (audio and video) at the [HealingChants facebook page](#)

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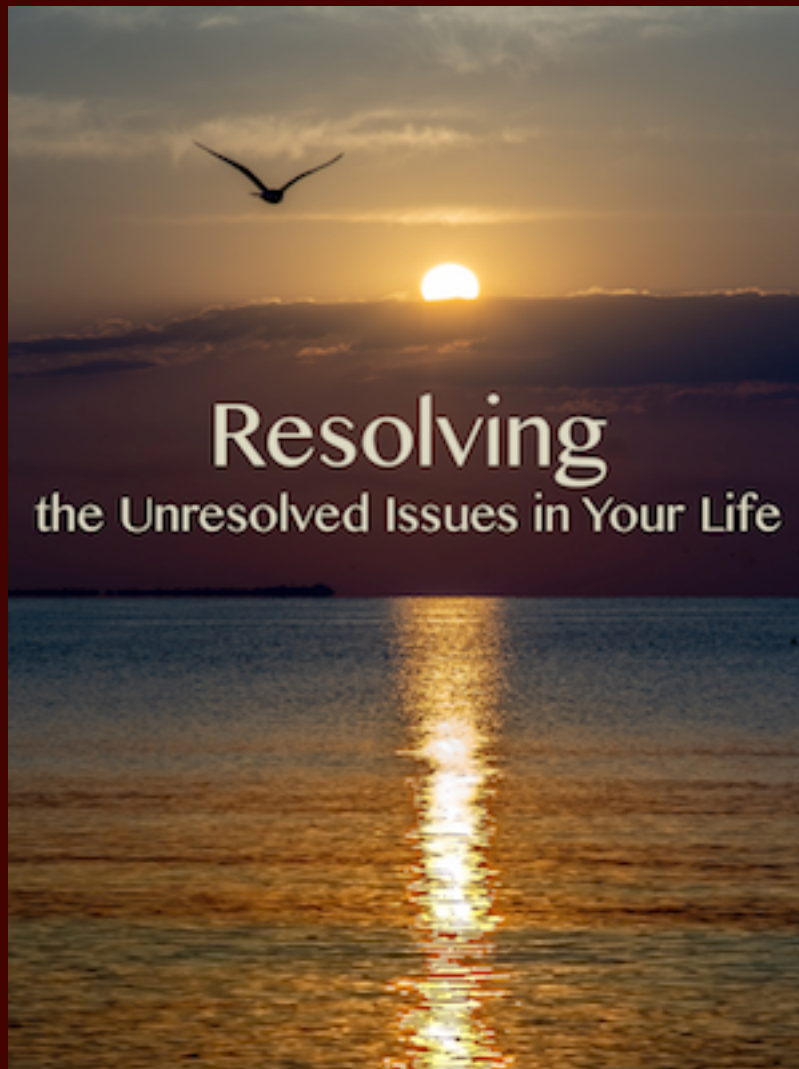
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from Mary, blended with Norma:

We each are meant to live a life that is as enjoyable in the autumn and winter as it is in the summer. Daily life is full of spiritual expression and creativity. The flowing of Spirit isn't meant for moments here and there between 'real work' hours. Your unique expression of Spirit is meant to flow through you at all times in all ways and in all places. Your Soul has come to engage with this outer world of our joint creation. Please bring all that you are to our shared process of creation.

Our shared blessings to each of you.

- Norma, with Mary



a healing
meditation song
**Resolving
the
Unresolved
Issues in
Your Life**

or

**Unsticking
the Stuck
Stuff**

[LISTEN NOW](#)

I offer this
healing
meditation song
to help you find
your own inner
knowing that
guides you in
your journey to
resolve
whatever issues
are ready to be
seen,
understood and
transformed
now.

UPCOMING EVENTS





NORMA GENTILE
sound shaman

A Sound Journey Workshop For Experiential Music & Practical on using Music [HealingChannel](#)

[LISTEN NOW](#)

to a live healing song with
her guides and angels

ALL ARE WELCOME

If you feel yourself responding to music or energy healing
to explore physical healing, strengthening emotions
deepening meditation, please come

A NOTE FROM NORMA

Sur

SOLSTICE MEDITATION CONCERT - - - Saturday, December 21 at 8pm - - - Ann Arbor

Candlelight Meditation

a time of
Sacred Song
& Chant

WINTER SOLSTICE

Saturday Dec 21 at 8pm

Norma Gentile
SOUND SHAMAN
voice and singing bowls

Suggested Donation \$20

Interfaith Center
for Spiritual Growth
704 Airport Blvd Ann Arbor



www.HealingChants.com

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deeply healing
energies.

Interfaith Center for
Spiritual Growth -- 704
Airport Blvd, Ann
Arbor, Michigan (just
south of the I-94/State
Street exit)

UPCOMING EVENTS

Private Healing Sessions

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

Sept 22 2pm-5pm	<u>Sound Healing Practicum Workshop</u> Experiential Meditations & Practical Insights on using Music for Healing from Norma and her guides Interfaith Center for Spiritual Growth, 704 Airport Blvd, Ann Arbor
Oct 13 7pm	<u>Meditation (by phone or online) for the Full Moon</u>
Dec 21	<u>Solstice Meditation Concert (Ann Arbor)</u>

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. My healings assist in clearing accumulated cobwebs and awakening the innate creativity and healing potential within each person. I use my intuition, insights from your guides and angels, healing energies and music in this process. 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!**

LISTEN TO
MEDITATION



Bringing
Wholeness to
Your Body -
Meeting
Adversity with
Compassion

LISTEN TO
THE SONG
Opening
Your Feet to
Grounding

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.

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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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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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