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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



Traveling through

What if things we
are hidden from
actually *want* to be

Dear Friends,

While it often feels like we struggle to figure out WHY we have certain challenges in our lives, I

am convinced that the energetic patterns behind these challenges actually DO want to be seen. In seeing the deeper causal patterns, it isn't just we humans who learn, but the causal energies themselves also learn. Yes, there is consciousness within the underlying energetic patterns that cause illness, emotions, and even beliefs and motivations.

From decades of my own experiences of offering private energy healing sessions, I realize that every energy pattern has a consciousness within it. Within of each of our emotional responses, physical illnesses, thoughts and beliefs is a pattern of consciousness. It may not have the scope and free will of our Soul, but it knows three things:

1. what it is here to do
2. how to do that task
3. how to assess when its task is complete

Without addressing the consciousness within an illness, emotion, thought, belief, or life issue, any type of 'healing' often feels more like a temporary fix, rather than a complete revealing and resetting of the related illness and/or issue.

I am going into some detail about this aspect of our healing process because I feel that healing is how our Soul experiences life. At the level of consciousness where our Soul resides, learning is equivalent to what we call healing. Therefore, healing doesn't have to be painful or difficult. In fact, something as simple as taking a walk or listening to music can be healing, in that it allows our Soul to enter more fully into our body.

The pain around healing usually comes when our personality delays addressing an issue that is manifesting in our body, life, emotions or thoughts. Remember, manifesting an issue in our body, emotions or mind is the only way that the underlying energetic consciousness has to try and get our attention. By creating a disturbance in our life, whatever within that disturbance seeks our attention, and our help to be released out of our body, emotions, and mind.

There are only a very few cases where the Soul desires to experience the sensation of prolonged discomfort or pain. In most cases this exists in order to deepen the Soul into its ability to offer compassion.

During this next month we have a magnified opportunity to see what we are ready to see, and make changes that impact the long arc of our life. Here is why:

When the planet Mercury appears to move backward in our sky, it isn't just computers and appointment calendars that go haywire. Mercury moving retrograde re-opens an energetic 'can of worms' that is our unconscious. Here long held beliefs about what we are capable of doing, and how we do these things, are held. Each time Mercury moves retrograde a different 'can of worms' is available for us to inspect, empty, and energetically recycle. We can potentially emerge anew each time.

The next Mercury retrograde is notable in that it is long (Oct 31 – Nov 20) and in the sign of Scorpio. What does that mean? As someone who was born on Oct 30 (so I am a Scorpio), I can tell you a little bit about how it feels.

Scorpio is related to the unconscious and things that are hidden deeply in our lives. Because we live within a world based on polarity, the hiding of these things can result in repetitive wounding and loss, or in immense strength. Knowing oneself is the gift of being a Scorpio. And as each of us becomes clearer in who we are, we are better able to see who others are (or can be).

With longer astrological events, such as this 3 week Mercury retrograde, there are many days of energetic transition leading up to and then exiting from the official event dates. In fact, some people may be feeling themselves drawn to deepen into reflection and meditation already. This is also natural as the seasons begin to change, the sunlight hours of the day become more diffuse, and our body's rhythm slows.

I am offering a FREE PHONE / ONLINE MEDITATION during the Full Moon (known as The Traveler's Moon) on Sunday October 13 to help us align ourselves for the natural sorting out and release process of this autumn's energies. I feel like one energetic impulse of this Full Moon is to nourish our courage and inner strength to see what we are ready to see, in order to allow our personal 'can of worms' to be more easily opened as Mercury moves in retrograde these next weeks.

Below is a short video from a recent workshop with insights on tapping into the energies of Nature for healing and meditation. It includes a healing song that came through me from my Hathor guide, Atamira, as well as a medieval chant by St. Hildegard of Bingen. If you enjoy the music more is available at iTunes or Amazon, and of course you can join me for a live in person Winter Solstice Meditation Concert on Dec 21 in Ann Arbor.

Many blessings to each of you,
-Norma

Insights on welcoming the role of Unconditional Love, as defined by Nature, into our healing process. And two healing songs to demonstrate this.

Using the Power of
Nature's
Unconditional
Love
in healing

NORMA GENTILE
sound shaman

Sound Shaman Norma Gentile share insights on welcoming the role of Nature's definition of Unconditional Love into healing practices and demonstrates with a spontaneous channeled healing song and a medieval chant (O rubor sanguinis) by St. Hildegard of Beingen.

O rubor sanguinis
(O Ruby-red Blood)
is available on Norma's albums

Meditation Chants of Hildegard von
Bingen

Unfurling Love's Creation

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)



Full Moon Meditation

The Traveler's Moon
Sunday, October 13

NORMA GENTILE
www.HealingChants.com

By donation phone/online 7pm EDT

To Participate

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

PHONE: Access 654222# United States (714) 7031

[View Numbers for other countries](#)

[More Info Here](#)

[FaceBook Event](#)

[Donations Welcome](#) (paypal.me)

or office@healingchants.com

HEALING MEDITATION - NOURISHING YOURSELF WITHIN (as the World Changes Around You) Join me for a healing meditation on this Sunday's Full Moon, known as the Traveler's or Hunter's Moon. Change is inherent in both names, and it is certainly present in the Spiritual Ethers as well. Phone and online.

UPCOMING EVENTS

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

Candlelight
Meditation
Concert
for the Winter
Solstice & Full
Moon

Plan Ahead
and Reserve
Your Tickets
Now

[Buy Online](#)

Tibetan Singing
Bowls, Chanting,
Harmonic
Droning and lots
of wonderful
deeply healing
energies.

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

I also have a link to [an interview](#) I did for a local news website...some background on who I am and what I am doing...

UPCOMING EVENTS

Private Healing Sessions

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

Oct 13
7pm

Meditation (by phone or online) for the Full Moon

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. 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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LISTEN TO
MEDITATION
Bringing
Wholeness to
Your Body -
Meeting
Adversity with
Compassion

LISTEN TO
THE SONG
Opening Your
Feet to
Grounding



sample video

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

The Spiral and Linear Paths of Healing
from the online course: Re-Initializing Reiki

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
you r
(pre-

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 iTunes
Subscribe today!**



MEDITATION
**Tools for
 Multiple F**

LISTEN NOW
Full Meditatio
 (58 mins long)

SONG
Creating Cor
Song Only Au

iTunes

THIS MEDITA

- How a Narc
 Own Intuio

- 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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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.