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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



Your Wellspring of Being

Did you ever notice how a belief or chronic life issue is so ingrained into life that you don't notice it anymore? We don't even consider there may be a causal energy behind it that we can change - here's a meditation for that.

Dear Friends,

In the past few weeks I have been asking myself what is most fitting to be doing (or not doing) right now. The time change plunged part of the active day into darkness, and as I write this the snow is glistening outside here in Michigan long before Christmas Carols are being sung by any choir not associated with a major retail store. This has made the change of seasons even more obvious, and a bit abrupt! But it has gotten me in the mood for my Winter Solstice Meditation Concert on Dec 21 in Ann Arbor. (Please share with friends)

I know that with each external shift there is naturally an internal shift that has been quietly underway for awhile. So now comes the season of listening to what our internal guidance is already shifting us towards, and being in that state of deep patience where we can allow the shift

to fully complete before we attempt to translate it into external form. Patience is the hardest part of this process for most people.

I offer below a link to my most recent audio meditation, [Your Wellspring of Being](#), offered on the last Full Moon. The meditation includes an extended clearing that you can repeat on your own, followed by a nourishing healing that is both spoken and sung.

I am also including below a short video excerpted from the meditation. It's pretty packed full of information you can use in both energy healing and day to day living so you may want to watch it a few times.

I continue to be amazed at how a belief or chronic issue can be so ingrained into our life that we don't notice it anymore. Maybe you recognize some of these beliefs/assumptions?

- I have always had a bad knee
- My mind is always busy and full of chatty thoughts
- I am just not good at...
- I just don't sleep well

At some point in our life we made a choice to own these patterns as a part of who we are. But these are merely our experience. We have become so accustomed to assuming this is just the way things are that we don't even consider there may be a causal energy behind these patterns. And the causal energy is almost always connected to an old guide or angel.

Check out the Video Excerpt Here:

Old Guides & Angels Cause Issues

[audio only / video](#)

Full Audio Meditation Here
[Your Wellspring of Being](#)

How often do you find yourself having worries that distract you from focusing on daily life?

Or perhaps you constantly pickup emotions from others? Did you know your body can even have sensations,

aches,
pains and
illness
related to
old
energies?

Old
energetic
patterns are
often held in
place by
Guides and
Angels from
the past.

Watch the
video and
see what
you notice
happening...

Text of Video -

Guides and Angels from the Past cause Issues in the Present

If something doesn't feel quite right in the physical body, if it feels a little heavy or stagnant or even painful), or if you are noticing something like a looping thought, or a series of chatty thoughts in your head; that can be one or more guides constantly pushing at your brain, and as a result creating these loopy thoughts. Emotions can also arise, without seeming to have a reason, and they are often connected to a loopy thought - like a worry.

Here are some examples

Oh my God what if..
Oh that's going to happen...
Oh I have to do...

Again, these worries and thoughts reflect something that is not really you and that is not really yours. They are being triggered, (the thought, the emotion, the physical sensation), by guides and angels that simply aren't in tune with you anymore.

So notice whatever you are noticing happening around you. Focus in on whatever you are noticing, and ask it: Is it really You? Is it really Yours?

No matter what it looks like, no matter how much you feel like you should fix it...give it permission to simply move to wherever it needs to go now. It may be on its way home.

So often we forget that there is a consciousness within everything we perceive as energy. If random energies organize into any sort of pattern, be they thoughts, emotions, physical

sensations...there is a conscious within them. That consciousness knows what to do and where it can go to.

When you ask 'is it really me? Is it really mine?' you are giving the conscious within the emotion you are feeling, the thought you are thinking, and the physical sensation you are experiencing permission to be active, and to take action and to leave.

If there is something you need to know about the emotion, thought or physical issue, chances are you will know it as it pops out. If you are not getting anything, you probably have already figured out what you needed to know, and you just didn't let the pattern go all the way out of your energy field. If you feel like you can't let it go because (it's bad and you have to fix it), or because (it might hurt someone) or because...even ask that sensation if it is really you and really your desire to not release it?

The desire to know everything about a pattern causing looping thoughts, a lack of emotional boundaries and physical 'owies' is almost always linked to holding onto old guides and angels.

So if you feel like you can't let go because you've got to know all about it, or you've got to understand...ask if that need to understand is even yours. I trust that if there is something you need to know about a pattern the information will come to you through a comment, something you see online, a book you happen across...you will get the information.

When your current time guides and angels have more space to operate in your body and aura, information flows much easier from them to you. The quality of energies generated by your body is more in tune with your body. Your life choices improve as your spiritual vision is clearer as well.

Many blessings to each of you,
-Norma

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

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

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

UPCOMING EVENTS

Private Healing Sessions

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

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](#)

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

**Yes, please share these newsletters with your friends, your email circle and social media.
I am on [Facebook](#) - come 'like' my page!**

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

Meditation #60 from October 13, 2019

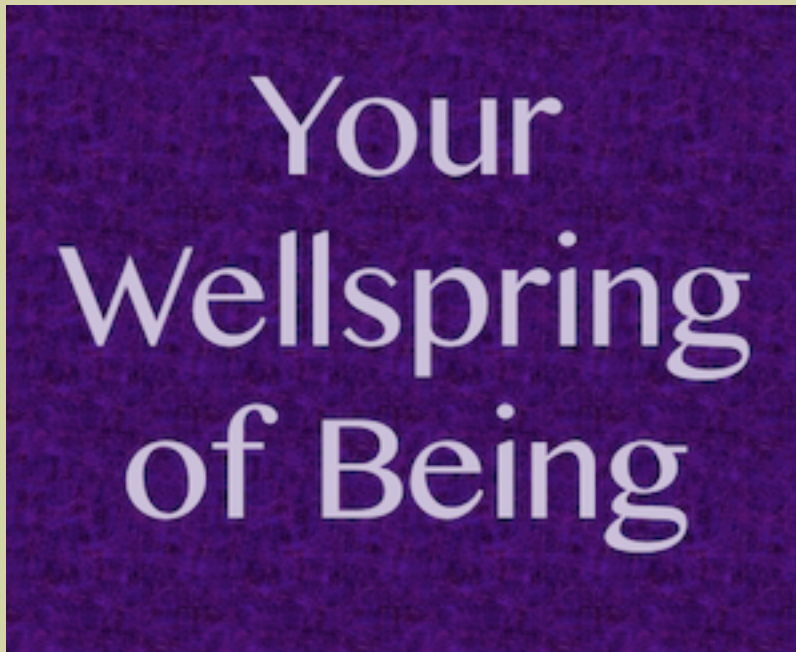
Your Wellspring of Being

Includes video excerpts and a healing song

[Apple
Music](#)

[Listen
to
mp3](#)

[Transcript
& more
information](#)



LISTEN TO THE SONG: [Resolving](#)

Great to induce a good night's sleep!

This meditation includes an extended clearing that you can repeat on your own, followed by a nourishing healing that is both spoken and sung.

During this meditation each person's body is encouraged to tap into its own innate Wellspring of Life.

INCLUDES:

- Recognizing how you are already connected to Archangel Michael
- Guides and Angels from the Past cause Issues in the Present
- Meditation (you can repeat) to Thoroughly Clear your Body and Aura (2-4-6 Meditation)
- Healing Through our Imperfections
- Meditation and Sound Healing: Tapping into Your Wellspring of Life
- Your second chakra determines the level of comfort that your Soul wants your body to experience in this lifetime.
- Releasing connections to Other People and Guides and Angels who have completed their task during this meditation

Norma's music is available on [Apple Music](#), [CDBaby](#), [Amazon](#) and most

WATCH VIDEO EXCERPTS:

streaming services.

[Guides and Angels from the Past cause Issues in the Present](#)

[Healing Through our Imperfections](#)

Meditation and Sound Healing: [Tapping into Your Wellspring of Life](#)

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

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for all levels and lineages
氣

How Healing Happens
and how to let it happen more

sound shaman
NORMA GENTILE

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!**



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

MEDITATION
**Tools for
Multiple F**

[LISTEN NOW](#)
[Full Meditation](#)
(58 mins long)

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[Song Only At](#)

[iTunes](#)

THIS MEDITA

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Own Intuition

- How much
does Your S
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