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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

Healing through our Imperfections

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 this season of Gratitude for all that surrounds us and supports us, I share with you a video meditation [Healing Through Our Imperfections](#) and also a special appeal to help [Healing Hope Cat Sanctuary](#), a holistically oriented non-profit haven for unadoptable and special needs cats that my friend of 52 years, Kim Rockshaw, founded. Please scroll down for more info on the amazing work they are doing after the video.

So often we forget that life is not about being perfect...it's not about making our bodies look like a text book. It's about our next step.

Our Souls chose to incarnate here in the third dimension with a whole lot of things that are not perfect, so that we could learn and understand how Spiritual Expression can impact what is not apparently perfect.

We are seeing something new happen, that comes not out of perfection, but that comes out of what we think of as human foibles and imperfections. Without these foibles and imperfections there would be no creative evolution.

Watch the [video](#) (or listen to the [audio](#)) and see what you notice happening...

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

Text of Video - **Healing Through Our Imperfections**

How does your physical body want to be supported by your Soul, right now? I see the Soul as being much bigger than what can fit directly into our body at any given point in time. So I am going to use a phrase 'The part of your Soul legally incarnating'. By this I mean to energetically tag just the part of your Soul connected fully into your body right here right now. Not the portion that was present yesterday, nor the portion that will be present tomorrow. The portion of your Soul legally incarnating right now, in this moment. Letting that portion of your Soul step forward, and support your body in whatever way your body wants to be supported by your Soul.

So often we forget that life is not about being perfect...it's not about making our bodies look like a text book. It's about our next step. If our Soul wanted our body to be perfect, well, that would be an interesting Soul's Journey. But in all likelihood, our Souls chose to incarnate here in the third dimension with a whole lot of things that are not perfect, so that we could learn and understand how Spiritual Expression can impact what is not apparently perfect.

Within this imperfect world, we learn about judgment. As we deal more and more with this dimension of imperfection, what we are really seeing, is evolution. We are seeing an unfolding, an unfurling of Creation. We are seeing something new happen, that comes not out of perfection, but that comes out of what we think of as human foibles and imperfections. Without these foibles and imperfections there would be no creative evolution.

We are seeing how poor choices can be transformed to create something new. And we are seeing that the more we see clearly the results of all of our choices, then we have the information to make less poor choices.

This is an excerpt from my audio meditation [Your Wellspring of Being](#). You can also [watch other videos](#) from this meditation.

Healing Hope Cat Sanctuary fundraiser

Those who know me know that I am a proponent of conscious guardianship; partnering with those we refer to as animals and being aware that we have overtaken their natural world, and so are now responsible for their care. Here is a remarkable story of my friend of more than 50 years and the private sanctuary she runs. There are several ways to support her, including simply choosing Healing Hope Cat Sanctuary as your Amazon.com charity. Scroll down for that information.



A Haven for Unadoptable and Special N

When I look into an animal's eyes I see a being who is looking back at me. Sometimes the look is one of curiosity, or concern, or deep stillness. Caring for animals, especially those who need extra assistance, is what my friend Kim Rockshaw, homeopath and founder of Healing Hope Cat Sanctuary, does for cats every day.

She takes in cats that are abandoned, sick, and need (\$\$\$) medical care. Using her expertise in alternative medicine alongside traditional veterinary practices, she provides cats a safe haven, time to heal (emotionally and physically) to become adoptable, and if needed a permanent home for those cats that have special needs.

Her Sanctuary is always filled and the need for funds to cover much needed surgeries and dental work is a daily concern. While no one can solve the problem of overpopulation of cats (and dogs) Kim does an heroic job as she also traps, neuters and cares for local feral community cats.

It is my wish to support her and Healing Hope Cat Sanctuary.

HOW YOU CAN HELP

- Donate today at the [Facebook Fundraiser](#) or at the [Healing Hope Facebook Page](#)

- Healing Hope Cat Sanctuary also has a [wish list on amazon.com](#) of cat food, litter, etc

- Let Amazon do the donating!

Healing Hope Cat Sanctuary is also a charity recognized by Amazon.com. When you purchase goods from smile.amazon.com Amazon donates 5% of your purchase price to the charity you choose. You can donate to Healing Hope by going to [smile.amazon.com](#) and choosing them as your designated charity. Then remember to start your shopping at smile.amazon.com so that amazon will donate 5% of each purchase to your charity.

- Every donation is deeply appreciated and goes directly to kitty care.

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

[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 \(just
south of the I-94/State
Street exit\)](#)

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](#).

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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

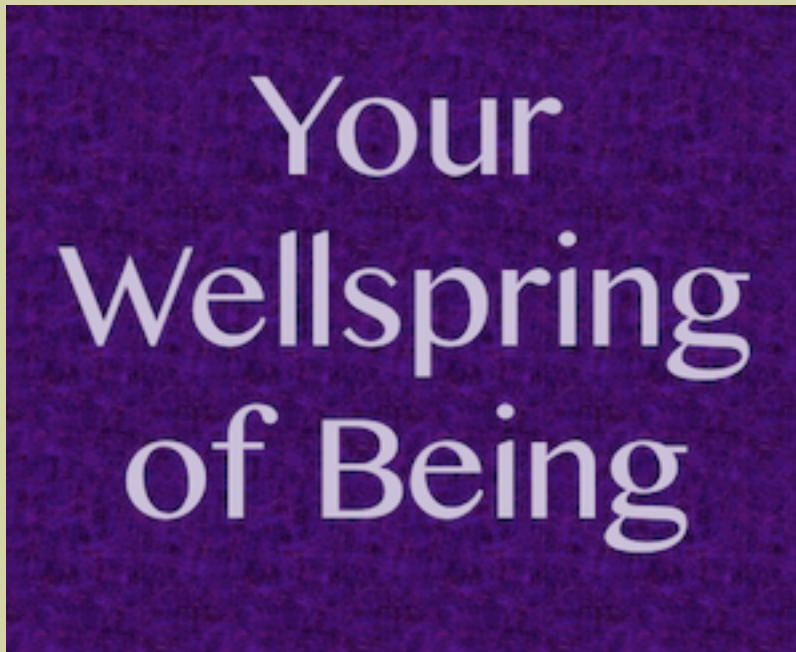
Unfurling Love's Creation

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](#)



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](#).

sample video

The Spiral and Linear Paths of Healing
from the online course: [Re-Initializing Reiki](#)

[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
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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](#)
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](#)
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(58 mins long)

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THIS MEDITA

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