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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



"The more unencumbered by personal intentions your prayers are, the more effective they are."
- Archangel Michael

O Creation of God
a healing song from Spirit
video and audio below

a note from Norma:

As I meditated on what to share about the current situation, this came to my mind...

What we give our Attention to Grows

and

How we give our Attention to something determines the usefulness of our energy to Spirit and those directly involved

I find that the lessons my guides like to share with me are often brought to my attention in my normal waking life. Recently, I noticed that not only is the media reporting on the horrific events they usually cover, but they are also covering the resulting prayer gatherings and peace rallies. Likewise, with each unfolding situation, my email box fills with announcements of group meditations and prayers. I'm betting yours does too.

The invitations for most meditation events I receive include notes that the intention is to "heal" or "bring peace" to a person or situation on the planet. Other emails request me to "send light and love" or good thoughts, prayer and energy towards curing illness for someone or helping with a difficult family matter.

Certainly I feel a sense of compassion for those who are suffering. Yet the underlying intention of this sort of goal-oriented prayer has never felt accurate to me. This morning as I was wrestling with how to address another round of emails inviting me to "pray for peace" and send energy to heal various individuals, I heard a sentence being formed out loud in my head. "The more unencumbered by personal intentions your prayers are, the more effective they are.

While I attributed the sentence to one of my guides, the idea was not new to me. Growing up as the eldest granddaughter of a minister, I heard every Easter the Bible story of Jesus' overheard prayer "...Not my will, but Thine, be done." (Luke 22:42)

As a mystically inclined seeker of the Divine, I know it from passages in the Bhagavad Gita, writings from the Emissaries of Divine Light, and the teachings of Yogananda. And in the world of energy healing, I immediately recalled the ways in which my guides have shown me how to step back and empower people to heal themselves.

I find that Newton's Third Law of Motion, "For every action there is an equal and opposite reaction" applies to how we pray. If we indeed pray for what would appear to be a "good" outcome to any situation, then we are also unconsciously putting an equal amount of energy into praying for a "bad" outcome.

How can this be? My metaphysical answer is this: Because we live in a world that is based on Free Will. It was all of our souls, masquerading now as humans, who decided together to create and live within polarity. On a practical level this means that what appears to me as "bad" might actually be the catalyst for a much larger movement of Spiritual growth.

A friend recently reminded me of how much we as humans do not know about the larger plans of God and Spirit. "If prayers for peace had been answered in 1861, there would still be slavery in America". Likewise, if peace had been the result of prayers offered at the outset of World War II, Hitler may have ruled much of the western world.

In our human form, we are not able to see the larger picture of events that are working themselves out. It is only natural for us to pray for that which makes one more comfortable, happier, and healthier. But our soul's journey is to explore how we, while in human form, create comfort and ease, generate joy and find balance in our physical bodies. And sometimes, while on this journey, we need to take what appears to be a wrong turn.

While our personality would prefer to jump to the end of our soul's learning process and enter into a life of perfect comfort, our soul wants to learn all that is possible while here in human form. And that may include the experience of discomfort in order to motivate useful changes in our lives.

In a study done in the 1990s, hospitalized cardiac patients were prayed for in directed and non-directed prayer, and compared to a group that received no prayers. The group that received no prayers did the least well in terms of their physical recovery. The group receiving directed healing: "Please heal the heart of Mary Smith," did better. The third group of patients received non-directed healing. "May God's will be done in the life of John Smith." They had the highest recovery rate.

In similar studies, Spindrift Research (www.spindriftresearch.org) showed that prayers for the healing of living beings such as mold, yeast, and soybeans helped them recover from injuries and grow significantly more than those same plants that did not receive prayer.

In the study involving soybeans, one group of soybeans was oversaturated with water while another group was not given enough water. Both groups of the soybeans were set out to receive prayers. Most of those praying did not know whether the soybeans they were praying for were too dry or too wet. Some soybeans received directed prayers ("God let the soybeans have more moisture in order to sprout well") while other soybeans received non-directed prayer ("May the soybeans receive whatever they need").

As their report states: "With non goal-directed prayer, the group of over-soaked beans gave off water and moved down toward normal, and the under-soaked beans took on water and moved up toward normal. The different needs [of the soybeans] were met." The group of soybeans receiving directed goal prayers remained much closer to their original starting points of being over saturated with water as well as too dry.

I believe that the potential within the soybeans receiving non-directed, non-goal oriented prayer to bring themselves into balance was activated by the energy of the prayers. This

same inner potential to achieve balance was not successfully accessed by those soybeans receiving directed or goal-oriented prayers.

It is not just prayer, but How We Pray that matters.

This is a strong lesson for all of us, whether or not we consider ourselves to be healers. Letting ourselves honor, especially during times of great need, the innate intelligence of God that lies within each person or situation allows the power of Spirit that is already present within each person or situation to shine more brightly. Telling God, how to heal a person, bring peace to a situation or fix a perceived problem actually constricts the movement of Spirit, and thus the potential healing that God would desire to bring through that person or situation.

I have no doubt that it is easier to pray for a soybean to follow its own inner intelligence than to find within ourselves a space of neutrality and compassion from which we can pray without a fixed goal for those we know or for painful world situations. This is perhaps one of the most difficult lessons we, as humans, have decided to learn. Healing and prayer are not about results. Healing and prayer happen when we allow our own compassionate heart to open and simply be with another's pain. In this way God is awakened from within, and Love is remembered.

Thank you for reading to the end. I wrote much of this just after Sept 11, 2001. It seemed like a good time to revisit it. I trust that (since you are reading to the end) this has helped you in some way.

May your Soul find whatever it is seeking in life now.

-Norma Gentile
(with help from Archangel Michael and Mary)
March 7, 2022

Norma Gentile is a professional sound shaman, holding bachelor and master degrees in Voice Performance from the University of Michigan and years of Mystery School study. Her ability to see auras is natural, and she is drawn to step back and view the bigger picture in world events and an individual client's lives. Her podcast meditations and music are offered on most streaming services including Apple Music and Amazon.com. She offers training to others through [Private Sessions](#) and [online video courses](#). See her website, HealingChants.com to learn more.

Expected Next Newsletter: SLEEP (insights, info and a new meditation)

I am creating a special audio meditation to help you fall asleep. About 20 minutes in length, this meditation includes a spoken energy process to release energies and a Good-Night Lullaby with Tibetan Singing Bowls and my singing to ease you into a deeply nourishing sleep.

If you feel you received something of value, please consider [a small monthly donation](#)

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

O Creation of God
a healing song
(from a live Meditation Concert)



[audio / video](#)

While playing a large monastic Tibetan Singing Bowl, I found myself awash in uncompleted energies despite having just completed all that I had planned to sing for a concert. As I continued to play the bowl into the silence of the room, I knew that another song needed to be sung in order to escort the remaining energies homeward. This is that song.

If you feel you received something of value

[A donation](#) lets me create the healing songs, these newsletters, online concerts and supports my monthly offerings. [donation options here](#)

A TINY BIO

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 by phone or Skype or Zoom)

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](#)

Tender Strength

*a song and insight to empower the Sacred Masculine within each of us
(from a previous December Solstice Concert)*

Empowering our Expression of the Sacred Masculine

Tender
Strength



LISTEN TO THE SONG

Empowering our Expression of the Sacred Masculine

Much has been spoken in the last few decades about the rising of the Divine Feminine, and now it is time for the Sacred Masculine to be afoot. It is available to each of us through the choices we express in daily life and living. Here we honor the empowerment within that allows us to be present as a tender expression of the Sacred Masculine.

**Yes, my music and meditation podcasts are
on most streaming services. And I have CDs!**

Yes, I still have music on physical CDs.

Best Way to Purchase a physical CD is_
[Here through my website](#)

**UPCOMING
EVENTS**

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



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

New Online Video Courses!

(special early-bird pricing and a coupon for \$20 off a Private Session)

Spiritu
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Energy
Aware
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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 yourself hear and follow
the money guides working
with you right now
(pre-release price)

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 Apple and Spotify and wherever you get your podcasts.

Meditation #63 from January 1, 2021

Renewal

A time of Reflection with songs and insights from Archangel Michael, Mary and the Hathor Atamira..

[App
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mp3](#)

[Transcri
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& more
information](#)

Includes 4 new songs from spirit
and these insights:

-Thoughts on the Healing



Listen to one of the songs now [Delving Deep](#)

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

Process

- Opening Your Energy Body to Deeper Healing
- Our Lower Chakras Follow Larger Creative Cycles
- Clearing Your Pelvis
- Releasing Tension by Clearing Other People's Guides (Neck - Head - Third Eye)
- Updating Your Life Plans (and the guides / angels to help you)
- Grounding into Your Own Energies within the Earth
- Illusionary goals vs Achievable Goal
- Resetting Third Eye for Clear Psychic Vision

Within each cycle of creation there is a period of Renewal. During this time we acknowledge all the cycles initiated in the past, and know that we carry with us all that is coming from our past. In this meditation you have the opportunity to identify and release what you do not need carry into the future.

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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.