

Covid Update Part 1


June 1, 2023

## Spiritual Energies and Insights into Long Covid for ourselves and our world

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by Norma Gentile

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<h1>Spiritual Energies of Long COVID</h1> <p><i>for ourselves and our world</i></p>	<p>Spiritual Energetics and Insights into Long Covid for ourselves and our world pt1</p> <p>with a channeling from Mary</p>
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Dear Friends,

Just as I am preparing this newsletter, yet again focusing on Covid's interaction with humanity, I learn about a mass outbreak of Covid<sup>1</sup> traced back to a conference on Covid held by the Center for Disease Control. Irony aside, it appears that 1 in 10 people have contracted Covid. No one is hospitalized. My first thoughts are

1. My guides showed me this on purpose, as I was questioning whether or not anyone would care about Covid. I know I am more than ready to be done with it!
2. If doctors and health professionals tasked with identifying and tracking the virus can design a conference to talk about this and still get it themselves, either our methods of prevention are insufficient or the virus has become uncontrollably virulent. Or both.
3. Probably all of the above, and more reasons, yet TBA by Spirit.

If the attendees at this conference had been electricians, musicians or random business people, I doubt that they would have tested themselves. And no one would be reporting on a mass outbreak because no data would show that there was any Covid mass outbreak. It would be a bunch of people having Spring allergies or little colds or no symptoms at all.

For me, this outbreak illustrates the point my guides make at the end of this newsletter article; we are all still being exposed to and interacting with Covid. At least 10% of those who have or will have Covid are apt to have lingering effects afterwards known as Long Covid<sup>2</sup>.

I have been watching, listening and compiling insights for some time now on Covid, Long Covid, and the general trajectory of our spiritual evolution. I am reminded over and over that what we have not yet learned we will have another chance to learn. It does seem like we have been in a repetitive loop for the last years.

I offer here the first of two articles on the 3 types of Long Covid I am seeing with their different symptoms and potential spiritual implications. I share more about their energetic locations in our body and aura as well as healing and treatment options in Part 2, expected out by June 15, 2023.

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<sup>1</sup> Tally of Covid-19 cases climbs after CDC conference

<https://www.washingtonpost.com/health/2023/05/26/cdc-covid-outbreak/>

<sup>2</sup> What we know about Long Covid – and what we don't

<https://www.bu.edu/articles/2023/what-we-know-about-long-covid/>

## **Spiritual Energies and Insights into Long Covid for ourselves and our world**

NOTE: This the first of two articles on the **3 types of Long Covid I am seeing**, their different symptoms and potential spiritual implications. I share more about their energetic locations in our body and aura as well as healing and treatment options in Part 2, expected out by June 15, 2023.

My guides are suggesting a little good news before diving into the Long COVID information.

### ***A message from the Three Marys (Magdalene, Mother and Sage) to start.***

Your bodies are built to be flexible. Think not of resisting like a stone wall, impenetrable and rigid. Rather, allow yourself to move with the current of this virus. Let yourselves find your new joy. Allow what appears to be restrictions to become guidance. Do you insist on making holes in a wall so that you can walk through it? Of course not. You find the doorway.

And thusly you also do not break out the walls of a hallway. You continue to move through it until you have reached the doorway you wish to use.

Consider then that the sequence of events you ascribe to the Covid virus might be seen as a hallway through which humanity is passing. Perhaps unplanned by your Soul at the moment of your incarnation (if you are more than 13 years old) it is nonetheless an opportunity to expand the experiences of your Soul while in human form. Your being wrapped within this very temporary body of flesh is no accident. Be you whole by your choices in thought, will, deed and doing.

Our love is already with you. Seek it within, and greet us from there. The rising sun is present each day, as we are with you.

Thus I am sharing information around Long Covid as a way of helping us find the doorway in this long hallway.

## **Long COVID – Spiritual Energetics and Insights**

Frustrating and difficult to define, the effects of Long Covid are being overlooked, discounted, or assigned to other diseases. Those whose life has not returned to 'normal' are too often treated as simply 'not trying hard enough' or 'imagining things'.

I have noticed that most people have to be quite ill for Traditional Western Medicine's tests to notice that something is wrong. Traditional Chinese Medicine, on the other hand, notices imbalances and moves to address them immediately. Living in a culture dominated by Western Medicine also means living in a culture that assumes nothing is wrong until it is very very wrong.

Before allopathic medicine can fully acknowledge Long Covid, and even the presence of remnants of the Covid virus nesting into the body, they must utilize (and possibly develop) much more sensitive tests.

**You can experience Long Covid even if you only have mild or no symptoms of Covid that you recognize.**

Allergy season is upon us in my midwestern area of the USA. Coughing, sinus congestion, going through tissue after tissue...yeap, that's allergies! Or is it?

As the strains of Covid-19 have gotten milder and milder, I believe we are failing to recognize when we have contracted it. Returning to socialize as we did before Covid 19 may be promoting the spread of milder strains, and therefore also causing more and more people to develop Long Covid.

Just like the more symptomatic strains (Delta, Omicron) the mild strains currently circulating are causing Long Covid. Right now, Long Covid is defined as symptoms that persist more than 2 weeks after your acute or really ill days have passed.

Current symptoms of Long Covid, according to Western Medicine, vary depending on the medical professional you see and the medical journals they are consulting. What I am seeing from people who have had the milder strains of Covid in 2023 and are still struggling include:

Lower energy levels in body, sluggish thinking process and mildly grey energy field, especially behind the head/neck and sometimes heart chakras. Coffee, chocolate, and whatever stimulates you to function are more common now in your daily life than before. .

You may notice that your energy field (aura) feels smaller, and even collapsed in some areas. Grounding through feet / legs is not as profound as usual. Tension in heart / head area is very common. Here are some additional ones:

#### **Sleep or dreams seem 'off'**

Waking more than usual at night, finding your sleep time has shifted by hours, not minutes. Dreams that used to be helpful and lead to insights now feel like they aren't 'your' dreams.

#### **Life feels bland and grey**

Feeling not quite sadness or fully depressed, but not as happy or content as usual

Foggy or forgetful or not thinking as sharply.

Not able to think through potential actions and reactions while making decisions.

**Other symptoms:**

Buzzy or not completely smooth sensation inside body or around in the energy field

Meditation not as deep or easy.

Drawn to eat junk food / caffeine

You can feel that your stool is not the same, but it may be only a little bit off, not enough for a doctor to notice.

**The most common symptom of the Covid virus interacting with our human body is low energy.**

This is (I believe) due to two factors. First, we have developed an inability to nourish ourselves both from healthy food (because our food choices changed) and our intestines have also been impacted by the virus and are not picking up trace nutrients as efficiently. Secondly, we have lost part of our ability to sense and utilize the subtle energies around us. For example, our ability to draw Earth's energy into our bodies and let our bodies convert these subtle energies into chemicals and mitochondrial energy within each cell is partially blocked by the virus.

Just like our body has the ability to convert sunshine on our skin into Vitamin D, we have systems to convert Nature energies into nourishment. Combined with eating nutritious food and drinking pure water, our body has the foundation for building healthy cells. Eliminating what no longer serves us isn't just an energetic healing process. In regards to Covid this is a physical process as well.

**Each time we interact with Covid, we are offered an opportunity for change. As my guides remind me, we can embrace change or be dragged into it by our Soul. It is our choice.**

My newsletter today was in part inspired by finding an essay<sup>3</sup> written by Traci Kurtzer, MD. Dr Kurtzer chronicles her own experience with patients dealing with Long Covid. This is not in the past. It is happening right now. She opens with a quote from her friend, who had had a mild case of Covid earlier this year. *"I just don't know what is wrong with me, but something is off, and I am so forgetful. I feel like I have dementia,"*

This is one of the many ongoing issues that I am hearing from so many people. Other long term Covid symptoms like fatigue, heaviness, head, neck and gut issues may be more irritating or mild or simply don't rise to the level of being bad enough that Western

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<sup>3</sup>Are We Ready for the Long COVID Long-Haul? The COVID public health emergency may be over, but this condition isn't going away.

[https://www.medpagetoday.com/opinion/second-opinions/104481?xid=nl\\_secondopinion\\_2023-05-21&eun=g2098209d0r](https://www.medpagetoday.com/opinion/second-opinions/104481?xid=nl_secondopinion_2023-05-21&eun=g2098209d0r)

medicine can measure them. But over and over people tell me that they know something is off, and they are not the person they were before.

This is where understanding how deeper energy clearing works, and how it allows the body to remember its energetic sources of nourishment. And learning for yourself how to better access what your body knows and needs each day.

### **Covid can trigger Fight / Flight / Freeze / Fawn response and aggravate PTSD**

Healing from Covid isn't one step. We have all been exposed to it over and over again. Every exposure, even if we don't end up contracting it, causes a reaction in our immune system. Health care workers, and those people who are constantly in spaces where the virus is present, experience these low-grade or sub-acute exposures daily.

Their immune systems are constantly put on alert to fight the intruding virus. And, if they don't contract Covid, their immune systems have done the job! However, these repeated exposures can cause the immune system, which is primarily located in our gut, to cause our gut's nervous system, which wraps around the intestines and colon, to get stuck in the 'on' position. This same nervous system is largely responsible for our fright / flight / freeze reaction in emergency situations. Having it stuck in the 'on' position causes numerous cascading side-effects.

It is not a leap then, to assume that each time we are exposed to a version of the Covid virus, our immune system responds. This response means that our immune system is engaged with the virus. And with each engagement that our immune system has with Covid (or any virus) permanent changes occur in the immune system. These changes then appear in the gut's nervous system (called the Enteric Nervous System).

This is partly how vaccines work – they give our body a mini version of something that we might need to 'fight against', and so let our body build defenses ahead of time. Every time our immune system is exposed to any virus, whether 'in real life' or via a vaccine, the DNA within our immune system and Enteric nervous system changes. Our body interacts and responds to viruses, and our bodies are designed to do this as a means of becoming stronger and more able to adapt to the environment around us.

However, with Covid coming in different viral versions over and over again, our immune system and our gut's Enteric nervous system have been tweaked over and over again with each exposure. Remember, we need not have symptoms in order to have been exposed and be interacting with a Covid virus version. Minor, sub-acute exposures will also interact with our immune system.

I am pointing out the importance of minor or sub-acute exposures to Covid's virus because I believe that at this point we are all likely to be exposed to Covid regularly. And we may have no symptoms, or symptoms that mirror allergies. Thus, we continue to unintentionally spread the virus. And whatever changes Covid is making to the gut's immune and nervous systems continue.

This need not be a 'bad' thing. I believe that the collective consciousness of All That Is has a plan. And we humans are a part of that plan. I will share more in my next newsletter. (subscribe here) <http://www.healingchants.com/newsletter.html>

May each be blessed,  
-Norma (with a little help from Archangel Michael and others)

Join me for a Facebook / Solstice Meditation on Tuesday, June 20, 2023 at 8pm ET / 5pm PT, and Friday, August 11, 2023 at 7:30pm ET / 4:30pm PT.  
Info here: <http://www.healingchants.com/itinerary.html>

If you feel you received something of value please consider a donation.  
<http://www.healingchants.com/donate.html>

*If you missed the last newsletter, here is a related video and healing song*

A song to find the stillness within you from which Rebirth arises.

## *Rebirthing Yourself from Spirit after trauma*

a song and insights  
to find the stillness within y

The song in this video, Q Rubor Sanguinis, is a medieval healing chant by St Hildegard of Bingen (1098-1179). I sing it in its original language which is Latin. You can find it on my albums

Unfurling  
Love's  
Creation and S  
ongs of Spirit

## Please consider a Monthly Donation

A monthly donation lets me create healing songs and videos, these newsletters, online concerts, and audio meditations. Your support allows me to hire and pay professionals for editing, recording and various online services. Thank you!

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### 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 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](#)

## **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**

Tuesday  
June 20  
8pm ET /  
5pm PT

**Meditation with Norma and her guides, usually Archangel Michael, Mary and the Hathor Atamira. By Phone/Online Free Will Offering Appreciated.**

### **Private Healing Sessions**

now available by phone / Skype / FaceTime



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!](#)**

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course  
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Healing,  
Sound  
and  
Energy  
Awareness



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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..*

[Apple Music](#)

[Listen to mp3](#)

[Transcript](#) & more information

Includes 4 new songs from spirit and these insights:

- Thoughts on the Healing 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)



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

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

- 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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