



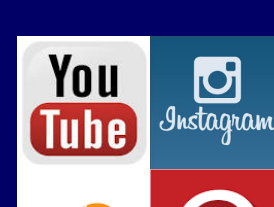
Norma Gentile
sound shaman

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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

Join me for another online / phone [Meditation](#) Fri Aug 11 at 8pm ET / 5pm PT.

Continuing the theme of regeneration, nourishment and healing, the focus is on

Less Doing, More Being

(no in person option due to local Covid surge)

my new audio podcast meditation is now available wherever you get podcasts

Dear Friends,

My latest meditation, [Create Ease, not Effort](#) & [Resting into Healing](#) is now available as a podcast. It draws you into a state of profound comfort, and many people reported finding physical issues in their legs, hips and other areas of their body were gone or greatly diminished after listening. Please let me know what you notice! It is available wherever you get podcasts.

As I mention in this meditation, there are several overlapping energies that we are being bathed in this July & August & September. The annual alignment between our Sun and the Sirian Sun brings a flood of Sacred Masculine energy into our solar system. We also have two SuperMoons (now and at the end of August).

Additionally this portion of our solar system is passing through a region of space that has an energetic cloud. This cloud can cause us to not immediately recognize situations and emotions that we would usually know how to deal with. This is a Spiritual gift. We can potentially unwind habits around judgment and completing tasks or doing things automatically.

Changing our habits takes some amount of vigilance and effort. So be aware as you move about your life for the next few months (till the end of October) that what you think you see may not be what is actually happening. Slow down and let yourself look again, use your intuition and potentially deal with people and situations in a new way. This is an opportunity from Spirit.

I will offer an online / phone [MEDITATION](#) working with this energy cloud as well as the Supermoons, Sirian alignment and whatever else Archangel Michael and Mary want to address on Friday, August 11 starting at 8pm ET, 5pm PT. Please join me online at the [Healing Chants Facebook event](#) page or by PHONE (US) (267) 807-9601 Access Code 654222#

Free Will Offering (suggested \$20)

I expect to offer another [Meditation](#) October 22 which will be live streamed and In Person (in Ann Arbor at [Enlightened Soul Center & Shop](#)) and a [Candlelight Musical Meditation Concert](#) on Dec 2 at [Interfaith Center for Spiritual Growth](#). Advance Registration for both of these events is strongly suggested at my [Calendar Page](#).

in case you missed the last newsletter...

Spiritual Energetics and Insights into Long COVID
for ourselves and our world

The 3 types of Long COVID I am seeing now whose symptoms are being overlooked, discounted, or assigned to other diseases. Is this you or someone you know?

with Inspiration from Archangel Michael, Mary, and the Beings of Light

[PART 1](#)
[PART 2](#)

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 released, 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](#)

Please consider a 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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[more donation options here](#)

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

Norma's Audio Meditations are available as free podcasts at Apple and wherever you get your podcasts.

Meditation #65 from June 20, 2023

Create Ease, Not Effort
Learning to rest more fully into healing

Falling asleep is a known side-effect of listening to this meditation. Be in a quiet place where you can listen and not be disturbed.

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

[Apple Music](#) [Listen to mp3](#) [Transcript & more information](#)

Great to induce a good night's sleep!

A deeply restful healing meditation from Archangel Michael and Mary, speaking through Norma. Let yourself lie down, close your eyes, and come to rest into those natural healing processes that surround and support you.

Energies may assist to release pain and discomfort in your legs and lower body. The soft tender tissue behind your knees, the spherical chakras at the ankles and the chakras on the bottom of your feet are included in this healing meditation.

Opening the lower portion of your body allows congested stuck energies to flow more easily throughout your body. This will help with headaches and sinus issues.

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 you

The song in this video, [O 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 Songs of Spirit](#)

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	Friday August 11:30pm ET / 4:30pm PT	Meditation with Norma and her guides, usually Archangel Michael, Mary and the Hathor Atamira. Join me by phone or online. Suggested Donation \$20.
Private Healing Sessions available by phone / Skype / FaceTime / by appointment	Sunday, Oct 22 at 4pm ET	Meditation with Norma and her guides, usually Archangel Michael, Mary and the Hathor Atamira. Join me In Person (Ann Arbor - limit 20) or Online Suggested Donation \$20.
	Sat Dec 2 at 4pm ET	Songs of Starlight: a musical meditation concert. Online and In-Person (Ann Arbor)

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

Resetting Your Financial Guides
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 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.

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

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

[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)
- 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.