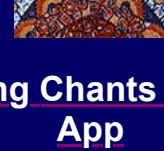




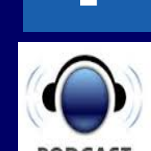
Norma Gentile  
sound shaman

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Update your personal connection to Reiki and your healing guides.

**Re-Initializing Reiki**  
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

meditation

## Less DOING more BEING

with insights  
and healing songs



The Sirian Suns

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#

Continuing the theme of regeneration, nourishment and self-care as healing.

Diminished intuition / Fatigue / Headache  
Cosmic energy cloud, Supermoons & Sirian Suns

Dear Friends,

From the end of July until the middle of September, there is an alignment of the Sirian Suns with our own Sun. This alignment bathes us in Sacred Masculine energies. What many call the Lion's Gate in early August is only a portion of this process. This year we are also passing through a region of space containing a Cosmic Cloud that effects our upper chakras.

The alignment with the Sirian Suns (Lion's Gate and Sirian Portal), two Full Supermoons and our entering into this months-long cosmic cloud (which contributes to confusion, questioning our decisions) will be addressed. This cosmic cloud is especially noticeable as it partially blocks our Third Eye / 6th chakra.

Most people in Western Culture have learned to use their upper chakras (7th - 5th) for Spiritual connection, healing and intuition. Indigenous healers cultivate their lower chakras. We in non-indigenous cultures can use this as an opportunity to learn more about the intuitive abilities we have in the heart, belly and lower body body chakras. Join me, as we begin this exploration Aug 11, with a second meditation on Oct 22.

We continue to receive Sacred Masculine energies well into September. These energies are wonderful at helping us create things in form. However, if not tempered with the Divine Feminine (meditation, rest, self-care) they cause us to become frazzled and unfocused. Sort of like too much caffeine!

I offer this time of meditation specifically to generate those qualities of nourishment, grounding, and centering that help us build a chalice of Divine Feminine energies within ourself into which the Sacred Masculine energies may be contained. In this way our ability to create things in our life comes from a balance of both doing and being.

The focus is on calming, centering and nourishing as we are bathed in energies that tend to lead us into too much 'Doing' and not enough 'Being' this time of year. Especially this year! Here is a time of integration, nourishment and rest.

If you would like to provide an additional topic idea, please email Norma at by Thursday, Aug 10. office@healingchants.com

TO PARTICIPATE:

ONLINE: Facebook.com/HealingChants - live video will stream on this event page

Event link: <https://www.facebook.com/events/1447056749167781>

PHONE: US phone number (267) 807-9601 Access Code 654222

**FREE WILL OFFERING: (suggested \$20)**

My previous meditation, offered in June, touches upon some of the energies we are now encountering. **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.

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**.

My blessings to each of you,  
-Norma

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 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](#)


**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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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.

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

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

created for today's online world

**靈氣** Re-Initializing Reiki  
for all levels and lineages

**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**  
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.*



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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