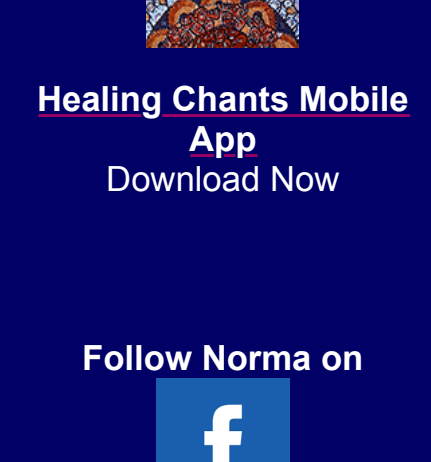


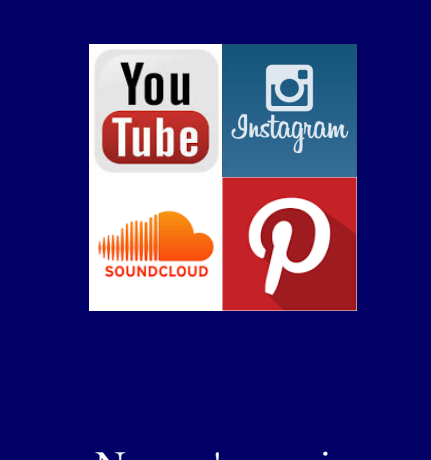


Norma Gentile
sound shaman

- Home
- Music
- Private Healing Sessions
- YouTube
- Podcasts
- Calendar
- Newsletters
- Online Video Courses
- Articles
- Hildegard
- Store
- Press Kit & Booking
- Contact
- Links
- FAQ



Follow Norma on



Norma's music is available at



Amazon

Explore Norma's Online Classes

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.

MarkKaBa Meditation & Pranic Nourishment
COMING 2020

How Healing Happens
and how to let it happen more

Online / in-person (Ann Arbor) Sunday, Oct 22 at 4pm

Meditation
with insights and healing songs

Exiting the Cloud

My audio meditation **Create Ease, Not Effort - Resting into Healing** is similar to It is now available wherever you get podcasts

Dear Friends,

We are traversing a region of space that is disrupting our ability to clearly hear signals from Spirit that we might otherwise easily sense and interpret. This is especially true of those people who may not yet have fully cultivated their own strong inner connection to Spirit. And it is magnifying a sort of chaos in the world at large.

I was shown this past August that for several months, until the end of October, we would experience this autumn as moving through "clouds of energies" that inhibit our ability to listen to the promptings of Spiritual connections external to ourselves. As a result, we need to turn inward, focusing on cultivating energetic and physical strength in the hara / dantien / navel area of our body. And focus more on personal grounding / centering!

How our Spiritual connections are like Cell phone connections

This morning my guides shared with me the notion that our connection to Spirit is like how we use data on a cell phone. Usually we have a cell signal wherever we are and all is well. But from time to time either the local cell tower is too busy, or we have obstacles like tall buildings or a mountain between our cell phone and the tower. In these cases, if we feel we really need to connect using our phone's data plan, we turn on the roaming feature. This costs more money, but almost always gives us a connection.

We are traversing a region of space where our usual easy connection to Spirit may become erratic and intermittent. And so we are called to turn on our Spiritual cell phone's roaming plan, which we do by turning within ourselves more deeply than usual. When we take time to focus on our inner knowing, our ability to see with compassion and step outside of judgment, and our cultivation of reflective stillness, others may resonate with us and remember these same qualities.

For the past few decades we have been moving naturally into a deeper connection to Spirit. This is part of the large cycle of returning to the Divine that many speak of as a 26,000 year cycle. As we complete this long cycle, it makes sense that there will be times of lesser and greater connection to the Divine. During times of lesser connection, we need to turn on our roaming mode. And if successful in doing so, we also become the equivalent of WiFi hot spots for others.

Meaning, we spend extra time on our ability to connect internally to Spirit, and therefore resonate with the Divine. As we do so, this resonance or signal is available to others to utilize. This encourages others to connect with their own Divinity through their own bodies.

An important point to remember is that choices made by others may appear good or bad to us. But that is just our personality judging the immediate moment. The world is always in motion. What appears as tragedy may force change on systems that have been seemingly etched in stone.

I invite you to join me for a time of meditation to ground, center and nourish ourselves in order to provide what is most useful in our shared world right now. I offer two events, (Oct 22 and Dec 2) whose dates were given to me by Spirit last summer. As always, my goal is to provide a sacred space for a time of inner healing.

May each be blessed,
-Norma (with Archangel Michael)

Sunday Oct 22 at 4pm
online / in person

[More info here](#)

Saturday Dec 2 at 8pm
online / in person

[More info here](#)

Meditation #65 from June 20, 2023

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

[Apple Music](#)

[Listen to mp3](#)

[Transcript & more information](#)

Resting into Healing
Create Ease not Effort

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.

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 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.

in case you missed it...

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)

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!

Click Here to DONATE

or use the QR Code

[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.

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

Private Healing Sessions
available by phone / Skype by appointment

Sunday, Oct 22 at 4pm ET

Sat Dec 2 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](#).

Songs of Starlight: a musical meditation concert. Online and In-Person (Ann Arbor) Sat Dec 2 at 4pm ET

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](#))

Re-Initializing Reiki
for all levels and lineages

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
and how to let it happen more

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.

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.

RENEWAL
a time of Reflection

Listen to 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.

Subscribe to Norma's Newsletter Here

Email

Norma's Newsletter Sign-Up

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.