



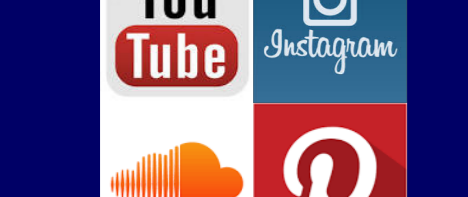
Norma Gentile sound shaman

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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

# Entering Peace

Identifying and Releasing Old Emotions and Beliefs Held in Your Low Body

Our lower chakras are just as energetically and psychically sensitive as our Third Eye (6th chakra) and Heart Chakra. Emotional energies held in our low body are often from infancy or early childhood, and take extra care and patience to understand, transmute and release.

My new audio meditation, **Entering Peace** is now available wherever you get your podcasts.

It includes Insights from Archangel Michael, Blessings from Mary, and four new healing songs from my Hathor guide Atamira.

This essay is based on an idea from this podcast

Listen to a healing song from the podcast meditation: **Lava me / Wash me**

Dear Friends,

When I scan world-level energies, I see an amazing amount of fluxuations and flow. My guides have always said that prophesy is meant to help us avoid the results of poor choices by making new and different choices. Even in small ways...even in our day-to-day life.

With that in mind, I am drawn to the shifting energies of this February. At this moment I am offering an online meditation February 4 at 4pm on the [Healing Chants Facebook Page](#). The tentative title is Compassionate Transformation - releasing what wounds and loving what remains.

I feel like I would be trying to hang a picture frame full of wet pudding if I tried to explain anymore about this meditation at the moment. I feel called to do it from Spirit...so that is good enough for me. If you want to attend, please indicate that on the [Facebook Event Page](#) or to me via email. I do ask that if you are in a position to do so, please consider a [donation \(\\$10 - \\$25\)](#).

**Identifying and Releasing Emotions and Beliefs held in your low body an insight from Norma, blended with Archangel Michael (based on an idea from my podcast meditation Entering Peace)**

Our low bodies, from our navel chakra all the way through our feet chakras and grounding, respond very strongly to images that we see and sounds that we hear. This is true even when we are not physically present. Our lower chakras are just as energetically and psychically sensitive as our Third Eye (6th chakra) and Heart Chakra. Emotional energies held in our low body are often from infancy or early childhood, and take extra care and patience to understand, transmute and release.

As humans we have all had moments of being deeply startled, if not feeling outright fear of bodily harm. Thus we have these little energy packets from past emotional experiences stashed in our aura. Our aura permeates our physical body. Hence what lies in our emotional field also lies within our physical body.

I think most of us are decent at clearing from the heart up, but we are not so good at clearing those old energetic emotional packets from the navel down. Thus, when we see something or hear something in the present that is equivalent to an experience we have had in the past, it tends to resonate with our old energetic emotional packet.

Due to this resonance, our old energetic emotional packet begins to vibrate, and our past experience of anger, fear, abandonment, victimization or whatever comes up for us. We now have a very strong experience of both the current time and past emotions occurring simultaneously. Our whirling thoughts, emotions and body sensations are the result of old energetic packets being awoken and vibrating alongside our current time issue.

In many cases the energy packets we tuck into our lower body come from very early in life &ndash; before we are able to express ourselves with words. As infants and toddlers we do not have a way to process our exposure to the emotions and behaviors of adults who are around us. So we 'save' these experiences as energetic packets in our bodies. Over time, we become adults and ideally incarnate fully into our bodies. We develop mental and emotional tools to process our life experiences, including these saved energetic packets.

In order to help us locate and process an energy packet, our Soul draws to us those people and experiences that resonate and bring up into our awareness these packets of energy that we placed deep within our body as infants and toddlers. Large muscles, like the diaphragm just below the lungs, the pelvic floor muscles, or organs like the liver are prime locations to find these very old energetic packets.

Simply pulling these out is not advisable. Our physical body grew up around these packets. The subtle energies that nourish our body are accustomed to moving around these packets. Healing is a tender and deliberate process that honors these packets, which serve to inform us of the life experiences we were exposed to as infants and children, but have not yet had tools to fully process. As they come into our awareness, there is a possibility to retrieve the knowledge they hold, and apply the compassion and wisdom of our adult self to whatever we experienced earlier in life.

This is true for any traumatic experience at any point in our life. What we cannot process intellectually, emotionally or somatically will be stored as energetic packets until such time as we have the tools to transform the experience they represent.

In this moment of our spiritual evolution, the collective consciousness of humanity has decided to speed up our processing of these emotional energetic packets. By exposing us to current time events, our own past issues around anger, fear, victimization and safety are awakening and resonating up into our awareness.

Whether we see something on TV or sense it in the psychic energies of our collective consciousness, our own experiences are resonating with world events. We are being called to heal what we have been holding deep within. And as any one of us turns and lovingly beholds our own issues, that motion, that quality of turning and applying compassion to what hurts us, flows out to others as a reminder of what is possible.

Healing is never an act of judgement towards ourselves or others for the issues our Soul is choosing to transmute at this time in our lives. Healing is always an act of compassion.

-Norma (with Archangel Michael)

Please join me

Sunday, February 4 at 4pm

Meditation (Insights and healing songs)  
**COMPASSIONATE TRANSFORMATION**  
releasing what wounds and loving what remains

Streaming Online from the [Healing Chants Facebook Event Page](#)

Suggested Donation \$10-\$25  
[office@healingchants.com](mailto:office@healingchants.com)

**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 incarnated 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](mailto:office@healingchants.com) or 734-330-3997. [Read more about private healing sessions 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](#)

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.

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

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, with prevention, treatment and spiritual insights.  
with *Inspiration from Archangel Michael, Mary, and the Beings of Light*

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

**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!

[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**

Sun Feb 4 at 4pm ET / 1pm PT

June TBA ET / PT

Private Healing Sessions available by phone / Skype by appointment

[Meditation Streaming Online](#)

Summer Solstice and Meditation Concert

streaming live 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

**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..

[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.

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

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