



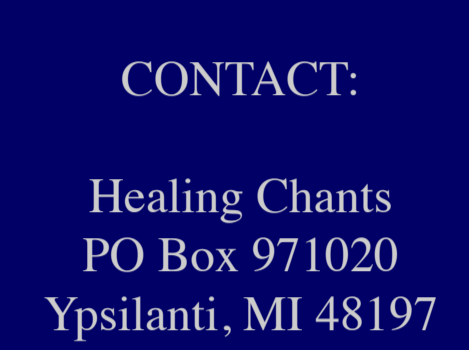
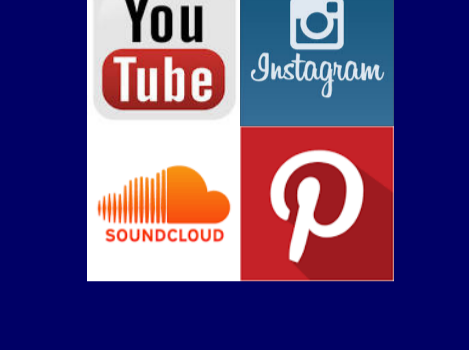
Norma Gentile
sound shaman

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

Norma's music is available at



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CONTACT:
Healing Chants
PO Box 971020
Ypsilanti, MI 48197

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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



ONLINE MEDITATION

Compassionate Transformation
Releasing what Wounds and Loving what Remains

Sunday February 4 at 4pm ET / 1pm PT
[Streaming Online](#)

My latest podcast audio meditation, [Entering Peace](#), is now available wherever you get podcasts.

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

Listen to a healing song from the last podcast meditation:
[Lavame / Wash me](#)

I do have [Private Session](#) times available during this 3-week period if you want to take advantage of these creative motion energies.

Dear Friends,

My guides suggest that the time frame from the last week of January until about mid-February is a window of opportunity for fairly easy movement and a good flow around creating / manifesting things into form. However, this same ease in creating form can also lead us to re-enter into past patterns and behaviors that do not serve us and do not reflect our Soul's journey right now.

Here is a time period not just to create, but also to identify the roots of repeating issues and gently release them. Especially those energetic roots that lie deep within our body. Fear, anger, and suspicion of others are a few of the highlights that our collective consciousness is processing right now.

Change is all around us, but are we moving in the direction that our Soul wants us to move in now? Holding onto old patterns that we can't fully let go of is a chronic issue for most people. And it tends to pull us back into old patterns that served to keep us safe, but are now keeping us from putting our time, attention and energy into the next step that our Soul wants for us to make.

I invite you to join me for an hour of spoken insights (channeled from Archangel Michael and Mary_ with some healing songs that flow spontaneously through me from my Hathor guide Atamira.

All are welcome to join me on the Healing Chants Facebook page. I will start the feed about 5 minutes ahead of time so you can find me easily.

Plan on finding a quiet space where you can lie down, rest deeply, and be undisturbed while listening / watching.


Please support me in my work by [offering a donation](#) that feels right to you. The suggested range is \$10-\$25. You may also send a check

I look forward to being with all of you soon.

Blessings to all,
-Norma

-Norma

[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
or to 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 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](#)

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 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, 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

[more donation options here](#)

or use the QR Code



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
Sun Feb 4 at 4pm ET / 1pm PT	Meditation Streaming Online
June TBA ET / PT	Summer Solstice 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,

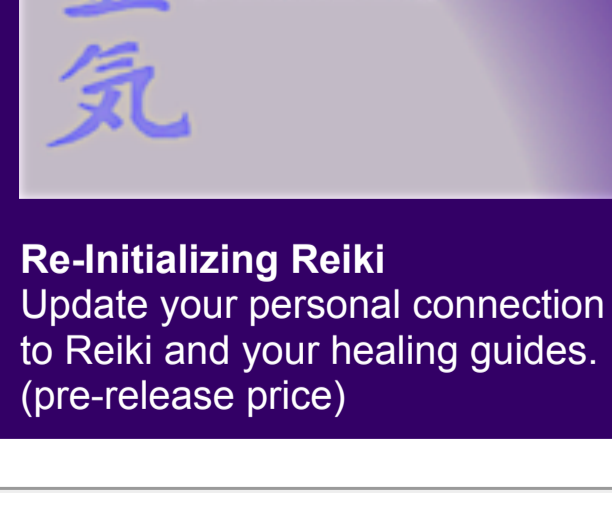
I am so excited to share with you a video from my developing online course, [Re-Initializing Reiki](#). Please have a look, and feel free to share with others.

The world has changed
You have changed
Reiki has changed

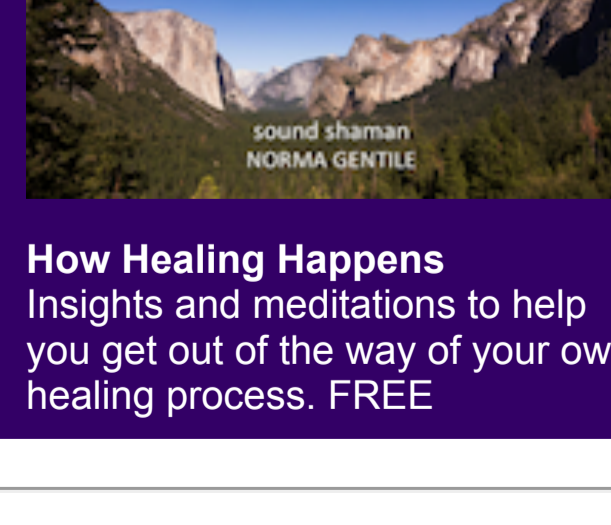
Why wait?
Step into your new connection with Reiki and your healing guides and angels [now](#).

New Online Video Courses! (special early-bird pricing and a coupon for \$20 off a [Private Session](#))

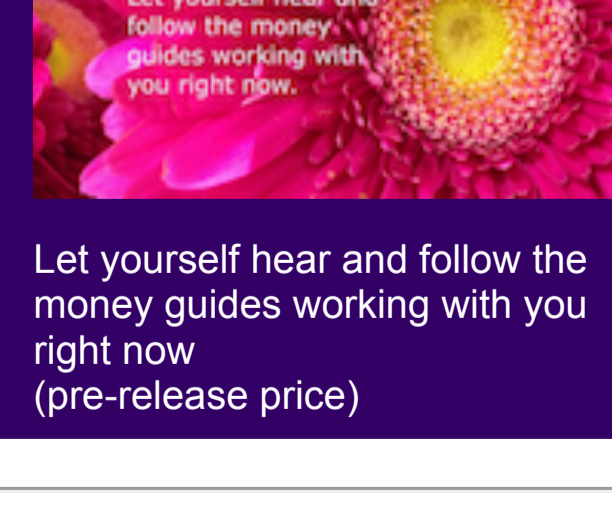
Spiritual courses in Healing, Sound and Energy Awareness



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




Resetting Your Financial Guides
Let yourself hear and follow the money's 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 Energies (Neck - Head - Third Eye)
- Updating Your Life Plans (and the guides / angels to help you)
- Grounding into Your Own Energies within the Earth
- Illusory 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.