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Norma's music is available at



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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.

MerKaBa Meditation & Pranic Nourishment
COMING SOON!

How Healing Happens
and how to let it happen more

Rose and Thorns

When bad things become good things

EVENTS

Thursday, Dec 4 Full Moon
8pm EST / 5pm PST
online interactive conversation with astrologer Elisabeth Grace
Politics, Spirituality & Astrology

Sunday, December 7
4pm EST 1pm PST
Candlelight Meditation Concert
Online & in-person (Ann Arbor MI)

Dear Friends,

After asking my guides what to share about the Epstein files, the economy and the re-opening, seemingly under duress, of the US government, this is what my guides shared with me.

First they reminded me that with my Spiritual vision I am looking at how bad things can turn out to be positive building blocks in life.

For example, a lingering cold can mean a trip to the Urgent Care, which reveals an underlying condition that is caught in time to avoid a major health issue. Or even a major health issue can mean redirecting life choices to prioritize oneself, leading to a burst of creativity and forging a path for others to follow.

These are examples of viewing life in a nonpolarized way. While we may initially judge something as wrong, it is actually just the first move of a life-long chess game that our Soul and body, as a team, are playing with our physical reality. Each move might create ease, or create challenges. What our personality enjoys might not lead to the experiences that our Soul agreed to have before (and during) this lifetime.

That is how healing ourselves and our world evolves. One move at a time.

As I view the world around me, I truly believe that the political stage is demonstrating the larger morality that is humanity's potential to express. One move toward cruelty, another toward compassion.

May we each remember our divinity, and the sanctity of our world. We are not the pawns, but the players of the game.

-Norma

If you haven't done so already, check out my meditation, given two days before the election. My guides clearly were reading the energies of what was to come.

a healing meditation given two days before the election

**Meeting the Unknown:
Compassion
as a Response to Trauma**

**Meeting the Unknown:
Compassion as a Response to Trauma**

[Podcast Listen Here](#) (or where you get podcasts)

[Facebook video replay](#)

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](#)

Politics Spirituality & Astrology
a conversation with
ELISABETH GRACE
Consulting Astrologer
NORMA GENTILE
Sound Shaman

on Zoom interactive recorded

Thursday, Dec 4
8pm EST / 5pm PST

Online Live Interactive Conversation

All Welcome!

Sound Shaman
NORMA GENTILE
Suggested Donation \$20 cash / check at door
Online zoom link and tickets facebook.com/healingchants

Sunday December 7
4pm - 5pm
Candlelight Meditation Concert
Ann Arbor
Interfaith Center for Spiritual Growth
HealingChants.com

Sunday, December 7
4pm EST 1pm PST

ONLINE and
IN-PERSON (Ann Arbor MI)

All Welcome!

Being, then Doing
(a healing song for Balance)
an improvised sound healing, drawn through Norma from Spirit. Accompanied by a Tibetan Singing Bowl.

edited for earbuds, larger speakers
edited for cellphone, computer speakers

mp3 listen now original

This song contains very low undertones and harmonic overtones. These are best experienced with headphones or earbuds.

As you listen to this simple song be aware of your breath. For many of us, breathing is an entry point into meditation.

You are hearing a large Tibetan bowl being rung, and I am using my voice to create different intervals around its steady note. In the background a kitchen clock is marking the passage of time. This gentle rhythmic pulsation underscores the aspect of 'doing' in life. The long sustained notes create doorways through which you may step. Each note that I sing creates a different interval with the steadfast note that the bowl emits. Each of these intervals is a doorway into a different quality of your 'being'. At some point you may feel as if you enter inside of the notes. As you do so, time is suspended. This is both a natural occurrence and a psychic phenomenon.

As I sing, I allow myself to move inside of the note I am singing. When I do this I know that the quality of consciousness I am experiencing is traveling on the sound waves to whomever is listening. With each note I rest more and more deeply into Spirit. As you listen, this invitation to rest into your guides, angels, Higher Self and Spirit is offered to you.

Doing is what happens after we have spent time Being. It is not the reverse!

Safe Space
A song to help you remember

Safe Space

A song to help you remember

[Listen or Watch Video](#)

Chaos is merely the presence of noise within an otherwise quiet and tranquil landscape.

You can hear the noise, and know that it only exists as splatters of paint upon the larger canvas of Life.

Feeling safe comes from a restful Heart

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

Thursday
Dec 4 at 8pm
ET / 5pm PT

Dec 7 at 4pm
ET / 1pm PT

Private Healing Sessions
available by phone / Skype
by appointment

[Conversation with astrologer Elisabeth Grace](#)
Politics, Spirituality & Astrology

[Candlelight 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 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](#)

[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.

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