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PRINT: http://www.healingchants.com/NormaGentile_Aug13.pdf

Slowing down Time by Grounding into Spirit

Dear Friends,

Everyone seems to have noticed that time is not moving at the same rate at which it used to move along. There are many reasons for this. One is that the availability of Sacred Masculine energy is rising, and our work in the past decades to consciously reveal the Divine Feminine has created a grail cup which is more and more capable to receive this sacred quality of the masculine.

From about July 23 to the middle of September our solar system experiences an alignment with the Sirian solar system that I call the Sirian Portal. During this time our sun is bathed in energies that awaken the Sacred Masculine in ourselves and our world. One result is an apparent speeding up of time. Especially in middle to late August.

So before we get to that point, I offer a meditation in both words and sacred songs which explores how each of us is already connected into this process. Honoring this connection lets us move more easily with the process of Time, and even create a sense of slowing it down when we wish.

A quick summary:

Our bodies are already and always tethered into the Earth. While we think of angels as beings of the higher realms or dimensions, they exist within the Earth and beneath us as well. In fact, the saying 'As above, so below' might very well refer to the lower dimensions containing and mirroring the same guides and angels as the more familiar upper dimensions contain. In my experience Archangel Michael exists within the first and second dimension just as much as in our third dimension and the upper dimensions.

Here are a series of spoken insights interspersed with improvised healing songs. Informally recorded (on an iPhone) the audio quality has been edited and enhanced, but alas, it is what it is. My sense is that while some words are not easily audible, the impulse of Spirit within both the songs and the words will awaken within each listener their own unique connection to Archangel Michael and other supportive guides and angels from within the lower dimensions. As I point out in the talk, when we consciously acknowledge and honor our innate connection to those aspects of our guides or angels within the lower dimensions, we have an even stronger connection to them in the more familiar upper dimensions.

Also below is a new sound healing video - and more are coming soon!

May you each enjoy the moments of each day,
-Norma

NOTE: Below are links that you just have to click on and let the internet do the work. Please do share this and let friends (who may believe they don't know enough to take advantage of the free sound healings, meditations and videos) know about these easy links:

All of my 100 or so sound healings are being uploaded to my website and can be found under **Sound Healings**

The nearly 40 meditations are available to download and listen to free on your iPod, iPhone, or computer at iTunes. This link opens to the full list. Most computers can play the meditations right from this page **click here**. without using iTunes

Meditations can still be purchased as CDs and are also available to listen to through my website under **Podcasts**

My musical albums are all **HERE in iTunes** or **HERE on Amazon.com** and **HERE on my website**



a song from Norma's last concert --

O Creation of God (O factura Dei)

O creation of God which is human,
in the greatest of sacredness you
were brought forth
when in humility, sacred divinity
penetrated the heavens.
O what great compassion
allows divine brilliance in earthly
mire
So that those angels ministering
with God
might see God in humanity.

The words are by Hildegard of
Bingen (1098-1179)

[LISTEN HERE](#) or [WATCH HERE](#)

[Click Here for a list of Norma's monthly sound healings, available as mp3 and video](#)

Get the healing power of a Private Session with Norma's Meditations

(available as CD or [mp3 for iPhone / iPod / computer](#))

Meditation #39 from July 22, 2013

Grounding into Spirit
How to connect with those guides and Angels within the Earth and lower dimensions that support you.



[iTunes](#)

[Podcast Page](#)

[Listen Now directly](#)

- [For More Information](#)

HTMLDirect

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A flow of spoken insights and healing songs from Spirit. Archangel Michael and the Hathors worked through me to create this experience of healing in words and songs. It includes many healing songs, improvised through me from Spirit.

- 1 As Above, So Below
- 2 Three Healing Songs from Spirit
- 3 A new consideration of Grounding
- 4 Healing Song with two Tibetan singing bowls
- 5 Where is that aspect of Archangel Michael from within the Earth that is already connected to you?
- 6 The Pure Energy of Nature and the First Dimension
- 7 Notes on the arrival of the Sacred Masculine
- 8 Healing with Sound and Spiritual Energies
- 9 Closing Healing Song
- 10 Release out of Sacred Space

HTMLDirect Order CD Here

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This meditation includes many healing songs. More of these songs, along with videos, can be found under [Sound Healings](#) or [Recordings](#).

New! - Free Songs, Chants, Sound Healings, Meditations and Videos

Receive a Sound Healing from Norma without leaving your home!

Ode to Day Improvisation from live healing concert (Portland, 2012) for voice and shruti box - [video HD](#) - [video \(mobile\)](#) - [Audio mp3 only](#)

An improvisation on Ave Maria (by St. Hildegard of Bingen) with tambura and voice

O vos flores - You who are Rose Blossoms (voice and harp)

Medieval Chant by St. Hildegard of Bingen, accompanied by harpist Gordon Johnston of Ottawa

Renewal A sound healing with Tibetan Singing Bowl and Voice (with multiple photos capturing Spiritual Energies in the room as I sang)

What are You here to do Now? Two sacred geometry mandala videos

FACEBOOK

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Only about 10% of you see my free videos, online sound healings, essays etc that I post on Facebook. If you want to increase that possibility SUBSCRIBE on my [official Healing Chants Page](#), <http://www.facebook.com/HealingChants>

This album invokes your personal connection to Archangel Michael and provides a unique healing for you each time you listen to it.

This is a live recording of a healing concert. The focus is the opening of the heart to Sacred Masculine energies held within the Earth. These sacred energies provide a surround and support for the feminine, especially as it relates to the women living in the Middle East, and their emerging Divine Feminine power.

Featuring Harmonic Tones, Tibetan Singing Bowls, and a small woman's choir

- chants of the mystic Hildegard von Bingen
- new chants by Norma Gentile
- spoken poetry of Hildegard
- healing energies from Archangel Michael

AVAILABLE FROM:
[iTunes](#) / [Amazon](#) / [CDBaby](#)

Healing Chants
a live concert recording

LISTEN for free TO A SONG from Norma's album HEALING CHANTS now: [Click Here](#)



CELEBRATE H

Designs based on Hildegard

iPhone & iPad goodies / organic
children / notecards / tote
[Wearable & Usable Sacred Art - bring you](#)



long sleeve



iPhone cover



ceramic travel mug

A Note on Phone Meditations and CDs of Meditations and Teachings:

As of today, I have [39 Meditations and Teachings recordings](#) available. They cover all on different subjects, some are direct channelings from my guides, most often Archangel Michael, Mary, the Hathor Atamira, Thoth, Shesat or a group of Ascended Masters. Most of them invoke Sacred Space and then focus on an issue and provide time for your guides and angels to work with you energetically.

Many are drawn from the live Phone Meditations that I offer each month. About half contain healing songs or chants. All are offered freely as podcasts (you can subscribe directly on iTunes > Podcasts > Norma Gentile) or at cost CDs. At this time donations provide the funding for the free monthly (or so) Phone Meditations, the recording and editing process, posting them online and paying the monthly fee to maintain them online for free download. As of today, more than 40,000 downloads of these meditations has occurred. And chances are you have participated. Thank you! I know it is your energy that shapes each meditation and newsletter, and helps pull the information and insights that I share through me from Spirit.

I look forward to many more meditations, and many more downloads! And yes, please share these newsletters, podcasts and phone meditations with your friends, your email circle and others.

Private Healing Sessions

(offered in person or by phone)

I am very good at helping to lift off heavy energies and get chronic issues to begin to move. Any energy released goes home, to follow its own growth and evolution. This means that what is released does not return. And it means that those energies with awareness know that I mean to help them. In this way your agreement to "keep them safe" is brought to completion, because

they are released with honor and respect onto their next step. This is true of all energies, big or small, that your soul and body are ready to release.

Remember that any energy in your body or aura that is not in time or in tune with you will cause a slow, steady draining of your vitality. This leads to larger issues arising in the physical body, emotional overwhelm, and psychic cloudiness. A complete "deep cleaning" regularly can help you find, address, and release what is no longer yours to carry. This frees you up to engage fully with your own life's issues. (and yes, we can address life issues as well in the session).

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 \$185 and last about an hour. Please be in touch with me to secure an appointment time. norma@healingchants.com or 734-330-3997. [Read more about private healing sessions here](#)

Norma's other offerings ---

FACEBOOK

Get Norma's free videos, sound healings and essays regularly.

VIDEOS

Watch Healing Chants online

RECORDINGS OF HEALING MUSIC AND CHANT

(sacred chants from Hildegard, improvisations from Spirit and healing songs from the Hathors, available as a CD or download)

SPOKEN MEDITATION CDs and PODCASTS

(meditations and information, available as a CD or download)

TWITTER <https://twitter.com/healingchants>

MONTHLY FREE ONLINE SOUND HEALINGS

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YES please pass this email onto anyone you think would be interested. Just be sure to include my contact info.

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