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late March, 2009 email Newsletter

## Settling Back into Ease

There is no time like the present to be fully present.  
There is no time, at this point in time, to not be fully here.  
*-Archangel Michael, through Norma, March 2009*

Dear Friends,

A simple message follows, and I hope you find that it provides a context for the energies and experiences we have been and are still undergoing. First, a few things to note:

**NEW PODCAST Honoring Our Ancestors and Our Inner Spirit** - a series of meditations and sound healing songs. [download as mp3 or stream](#). Offered freely, donations always welcome.

### Upcoming Events

#### RICHMOND

**April 25-26 Healer Intensive Workshop** (now includes Reiki, Healing Guide and Financial Guide updates, crossing over emotional layers and ghosts. Read more at the end of this newsletter)

#### April 27-28 Private Healing Sessions in Richmond

#### ANN ARBOR

**May 1 Ann Arbor Kirtan and me in Concert**

#### ATLANTA

May 8 Meditation Concert

May 9 Re-initializing Reiki Workshop

May 10-11 Private Healing Sessions

## Settling Back into Ease

The sense of urgency and fear that many have felt in the past few months can be talked about in several ways. I would say that Gaia, the soul who has taken on the form of the Earth, has been moving into a higher dimension of energy more closely related to emotions. Our physical bodies rely on her physical form, the Earth, for grounding. Therefore we have felt this same uplifting process.

In some ways it is thrilling, and there have been moments of expansion and ecstasy. But it has also been terrifying, especially for those who have no experience of spiritual energies or who have difficulty moving through and expressing their emotions. Even for those of us with an understanding of the larger picture, it can be frightening or startling to feel what we have held as theory come into actual form.

Gaia has recently shifted back to the lower physical energy and so too the Earth has settled back into the lower dimension of energy to which we are accustomed. Because of the expansion that we experienced at the higher dimensional energy, we are having a difficult time with the lower contraction phase now. It is like being on vacation for a month in Hawaii, and having to return to a cold and grey northern city. All that we find uncomfortable is in our awareness. And we don't like it!

This is magnified by the time of the equinox. When the sun and Earth are most in balance, we

can find both that which is in greatest and least harmony within ourselves. In other words, what works for us and what doesn't work for us becomes more apparent during the times of the equinox.

The equinox is a great time of year to sit and feel what both extremes feel like. By noticing what qualities we associate with what fits and doesn't fit now we can more easily make decisions about what fits and doesn't fit later on, when the sensations may not be as strongly apparent.

When Gaia is in her higher emotional energy state, our lives change rapidly. This has been true since mid-January. Now we are back in the denser reality where change can take awhile. Seeds that were planted will grow, but at a pace that is partially determined by the density of the larger world and our connection into the mass unconsciousness of all life relating to the Earth.

The discomfort that you may be experiencing now comes in part because your soul utilized the time spent in the higher emotional energy field to fill your body with higher spiritual energy. As we all re-ground and bring the new spiritual energies through our physical bodies, those aspects of ourselves that are ready to be shed come into our awareness. We notice them as habits that we can no longer tolerate (in ourselves and others), physical illness, as well as thoughts and emotions that are not comfortable.

If you find yourself thinking "I just can't take it any more!" pat yourself on the back. You are exactly where your soul wants you to be in your cycle of growth and change. You are noticing what doesn't fit, and you are not going to keep it going.

This is a natural cycle, and a natural way of learning and growing. By feeling what doesn't fit, you can let it go. If nothing ever felt uneasy or uncomfortable, why would you ever change? So take this opportunity to know that whatever is a bit out of sorts in your life has been squeezed out of you by your soul. Let it continue to move out, so that what your soul has spent time growing within you during Gaia's time in a higher emotional state may now grow into your spiritual maturity.

My best to each of you,  
Norma, with Atamira

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### ***And speaking of change....***

The [Healer Intensive Workshop](#) I'm offering April 25-26 in Richmond VA will include the Reiki Re-Initiation, retuning of Financial Guides, working with ghosts and emotional layers of people who have not crossed over fully, and many new aspects that are still unfolding. If you have felt drawn to this workshop, know that what I share in each workshop is always based upon the needs and desires of those attending. I feel that what evolves into the workshop comes primarily from those who are drawn to attend. So while the description exists on the webpage, it is merely the outline of some of the possibilities. For more information, see my [Calendar page](#).

### **New Reiki Re-initialization Workshop**

For many years I have seen the various lineages of Reiki has having beautiful light. But often that light seems constricted. As a flexible channel, I often pick up on other people's guides (really handy during healings, not so great in a tightly packed airplane). A group of guides associated with Reiki connected with me, and showed me how my talents at seeing 'the big picture' outside of someone's body lets me see energies that constrict or dull the light of Reiki.

As a result, I developed a workshop that is a series of meditations, led by these Reiki guides and your own Reiki or healing guides, to free up the Reiki light and re-tune it according to your own soul and the vibration of your consciousness now. Healers who have done this process with me say they feel much more power in their Reiki, and deep clarity in their own energy fields.

I'm offering this in Atlanta Georgia May 9, and probably in a few more towns this spring. Please register on my Itinerary Page. If your Reiki group is interested, please be in touch with me about scheduling a workshop for your area.

~~~~~NORMA'S EVENTS~~~~~

### Private Healing Sessions

available in SE Michigan in person or by phone to other locationsPrivate

I'm very good at helping to release chronic patterns and start a pattern of change and healing.

For more, please read my Private Sessions page.

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### RICHMOND, VA

Sat-Sun April 25-26, 10am-5pm each day

Healer Intensive Workshop a weekend workshop for practitioners, performers and advance students

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|--------------------------------------------|----------------------------------------------|
| <a href="#"><u>Download Flyer Here</u></a> | <a href="#"><u>Workshop WebPage Here</u></a> |
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### Private Healing Sessions

in Richmond, VA - Mon-Tues April 27-28

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### ANN ARBOR

Fri May 1st Ann Arbor Kirtan and Norma in concert together

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### ATLANTA

**Fri, May 8 at 8pm**

#### **Meditation Concert of Healing Chants**

featuring medieval chants by Hildegard of Bingen and spontaneous songs from Spirit, accompanied by Candace Keach on Tibetan Flute, harmonic toning, a choir of Tibetan Singing Bowls, and more.

#### [Ticket Info Here](#)

THIS CONCERT TAKES PLACE IN THE INTIMACY OF COMPLETE CANDLELIGHT Location: Unitarian Universalist 1911 Cliff Valley Way NE, Atlanta, GA 30329

**Sat, May 9 from 1:30-4:30pm**

#### [Re-Initializing Reiki](#) A forum for all lineages and levels

A group of guides associated with Reiki connected with me last fall and showed me how my talents at seeing 'the big picture' outside of someone's body lets me see energies that constrict or dull the light of Reiki. You can [register](#) and [read](#) more of what I'm noticing [here](#). Limited Class Size. \$35 before May2, \$45 later Location: Harmony Learning Center Williamsburg Professional Center, 1989 N. Williamsburg Dr., Suite F, Decatur, 30033

**Sun-Mon May 10-11**

### Private Healing Sessions

Sessions include both information and energy healing around your current issues, and can be extremely effective on chronic and deeply rooted issues. Sessions are one hour and are recorded for you, and cost \$185. To schedule an appointment time please email [norma@healingchants.com](mailto:norma@healingchants.com) or call 734-330-3997.

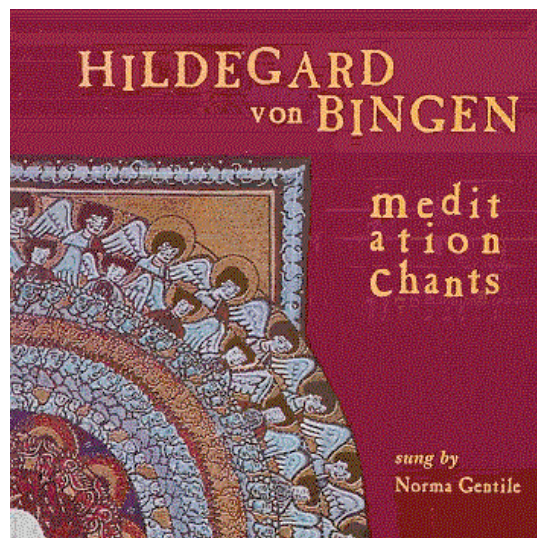
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Coming Soon  
Portland and Eugene OR  
Tucson AZ

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### **Meditation Chants - CD and mp3 download**

Pre-Release copies of my CD Meditation Chants are arriving in four weeks. You can purchase these early copies, and have me autograph them for you (include spelling clearly in email). This was originally recorded in the 1990's, and has been out of circulation for several years. It is a live concert recording that clears the chakras and body of emotional energies. It also helps infants and young children fall asleep.



**TO ORDER with credit card online now**  
or listen and see the CD Go to:  
[www.healingchants.com/recordings\\_mc.html](http://www.healingchants.com/recordings_mc.html)

OR mail a check, payable to Healing Chants  
Healing Chants, PO Box 971020, Ypsilanti, MI 48107

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### **Norma's other offerings**

SPOKEN MEDITATION CDs and PODCASTS  
(meditations and information, available as a CD or download)

The newest Meditation CD, **Honoring our Ancestors and our Inner Spirit** is ready for download or as a CD. Meditation CDs are one for \$9.99 or any three Meidation CDs for \$25, plus postage/handling. Order online now: [www.healingchants.com/podcasts.html](http://www.healingchants.com/podcasts.html)

### **WATCH HEALING CHANTS ONLINE**

You can see my **Healing Meditation Concert online** now at YouTube  
You'll find three healing chants, some by Hildegard, others my guides singing through me, and be able to see me playing the large Tibetan Singing Bowl with two of them.

**MONTHLY FREE ONLINE SOUND HEALINGS:**

sponsored by [Spirit of Maat](http://www.spiritofmaat.com)

<http://www.spiritofmaat.com>

My thanks to Spirit of Maat e-zine for publishing my monthly sound healings and articles on-line. These are separate from the monthly newsletter, which you are reading now.

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**Do you buy books or CDs and such from amazon.com or amazon.ca?**

If so, you can [CLICK HERE](#) and click on the amazon.com or amazon.ca logo at the top of the Store Page of my website to send 5% of your purchase back to HealingChants.com to support the free newsletter, free podcasts and free soundhealings offered each month. Thank you! And yes, my CDs are available at amazon as well.

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Norma Gentile, Healing Chants  
PO Box 971020, Ypsilanti, MI 48198 USA  
734-330-3997, [www.healingchants.com](http://www.healingchants.com)  
[info@healingchants.com](mailto:info@healingchants.com)

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

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