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Turning Regret into Strength

some thoughts and new healing songs

Is it just the eclipse, or perhaps the time of year? I feel the collective human unconscious gazing upon the face of regret. And while looking at this sorrow can taste bitter, we each have the opportunity to sweeten it.



Three Songs from Spirit
**Turning Regret
into Strength**

[Listen Here \(mp3\)](#)

*from a live Meditation
Concert*
video link coming soon

All of us experiences some degree of regret, but few of us recognize that it needs to be dealt with in order to bring balance and joy into our lives. Anger, jealousy, fear... These difficult emotions receive more of our attention on the path to enlightenment. But now the time is ripe to change our perception of choices that did not turn out the way we anticipated, especially those we might consider failures.

For every choice we make, we leave behind energetic cords to the options we did *not* choose. Usually, these cords dissolve as we step into the choice we made -- the career, the city or job, or even the new pair of shoes. Fortunately, the small regrets can be solved with a quick trip to return the shoes, and even choose anew! But our energetic cords tend to remain tethered to larger decisions we have come to regret. The longer ago the decision, the less likely we are to notice that we have regrets about our choice.

Sometimes, the "what if" thoughts fade. That indicates we have released our energetic cords to other options and integrated our choice. But what if you find yourself thinking, "If only I had done _____." You may even notice a sour taste when such thoughts arise. For this reason, I call regret the *sour sorrow*.

When we feel regret, we are psychically resonating with our own connective cords to those options we did not choose in the past. When we do this, we are bound, through these emotional energy cords, to all the options we did not choose. Our life-force is still trapped there, engaging with other possibilities. That leaves little of it to nourish the choice we did make. For this reason alone, we may not flourish on our chosen path.

As we each consider those things that we regret, we can release the emotional ties that bind us to those "roads not taken." These three songs will help you move through regret and embrace new strength. The music facilitates a meditative state where habitual thoughts can be halted, and deep emotions can be felt. Grieving for what is not present allows old cords to dissolve. The energy creating those cords then integrates into you in this present moment.

There is support here now for those who are ready to face regrets. What one thing do you most regret? Try letting yourself feel this as you listen. The first song creates a safe heart space, invoking the Divine Feminine and compassion. The second song

opens into the grieving process, which allows the cords to release. The hidden strength of the Sacred Masculine comes to you through the third song. Be still within yourself for a while afterwards. Let your own guidance speak to you in this silence, and be comforted. There are no wrong choices, only more compassionate ones you will make in the future.

My blessings to each,
-Norma

UPCOMING EVENTS

May 2 - 6 New York City -
Private Sessions
Conscious Actor / Singer Workshop

Special thanks to [Lindsay Passmore](#) for editing this essay.

Two new Sound Healings



Wandering

*an improvisation from Spirit
for Voice and Tibetan*

Singing Bowl

[Listen Here \(mp3\)](#)

[Listen Here \(wav\)](#)

Omnia (solo)

*an improvisation from Spirit
for Voice and Tibetan*

Singing Bowl

[Listen Here \(mp3\)](#)

[Listen Here \(wav\)](#)

A few thoughts inspired by my Hathor guide Atamira

The simplicity of a single voice weaving under and over a single sustained tone creates an opening within our thoughts. Within this opening we begin to conceive of thoughts not thought before. Within this space, opened by sound within our own minds, our self critical thoughts fade. Finally, the impulses of Spirit are able to propel themselves to the completion of thoughts. This isn't about forcing manifestation - it is about letting us think all the way through thoughts so that we might imagine what we have not allowed ourselves to imagine.

During long held notes within a song you may imagine that you are hearing more than just the two notes of the bowl and

voice. Do you hear these chords of many tones? These are audible only because your physical auditory system creates them. They do not really exist. But of course they do exist, because you are hearing them!

So too the world of Spirit supports us to hear beyond what is audible in the physical world around us, and to imagine beyond what we give ourselves permission to imagine.

I have included both .mp3 and higher quality .wav versions. Please note that the wav files are large, and might take some time to buffer, even with high speed internet.

You may also want to listen to a version of Omnia with harmonies laid into it, available as the January 2014 sound healing [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 #41 from November 17, 2013

**Creating Life:
Connecting to the Essence from which You Came
for Deep Healing and Spiritual Intimacy.**

The complete and full expression of who you are is the fulfillment of your contract in this lifetime.

Changing our reality isn't about thinking the change. It's about going to the foundation of our reality, reconnecting into that point from which we have all come, and feeling our ability to now sense all the consciousness' with whom we have incarnated.

LISTEN to an EXCERPT
[Why we resist healing](#)

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

- 1 The Pure Energy of Nature (what it is, how to connect with it)
- 2 Co-Creating Sacred Space
- 3 Earth listens to Our Body
- 4 Reintegration after Choosing Polarity
- 5 The Foundation of Our Reality
- 6 MEDITATION on The Pure Energy of Nature
- 7 SONG: The Gift
- 8 Releasing guides that helped us stay in Polarity and inviting in new ones.
- 9 SONG: Wandering
- 10 A new Level of Consciousness
- 11 SONG Omnia Harmony
- 12 Making Decisions Easily

13 SONG OMNIA Solo
14 Remembering and Releasing
Sacred Space
15 inquiry vs judgment



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- let's you directly access the monthly videos, healing songs and audio meditations on both iDevices (iPhone/iPad) and Androids. it is currently available at <http://app.healingchants.com> NOTE for Mac: You can download it onto your iDevice now by clicking on

the 'share' option at the very bottom edge of the screen, NOT the larger (and more obvious) share option within the app screen. Click on and select to put it on your phone. That should do it! Once on your phone, play with it, and use that big 'share' option inside of the app to share it with friends.

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 40 audio 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**

FACEBOOK

Personal page: www.facebook.com/norma.gentile

Professional page: www.facebook.com/HealingChants

REPEATING PERSONAL NOTE: I continue to take a deep breath as I face a year (at least) of upgrading my ancient website to HTML5 and easy mobile access. If you are good with DreamWeaver and have an interest in helping please let me know. Thank you for the volunteers so far to come forward. There is plenty of code to update. I am glad to work out barter / pay arrangements.

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

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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:
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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 ---

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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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