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Reawakening Compassion

An Alternative to Violence and Chaos

Dear Friends,

During those days near the full moon, our ability to respond to external events is largely guided by our emotions – particularly those emotions that we are exposed to from the world around us. Whether or not you are aware of events trumpeted by the media, our interconnectedness via our shared human unconscious brings the broad emotional content into your psyche.

The gift of the full moon is the magnified presence of the Divine Feminine. How we use this is up to us. Certainly we can be aware of a magnified emotional response to what we see in the external world. We can also be aware that this emotional response is coming from the awakening of personal issues that lie inside us.

As we approach this weekend's full moon, we are being called to meet chaos with compassion, both in the external world as well as within ourselves. External chaos is easy to see. Our inner chaos is much more subtle. Incessant busy-ness, poor nutritional choices, guilt, anger, lack of self-care...all of these are being exposed by the world's violent uproars. Now is the time to value ourselves by first finding kindness, gentleness, and compassion for our own selves within our hearts. Our ability to be expansive, to respond to external violence with internal gentleness, both for ourselves and for others in the world, is made more possible within these days bathed by the full moon.

Whether we maintain the violence inside ourselves or find a sense of self-compassion is up to us. Either way, the way we meet our own inner turmoil directly impacts our response to the chaos around us. Our breadth of self-compassion, bringing gentleness and kindness to our own perceived faults, is an indicator of our ability to allow external events to unfold without judgment. Knowing compassion for ourselves allows us to witness, but not engage with, the fear and the anger, the sorrow and the heartbreak that others are experiencing. Only when we can sit within that feeling of gentle kindness for ourselves, can we bring true compassion and true kindness into our shared world.

Looking upon someone trapped in the pain of deep fear with compassion in your heart allows the possibility of kindness and gentleness to be reawakened in their hearts as well.

When I design and schedule a concert, I am aware that it is always swaddled within the context of earthly world events. This [Sunday's concert](#) (in Ann Arbor) reflects the chaos that results from our very human prejudices and judgments. How can we respond to violence without engaging in additional violence, whether it is obvious external violence or the inner violence of self-criticism and self-loathing?

Here, within our heart's compassion, there is a way to participate as the creative cycle of this external chaos finds its resolution. Please join me in this time of shared meditation, silence, and creative music making, and let others in the area know. For those not in SE Michigan, I offer several healing songs below from a previous concert.

UPCOMING EVENTS

Sat Dec 7

[Meditation Concert in Candlelight \(Ann Arbor\)](#)

Jan 30 - Feb 1

[Practitioner Workshop - 3 day Training \(Ann Arbor\)](#)
(limited size)

Feb 20-23

[Sound Healing Workshop and Private Sessions](#)
(Florida)

ANN ARBOR, MI

Sunday, December 7 at 4pm



photo taken during past concert -
listen and watch now

special musical guest:



Atmaram Chaitanya
Tambura, Harmonium

with

- Tibetan singing bowls
- Harmonium
- Tambura
- audience derived harmonic tones
- shruti box

A Candlelight Meditation Concert

Songs of Starlight and Inner Vision

NORMA GENTILE

Sound Shaman

Songs from Spirit and Chants of St. Hildegard of Bingen

**This is a time of Sacredness,
devoted to deep inner healing,
nourishment and transformation.**

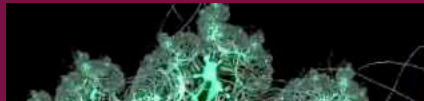
Norma's classically trained voice and her natural ability to intuitively weave music and spirit together come alive in the candlelight as she sings. This evening includes thousand-year-old healing chants written by Hildegard of Bingen, (the mystic, seer, newly proclaimed Saint and Doctor of the Church) as well as songs drawn through Norma from Spirit and her musical guides.

Come, meditate and let the sound bathe you. You are welcome to bring meditation pillows.

LOCATION: Sponsored by [Interfaith Center for Spiritual Growth](#), 704 Airport Blvd, Ann Arbor, MI 48108

TICKETS \$20 [online here](#)

from a previous concert



Ave Maria

*An improvisation based
on Hildegard's setting
with Atmaram*

CDs will be available for purchase after the concert. Great for Gifts!

Doors Open for Tickets and Seating 30 mins before event.
Cash / Check best at door.

For me
music is a
form of
prayer,
drawing
from within
us the
peace that
already
exists. We
can allow
peace to
be present
on Earth,
because it
is already
present
within
each of
us. Within
our hearts,
our souls
and our
beings, we
carry our
unique
connection
to Spirit.
As we feel
it each day
in
ourselves,
we will see
it more in
others.



[Reserve Tickets Now](#)

CDs will be available for purchase after the concert. Great for Gifts!

Doors Open for Tickets and Seating 30 mins before event.
Cash / Check best at door.

Short on Cash but want to attend? VOLUNTEERS NEEDED for a few specific tasks. If you would like to help in exchange for admission please read below and then email office@healingchants.com for more information.

- 2 people for setup and break down of concert design. Help create sacred space with your good visual eye and ability to place and straighten lots of candles.
- 2 people to sell CDs and provide general welcome.

A new Sacred Song, for this season of Winter Solstice



Ubi Caritas et Amor Deus ibi Est

*Where Compassion and
Love are,
God Abides there also*

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

The music is an improvisation from a live healing concert, edited into 4 part harmony. The original Latin text dates from the 10th century.

This digital photo captured energies in the room. It has not been altered. These types of pictures have been taken at my [Meditation Concerts](#)

God abides within and all around us. This is the remembrance that the pagan holy days around Winter Solstice, now celebrated as Christmas, seek to draw out of us. At this time of year the dimming outer light allows our inner light to be more visible.

We often begin our spiritual journey seeking God external to ourselves, and ultimately find this consciousness of love already nestled inside of ourselves. Music reminds us to look within our hearts, for God resides there already.

May each of you find your unique inner world and reside within it during all the seasons of the year.

-Norma

Sweet Chariot

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

Journey into Grace

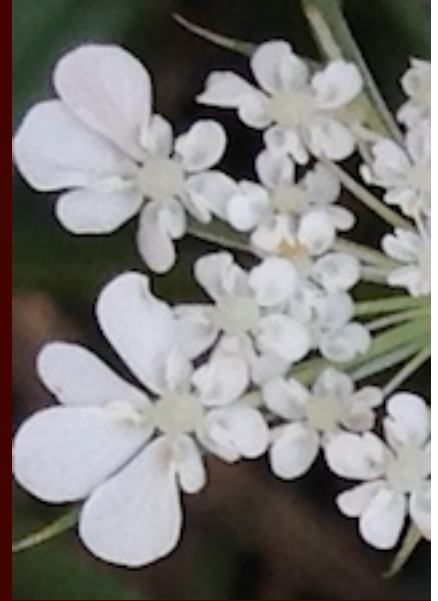
*a channeled healing song from the Hathors
with voice and Tibetan Singing Bowl*

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



There are moments when we need to leave behind the hustle and bustle of daily living in order to let ourselves gaze into the eyes of Spirit. Here is a healing song from many voices, improvised spontaneously from our hearts.

The photo is cropped, but otherwise not edited. It was taken while lying on the ground and looking straight up with an iPad. It seems as if the energy sphere is moving from the overhanging tree branches up into the sky.



[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

(also available from iTunes)

Meditation #44 from October 19, 2014

Embracing the New by Releasing the Old
Nourishing Yourself for What is Coming

In responsibly releasing energetic patterns out of our space, letting them move to wherever they need to go to now, we are also stating to all the energies interacting with us that we are ready for an update and upgrade. We are ready for something that nourishes us now - not something from ten or more years ago, but that which reflects our soul's journey now.

- Invocation of Nature
Sphere and Archangel
Michael
- Your Role in



**Stewarding Energetic
Patterns Homeward**
- Your Awareness can
affect Weather Patterns
- Your Ability (and
Responsibility) to
Release what no longer
Serves
- Your Questions Heal
Yourself and Your
World
- Your Brain and
Healing (don't always
mix well)
- Nourishing Yourself
for what is Coming
- The Essence of Your
Soul within the Earth is
Your Greatest Healer
- Unlimiting How much
Energy We Receive
- What is Your Next
Step? How will You
Know It?
- Some Results of this
Meditation
- Why Release Angels
and Guides?

There are two sound
healing songs in this
meditation. More of these
healing songs, along with
videos, can be found
under [Sound Healings](#)
and [Recordings](#).

[iTunes](#)

[Listen to mp3
directly](#)

[Transcript
& more information](#)

**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 b
[Wearable & Usable Sacred Art - bring you](#)



long sleeve



iPhone cover



ceramic travel mug

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

As of today, I have [44 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 a few times each year. About half contain healing songs or chants. All are offered freely as podcasts (you can subscribe directly on iTunes > Podcasts > Norma Gentile) or a few are available as 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 90,000 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 ---

Norma's other offerings

FACEBOOK

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

VIDEOS

Watch Healing Chants online

MUSIC AND CHANT RECORDINGS

Sacred chants from Hildegard, improvisations from Spirit and healing songs from the Hathors, CDs or download

SPOKEN MEDITATIONS

Meditations and information, available as podcasts)

SOUNDCLOUD

Stream Norma's music

TWITTER

MONTHLY FREE ONLINE SOUND HEALINGS

PRIVATE HEALING SESSIONS (by phone)

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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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