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Dear Friends,

A quick note to let you know that last week's phone meditation, [Weaving Soul into Body, Mind and Heart](#) is now available. This is an hour, recorded live, of channeled experiential healing meditations from Archangel Michael and Mary based on Norma's essay [Micromanaging God: How We Pray Matters](#). You can get it [online](#) (listen to it on your computer, or download it as an mp3 onto your iPod) or you can [order it as a CD](#). More info below.

My annual Weekend Workshop will be in Michigan this year June 11-12. if you or someone you know wants to study more deeply with me around sound, healing and energy read more here.

And please let friends know that they can find me in these different events and cities this spring.

Feb 20	Embodying Healing Sounds Workshop Ann Arbor
Mar 11-14	Pittsburgh PA Concert, Workshop, Private Sessions
Mar 18-21	Portland Oregon Concert, Workshop, Private Sessions
June 11-12	Sound Healing Training Weekend (private lake home near Ann Arbor)
June 24-26	Faery Congress (Carlton WA, western Cascades)
June 28-29	Private Sessions in Seattle

MEDITATION CD / mp3 Norma Gentile Feb 6, 2011 meditation

Meditation CD #28 from February 6, 2011

Weaving Soul into Body, Mind and Spirit

An hour of experiential healing meditations from Archangel Michael and Mary based on Norma's essay [Micromanaging God: How We Pray Matters](#)

[Purchase as standard CD](#)
[download or stream mp3](#)

*includes the sound healing "O Creation of God" (O factura Dei, available on the CDs [Songs of Spirit](#) and [Healing Chants of Hildegard](#)) composed and sung by Norma to the poetry of Hildegard of Bingen.

If you are in a position to do so, please consider a donation via paypal to office@healingchants.com or by check to Norma Gentile, PO Box 971020, Ypsilanti, MI 48197. This helps to cover the costs of maintaining the download mp3 site,

- 1 Micromanaging God: How we Pray Matters
- 2 Invoking (and Explaining) Sacred Energies
- 3 Meditation: What in Your Life is ready to be released?
- 4 Finding more Ease in Your Life
- *5 Meditation Chant: O Creation of God / O factura Dei
- 6 Strengthening the Bond between Soul and Body
- 7 Meditation: Weaving Your Soul into your Body, Mind and Heart
- 8 Meditation: Cleansing Body and Aura (4 feet around you)
- 9 Creating the New You
- 10 Releasing Sacred Space
- 11 For more information

Total Time: 1 hour, 15 mins

Do the forms you are currently manifesting serve you? Does your life now reflect what your soul desires to manifest? What is the quality of ease that your soul wants your body to have in your life?

Manifestation is an energetic process within our throat or 5th chakra working in tandem with our navel chakra and knee chakras. The quality at which our skin rubs against our physical reality is largely determined by our soul.

Most of us have accidentally created much more friction in our lives than what our soul means for us to experience. With this meditation we help you find the quality of ease that your soul means for your body to have in your life now.

Ypsilanti, MI 48197. This helps to cover the costs of maintaining the download mp3 site, audio editing, etc.

soul means for your body to have in your life now.

Sometimes it is our expectation that it will be difficult to release something that actually makes it difficult. Most of the time, the old is really uncomfortable, and we have simply grown used to the discomfort. The more we let go, the more ease we have in our lives.

Spiritual energetic waves are always coming towards us. But the new can't arrive until we have let go of the old. In the ocean of life, you can't surf two waves at once!

What if we were to shift healing and prayer away from the idea of needing help and giving help? What if we saw healing as being a situation where a person's soul and body are recognizing a potential for strengthening their connection? Together the soul and body have identified a weak link that they are ready to change. It is only the personality that is holding us back from moving easily along that path of change.

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

As of today, I have [28 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.

If you have to wear clothes...
why not wear something that reflects your inner attitude as well as your outer need?



Wearable Art - bring your Inner Attitude to the Outer World.

3 designs based on Hildegards own poetry and art

organic / cotton / plus-sizes / children / cards / tote bags / jackets / mugs

~~~ NORMA'S EVENTS ~~~~~(complete list here)

**ANN ARBOR, MI**

February 20 from 2-5pm - Embodying Healing Sounds - experiential workshop

**PITTSBURG PA** March 11 Meditation Concert

March 12 Sacred Sound / Sacred Healing workshop

March 13-14 [Private Healing Sessions](#)

**PORTLAND OREGON**

March 18 Candlelight Meditation Concert (The Old Church)

March 19 Sacred Sound / Sacred Healing workshop (New Renaissance)

March 20-21 [Private Healing Sessions \(SE Portland\)](#)

**ANN ARBOR**

June 11-12 weekend [Practitioner's workshop](#) in a private lakeside home

**CARLTON, WA**

[June 24-26 11th Annual Fairy & Human Relations Congress](#)

**SEATTLE**

June 27-28-29 [Private Healing Sessions](#)

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**[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](mailto:norma@healingchants.com) or 734-330-3997. [Read more about private healing sessions here](#)

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Norma's other offerings ---

**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)

**WATCH HEALING CHANTS ONLINE**

[www.youtube.com/normagentile](http://www.youtube.com/normagentile)

**MONTHLY FREE ONLINE SOUND HEALINGS:**

sponsored by [Spirit of Maat](#)

<http://www.spiritofmaat.com>

My monthly articles and free sound healings are now available in English, German and Spanish online through [www.spiritofmaat.com](http://www.spiritofmaat.com) This is different from the newsletter, which you are reading now.

This newsletter is available in Spanish and English ([subscribe here](#))

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

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