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The Inner Space of Spirit

thoughts, a new meditation, and sound healings

Dear Friends

We have so many ways to celebrate the changing of seasons and the passing of our humanly invented years. I find it curious that this past New Year's Day of January 1 (according to the Gregorian calendar) was on a New Moon. Many other calendars, such as Chinese, Muslim and Jewish, are based on lunar cycles and place the start of the year on a New Moon. But western culture seldom experiences this natural alignment. I feel like this has magnified our communal sense of 2014 being the start of a new cycle.

This year's Chinese New Year also falls on a Supermoon which is also considered a Black Moon (2 new moons in the same Gregorian calendar month). This is drawing much attention from both East and West upon this particular New Moon, and again heightens our sense of our passage into a new energetic cycle. Word is now coming from NASA that the Sun has completed its own transition, with its North and South poles flipping positions. (for more: <http://rt.com/news/sun-upside-down-flip-990/>)

The sun began its magnetic shift this past summer, completing it at the end of 2013. This is a cycle that happens every 11 years (or so) and we will continue to settle in with the Sun's new polarity for a few more months. My sense is that new patterns will emerge within us that take form strongly in early March.

These patterns that are changing have to do with how our larger aura (the energetic bubble or sphere that encompasses us and expands out about 22 to 27 feet away from us in all directions) interacts with multiple lifetimes and multiple realities. If I just lost you, let me explain it this way – for every choice there is at least one and probably many more other choices that you might make. No matter which choice you have made in any situation, you also made all other choices, and these broke off, becoming part of other realities.

Quantum physics is wrestling with this sort of thing now...so I leave it to scientists to define this more clearly. I just know that in times of deep stillness, usually when I am in a meditation state of 'no breath', I feel as if I can experience the results of these other realities, and bring those experiences, good or bad, into my life here and now.

Sometimes this happens while I am working with clients. It is a very special and intimate place to share with someone. Neither of us knows what is happening in our conscious minds, as this space exists outside of time, in a place between breaths. The physical world drops away and we both enter into a world of tangible sensation and movement. There is interaction with us, yet there is neither color nor sound, time nor destination. This is a space of Spirit.

Here we honor all experience, with a calm neutrality and clear vision born only from releasing human motivation and judgment. This experience may take weeks, months or years to integrate into our normal waking state of consciousness. Looking back I can see changes in myself and clients that began in these spaces of Spirit and slowly grew from within, until even the outermost portion of worldly life expression was transformed. Here is an opportunity created by the New Moon to find a few moments of time and explore your inner space of Spirit.

My blessings to each of you, on your own journey
-Norma

Two new Sound Healings

[The Gift -](#)

*an improvisation from Spirit
for Voice and Tibetan Singing Bowl*
[Listen Here \(mp3\)](#)

[Omnia \(All\)-](#)

*an improvisation from Spirit
for Voices*
[Listen Here \(mp3\)](#)

[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.



[iTunes](#)

[Podcast Page](#)

[Listen now directly](#)

[- For More Information](#)

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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[EVENTS \(for more info see Calendar Page\)](#)

this year TBA

New York City
Workshop - The Conscious Singer & Private Healing Sessions

Sat, April 12

Adrian, Holy Rosary Chapel
Candlelight Meditation Concert

NEW MOBILE APP IS DONE! [Click Here](#) or look for Healing Chants App on Google Play

- 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 oncert (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). <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

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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)

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MONTHLY FREE ONLINE SOUND HEALINGS

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