

Newsletter
[Subscribe](#)

READ ONLINE:
http://www.healingchants.com/newsletter2014_03.html
PRINT:
http://www.healingchants.com/NormaGentile_mar2014.pdf

Coming into Balance

thoughts, a Free Phone Meditation, and two new healing songs

Dear Friends,

Around the middle to end of March each year the quiet womb of winter (in the Northern Hemisphere) is brought to life by the activity of Spring. During this time our thoughts, intentions and unconscious beliefs act as blueprints to create patterns in the substance of Divine Feminine energies that we have stored up during the previous Winter months.

Just as gardeners thin out and remove plants so that there is proper water and nutrition for the plants they want to grow, this is our opportunity to identify and remove what our soul no longer desires for us to experience in life. In the Southern Hemisphere, this is an astrological opportunity to choose what you wish to harvest from your garden.

Just as some gardeners choose to cultivate roses, nettles and other thorny plants, my intention is not to remove any issues that a soul is choosing to keep and move through. I am convinced that our souls choose to learn about this world, in part, by choosing less than perfect circumstances. Healing is the result of the personality, soul and body having the experience of moving through these wounds. During this process the soul expands its own exploration of consciousness, and brings this new information back into Spirit. I have heard it said that our entire reality is merely Consciousness exploring itself. I believe that as portions of this Consciousness, all that we experience becomes part of Spirit. Our experiences enrich the very Consciousness from which we emerged.

In this **Free Phone Meditation** we will explore healing as moving into and through the wounds that our soul chose to explore in our lives, while learning to identify and release those patterns of wounds that our personality took on, but which our soul has not chosen.

Healing happens in the most surprising ways - please join me if you feel called to do so. You might find it useful to listen to the last phone meditation, now available as a podcast [HERE](#)

Thank you, each of all, for all that you bring to your own journey in our shared world.

-Norma

UPCOMING EVENTS

- | | |
|-----------|---|
| March 16 | Free Phone Meditation at 1pm EDT (New York City time) |
| April 12 | Candlelight Meditation Concert (Holy Rosary Gothic Chapel - Adrian MI) |
| May 2 - 6 | New York City - Conscious Actor / Singer Workshop (by invitation)
Private Coaching Energy Healing Sessions |

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

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

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](#)

HTMLDirect HTMLDirect

HTMLDirect Order CD Here

HTMLDirect

HTMLDirect

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

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 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

FACEBOOK

FACEBOOK

FACEBOOK

FACEBOOK

FACEBOOK

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:
[iTunes](#) / [Amazon](#) / [CDBaby](#)

Healing Chants
a live concert recording

LISTEN for free TO A SONG from Norma's album HEALING CHANTS now: [Click Here](#)



Des
iPhone &
child
[Wearable &](#)



long sleeve



iPhone cover

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 ---

FACEBOOK

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

Norma Gentile, Healing Chants
PO Box 971020, Ypsilanti, MI 48198 USA
734-330-3997, www.healingchants.com
info@healingchants.com

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

[Click here to see other Newsletters](#)