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mid-March 2010 email Newsletter

Telephone Meditation, New Free Sound Healing & Portland Events

PORTLAND EVENTS in 2 WEEKS

I'm in Portland, Oregon with a very special Meditation Concert in Candlelight for the Eve of Good Friday, April 2, followed by a weekend Training Workshop in Shamanism Apr 3-4 and then Private Sessions Mon-Wed, Apr 5-7. Complete infor, including concert tickets and workshop registration is below. Please forward this to anyone whom you believe would be interested.

FREE TELEPHONE MEDITATION THIS SUNDAY

Finding Balance in Your Life

Consolidating what works, Releasing what doesn't fit anymore.

A meditation with Gaia to anchor the portion of your soul that is choosing to incarnate right now at this point in time into your body (and your life).

Using the Equinox energies and the Pure Energy of Nature

Sunday, March 21 at 1pm eastern (New York City)

Open to All without charge

(donations are always welcome by anyone in a position to do so) office@healingchants.com

To Participate Call 1-641-715-3200 and Enter Access Code 555220# (be sure to include the # sign).

NEW SOUND HEALING - FREE ONLINE

Reflection and Joy, a sound healing for the Equinox

http://spiritofmaat.com/mar10/sound_healing_mar10.html

PORTLAND ----- April 2 - 7

Fri, April 2 at 8pm

Candlelight Meditation Concert

A special Candlelight Meditation Concert on Good Friday Eve, April 2. This day can be particularly deep energetically, and as a result people often yearn to enter into a state of profound stillness. I know this state as one where inner transformation happens easily, and the outer world responds effortlessly. The concert will be one hour straight through, so as to not interrupt the meditation energies that will be built together by the group.

This evening of mystical music brings together sacred medieval chants of Hildegard and Norma's own improvisational sound healings, drawn through her in the moment from spirit. These chants dance in Norma's voice with ancient Tibetan singing bowls, harmonic toning, and Schrutti box, an Indian devotional instrument.

The audience is invited to participate as they desire in the music making and healing energies flowing in the sacred candlelight. Tickets are \$15 at the door (starting at 7:30) or in advance at New Renaissance Books and online below

THIS CONCERT IS ONE-HOUR and TAKES PLACE IN THE INTIMACY OF COMPLETE CANDLELIGHT

Location: THE OLD CHURCH in downtown Portland - SW11th at Clay St.

Tickets \$15
at door,
New Renaissance
or [here online](#).

(please note-
we have a limited ability
to process credit cards in
person. Cash or checks are
best).



THE OLD CHURCH
SW 11th & Clay
downtown Portland

Doors open for seating and
tickets at 7:30pm.

Sat - Sun, April 3-4 from 10am to 6pm each day

Sound Shamanism Workshop

Practitioner Level One Training

COST: \$275 (includes Saturday live food lunch and Fri eve concert admission)
Limited to 12 participants

Register online now,
or send a check to:

Healing
Chants
PO Box
971020
Ypsilanti,
MI
48197



LOCATION:

The "little" Church
5138 NE
23rd Ave
Portland,
OR 97211

**(corner of
Sumner
and 23rd
Ave)**

We have the use of this entire beautiful and unique facility - bring your meditation cushion and comfy clothes.

This is a weekend workshop for Practitioners, Performers, and Advanced Students. If you honor that the power to heal is within each of us, you are the type of person who will benefit from the weekend.

The workshop is an interactive experiential training, limited to a dozen participants, with plenty of time for personal focus and questions. I want you to learn how to use and integrate what I am sharing into your own life, meditation, and practice. Please do share this with others whom you think might be interested.

The weekend includes

- Applying sound to Energy Healing
- Singing, chanting and toning using breath power
- Creating sacred grids for easy clearing
- Using Archangel Michael, Mary, and others for healing
- New Nature energy provides physical regeneration
- Grounding using Nature & Earth Energies for support

Norma Gentile, sound shaman, incorporates both sound and energy healing into her private sessions, workshops and concerts. Holding a masters in Voice Performance and years of study with esoteric teachers, Norma is a natural intuitive and channel who receives information from Spirit both in written words and through music. She has recorded four albums of [healing music](#), writes for Sedona Journal, and provides monthly sound healings for Drunvalo Melchizedek's online ezine www.spiritofmaat.com.

LOCAL CONTACT: Michelle Garnier Winkler michelle@CreateHealingReiki.com

For those of you who want to know more about Norma's own experiences with this technique, which uses sound to magnify other healing modalities, please [read here](#) (Honoring Spirit in the Healing Process)

MORE ABOUT WORKSHOP CONTENT

This workshop is suitable for practitioners and advanced students. I offer this training For more about the weekend workshop, please have a look [here](#)

I know that we will do a live raw food on Saturday, and because we are in the Alberta Arts District participants are free to bring their own lunch on Sunday or explore the cafes and unique shops in the area on Sunday. A ticket for the Friday evening concert is also included as part of the workshop. For those who have not yet had a private session with me, I would encourage you to do so before the workshop. The workshop is limited to 12 participants, so there is plenty of time for individual questions and inquiry.

Monday-Wednesday April 5-8- - - - - in SE Portland

Private Healing Sessions

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. Attending the concert or workshop helps to loosen up the energies from your aura before the session, so please plan to attend at least one event if you can prior to your individual healing time. [Read more about private healing sessions here](#)

To schedule an appointment time please email norma@healingchants.com or call 734-330-3997.

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

### **PORTLAND OREGON**

- April 2 Meditation Concert (Good Friday)
- April 3-4 Sound Shamanism Training (limited size)
- April 5-7 [Private Healing Sessions](#)

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### Private Healing Sessions

(offered in person or by phone)

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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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[info@healingchants.com](mailto:info@healingchants.com)

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

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