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end - March 2010 email Newsletter

How much of what You Believe is Yours to Heal is actually Yours to Heal?

Article, New Meditation CD & Portland Events

Dear Friends,

A quick note to let you know that my 20th meditation CD / mp3 is now available. It contains a new sound healing, *Tranquility*, with a choir of Tibetan Singing Bowls, as well as healing ideas from my guide, Archangel Michael, which I share in this newsletter.

I will be in

PORTLAND, OR

Fri April 2 at 8pm

Apr 3-4

Mon-Wed April 5-7

Candlelight Chant Concert - The Old Church

Sound Shamanism Training

Private Healing Sessions

I will also be in Sarasota FL, Cleveland OH, Toronto, Guelph, Sedona and Washington DC this year. Please be in touch with me directly to book Private Session times in each city. Sessions are also available by phone.

Meditation CD #20

How much of what you believe is yours to heal is actually yours to heal?

Finding Balance in Your Life:
Consolidating what works, Releasing what doesn't fit
anymore

A series of Healing Meditations with Gaia, Nature and Archangel Michael
to anchor the portion of your soul that is choosing to incarnate at this
point in time into your body and your life.

FREE SAMPLES - LISTEN NOW

[#1 Why Soul Embraces Body](#)

[#2 What is Yours to Heal?](#)

Includes the new sound healing
Tranquility with a choir of Tibetan
Singing Bowls

[more info / order now](#)

available as mp3 or CD

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

How much of what You Believe is Yours to Heal is actually Yours to Heal?

Healing often happens best not by trying to influence an external person, event, or situation, but by looking internally to see why we want to change what is external to ourselves. When we heal something within ourselves that same motion of healing resonates to the outer world. In this fashion our outer world changes.

Sometimes energies that we are ready to release present themselves to us as repeated thoughts, heightened or frequently reoccurring emotions, or even physical sensations. They are speaking to us in the only way they can; by creating repeated patterns of thought, emotion or physical

unease. We assume that we must somehow heal, fix, or change the emotion, thoughts or physical experience. But in my experience the energies are merely attempting to get our attention so that we will release them. They may not be perfect, but they are ready to move on.

That which is not ours to heal we cannot heal. That which is not ours to change we cannot change. We merely hold those people, energies or situations back from their own developmental process of learning and evolutionary change when we hold them in our space. This is true even when we hold onto an energy or emotion in order to make someone safe.

That which does not vibrate accurately with us is not in tune with us. It is therefore in dissonance with us. Other people's energies, just like clothing, seldom fit us accurately. Part of our healing journey as a race is to learn to recognize all those energies that are not in tune with us, be they thoughts, or emotions or physical sensations in your body. Upon recognizing that what we are experiencing is not always based upon energies that are in tune with us, we have the privilege of releasing those energies and allowing them to move onto wherever they need to be now. And should an energy relate directly to a person, know that those the energy is gifted into the arms of their guardian angel.

Why the Soul wants to Embrace the Body

Each of us, simply by our physical presence, bring a quality of energy to the world. Our merely being present changes the world. When our physical form is highly engaged with our soul, our unique tone or quality of presence moves effortlessly out into the world. This is a remembrance to others of who they truly are.

Healing as a Service to Others

The larger patterns that we each struggle to heal throughout our lifetime, such as addiction, anger, or unworthiness, often seem insurmountable and overwhelming. This is because we fail to recognize and to release those aspects of the pattern that we have come to completion with. We assume that if something isn't perfect, then it isn't healed.

But what if we have healed some pieces or aspects of a pattern as far as we are able to heal the pattern now? Does it not make sense that these smaller pieces and their related energies would be ready to move on from our body, mind and heart? But instead of releasing them, we see instead the unfinished business of healing the larger life-long pattern.

And so we grab onto all of the pieces of the pattern, keeping them close to us. In doing so, we slow our own process of change, and we stop these pieces from moving onto wherever they need to be in order to follow their own evolutionary process.

When we hold onto these old pieces, it also becomes very hard for the next layer of the pattern to emerge and make itself known to us. In this way we oftentimes get stuck, believing that all the healing work we are doing is not getting us anywhere.

A typical question I hear might be: "I've been working with anger for so long, and why haven't I gotten somewhere with it?"

And I would point out that you have created healing around the issue, but you didn't know it. All those chattering thoughts, emotions or odd physical sensations may be energies relating to the pattern of anger. And as they have come to completion with you, having learned all that they can from you, and you have learned all that you can from them, their vibration and your vibration have grown apart.

You now experience the small pieces that you have healed around anger as energies that are out of tune with your body. And your psychic wiring picks them up as mind chatter, emotions and even physical sensations.

Whenever you notice them, ask the repeated thoughts, emotions and physical sensations "Is this me?" "Is this mine?" "Is this me right now?" And to whatever extent you have completed the healing with the smaller pieces of the pattern you will feel a shift in the thought, emotion or physical sensation. By asking the question you are giving permission for the energies relating to pieces of the pattern to go and continue on with their own journey.

And thus you can continue on with your own journey

I trust this has been of some service to you. May each who reads this be blessed and be of blessing in their lives,

Norma Gentile
www.HealingChants.com

PLEASE LET FRIENDS IN THE PORTLAND OREGON AREA KNOW ABOUT THIS CONCERT!

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 Sshruti 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.

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PORTLAND OREGON

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

TORONTO (CANADA) & GUELPH

TBA [Private Healing Sessions](#)

SARASOTA, FL

TBA [Private Healing Sessions](#)

CLEVELAND OH

TBA [Private Healing Sessions](#)

WASHINGTON DC

Meditation Concert
Sound Shamanism workshop
[Private Healing Sessions](#)

SEDONA AZ Dec 2010

Meditation Concert

Sound Shamanism workshop
[Private Healing Sessions](#)

[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

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 This is different from the newsletter, which you are reading now.

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

Do you buy books or CDs and such from amazon.com or amazon.ca?

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

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

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