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Unfurling
Love's
Creation
Chants of St.
Hildegard

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...and even more change...

Dear Friends,

This month's healing song ties directly into the energies of change we are experiencing. Just as we often find comfort in the known, we often project a sense of impending discomfort around the unknown. Certainly we are all traipsing into a new field of consciousness now. Whether it expresses itself as one of politics, health, finances or intimate relationships, our new consciousness is revealing changes in our world.

No matter the area of our life in which issues related to intense change appear, we can make the impending transition smoother and arrive more easily by gracefully relinquishing our conscious (and unconscious) hold on what must now pass away. Here are some additional insights and a healing song to help you do just that.

A song for what is happening now
[Sacred Passing from the Earth](#)

from Norma's album
[Songs of Spirit: live sound healings](#)

related
article
[Choosing
Profound
Change
in Our
Lives](#)
(Why it is
hard and
how to do
it anyway)

Yes, please share these newsletters with your friends, your email circle and social media.



Grounding into your Earth Soul - a song and meditation channeled from Archangel Michael

A related sound healing!
This song (and the
spoken meditation
before and after it) came
through me from
Archangel Michael. I
present it in two versions
- the complete healing
with the song in the
middle, and a version
with just the song. For
your interest, the text of
the meditation is [here](#)

[Full Meditation \(7:30 mins\)](#)
[Just the song \(2:30 mins\)](#)

UPCOMING EVENTS

July 1 - Aug 1

Private Healing Sessions

Aug 20 - 23

Richmond, VA
Workshops & Private Healing Sessions

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 \$215 and last about an hour. Please be in touch with me to secure an appointment time. office@healingchants.com or 734-330-3997. [Read more about private healing sessions here](#)

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AUGUST 20-23 ----- RICHMOND, VIRGINIA

Saturday, August 20
10am-noon

Sound Shamanism; an exploration and live demonstration

Sacred Sound has been used by all spiritual traditions, from indigenous cultures to the medieval Catholic Church and today's modern sound healing practices. A single sustained tone allows the brain to quickly silence itself and shift into a state of reflection. Imagine what more can happen when Norma, who is a professional singer and also a trained healer and channel for Archangel Michael brings her voice, Tibetan bowls and presence to us.

Norma Gentle, (B.M. and M.M. in Vocal Performance) has her feet in both the professional music world and in the shamanic traditions of healing. Having seen auras and angels as a child, she learned to utilize her spiritual connections as an adult by training with shamans and psychics while developing her own means of using music for spiritual healing. Drawn to music that lends itself to inviting listeners into a deep state of inner awareness, Norma combines Tibetan singing bowls from the eastern meditation tradition with the western medieval chants of St. Hildegard von Bingen.

SPONSORED BY:: IONS Richmond

LOCATION: [River Road Baptist Church](#), 8000 River Road, Richmond, VA 23229 (at the corner of River/Ridge Roads) Park & enter on

Ridge side.

Sunday, August from 10am-4pm (till 5pm for swimming/hot tub use)

Making New Choices in Your Life: A Sound Energy Healing Gathering with sound shaman Norma Gentile

Our time will include a series of sacred chant meditations, teachings on the use of sound to magnify other healing modalities, and exploration of our own ability to choose new thoughts, feelings and experiences to better follow our soul's journey.

Trained as a professional musician (Master's in Voice) Norma has an innate ability to see auras and connect with the Guides and Angels that surround each person. She cultivates a process of healing change by magnifying your own psychic awareness through sacred chant, toning and silence.



Bridges
Between
the
Worlds
Retreat
Center

The center will remain open for one hour after the close of the workshop for those wishing to swim or use the hot tub or infrared sauna. Please bring a bathing suit, towel etc for this purpose.

LOCATION: [Bridge Between the Worlds](#) 2395 Paddock Wood Road, Keswick, Virginia 22947 (in the Blue Ridge Mountains an hour from Richmond near Charlottesville) Email: mcilvaine@bridgebetweentheworlds.org Please contact the center directly to inquire about overnight accommodations.

COST: \$111 (with tea, snacks and lunch included)

HTMLDirect HTMLDirect

REGISTER NOW via PAYPAL
or check to Norma Gentile, PO Box 971020, Ypsilanti, MI 48197

Bring instruments if you have them.
You need not be a musician to attend.
All experience levels are welcome.
Wear loose comfortable clothing.

Private Sessions (Richmond, VA)

Sat, Aug 20 and Mon, Aug 22 and Tues, Aug 23

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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 \$215 and last about an hour. Attending the workshop helps to loosen up the energies from your aura before the session, so please plan to attend if you can prior to your individual healing time. [Read more about private healing sessions here before booking your appt](#)

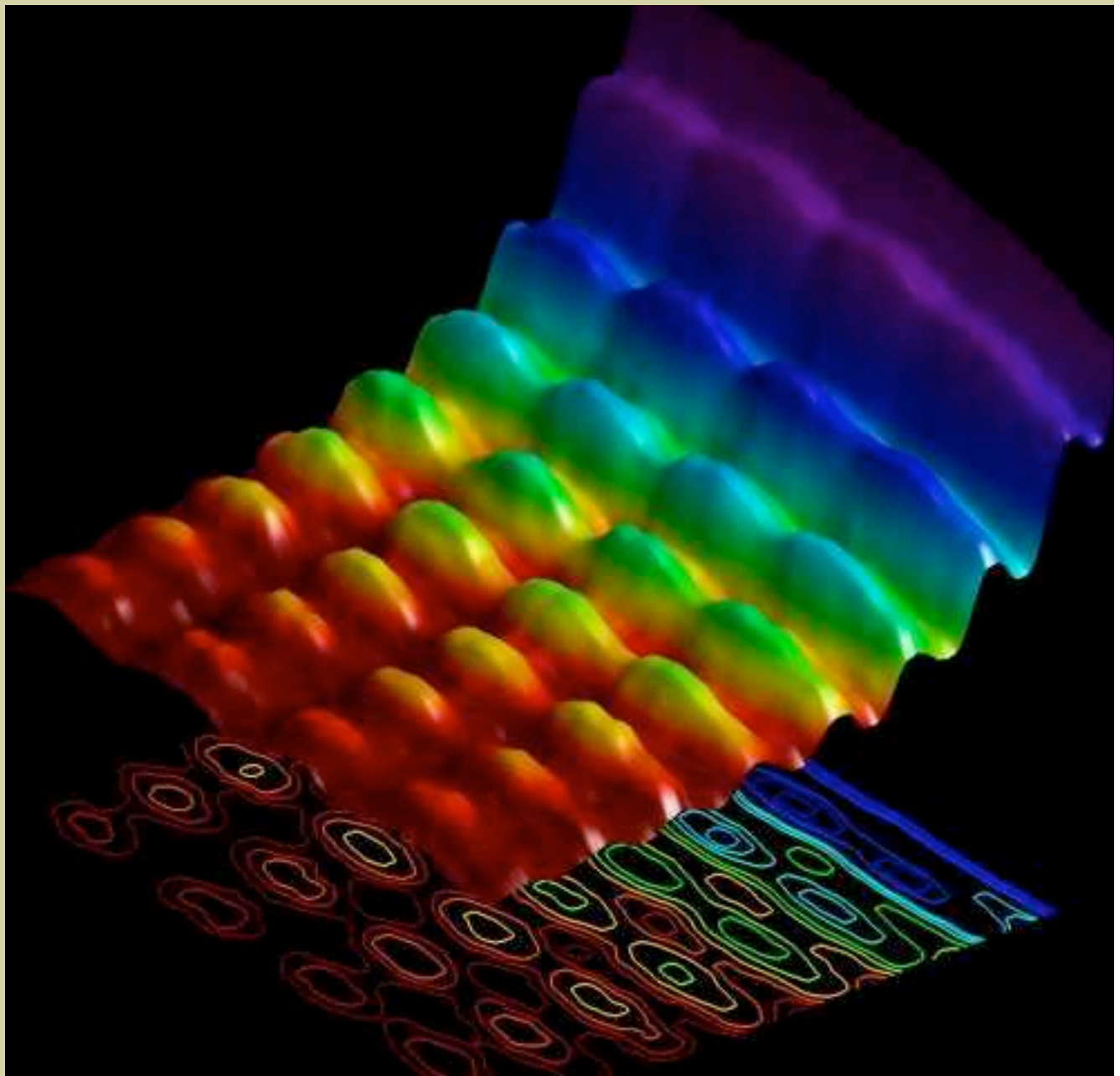
To schedule an appointment time please email office@healingchants.com

Location: Richmond area, TBA

Norma's Meditations (free podcasts)

Healing from within Polarity

THE GIFT OF POLARITY: How and Why we use Polarity in our Lives.



Listen to excerpts now:

1. [Our souls choose to explore both sides of Polarity](#)
2. [We created Polarity](#)

[iTunes](#)

[Listen to mp3 directly](#)

[Transcript](#)
& more information

These meditations are very similar to what I offer in my [Private Healing Sessions](#). If you are drawn to this idea, read more about my healing

<http://www.healingchants.com/soundhealings.html>

Norma's Healing Songs

Opening

start wherever you are now



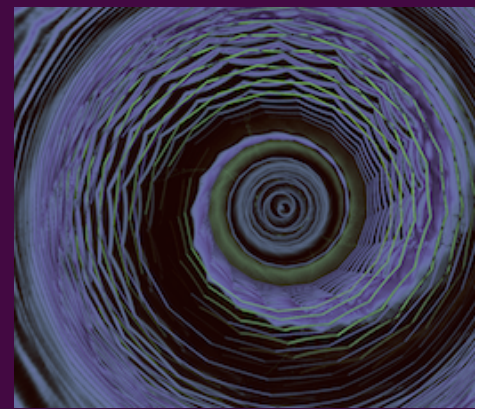
Seculum

for all the ages of our worlds



Being - Doing

A healing song for Balance



<http://www.healingchants.com/soundhealings.html>

And of course if you like my music, you can find my recordings online [here](#) and at [amazon.com](#), [iTunes](#), [CDBaby](#)

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*Unfurling
Love's
Creation*

Based on compassion as an aspect of Love, these chants illuminate the finer energies of the Divine Feminine. This recording is especially suitable for those seeking deeper stillness.

Chants by Hildegard of Bingen
Sung by Norma Gentile

*with Harmonic
Drone Chorus
and
Tibetan Singing
Bowls*

<http://www.healingchants.com/soundhealings.html>



CELEBRATE HILDEGARD

Designs based on Hildegard

iPhone & iPad goodies / organic
children / notecards / tote bags
Wearable & Usable Sacred Art - bring you



long sleeve



iPhone cover



ceramic travel mug

Norma's other offerings

FACEBOOK

Get Norma's free videos, sound healings and essays regularly.

VIDEOS

Watch Healing Chants online

MUSIC AND CHANT RECORDINGS

Sacred chants from Hildegard, improvisations from Spirit and healing songs from the Hathors, CDs or download

SPOKEN MEDITATIONS

Meditations and information, (available as podcasts)

SOUNDCLOUD

Stream Norma's music

TWITTER

MONTHLY FREE ONLINE SOUND HEALINGS

PRIVATE HEALING SESSIONS (by phone)

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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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