
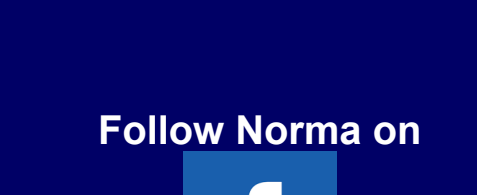






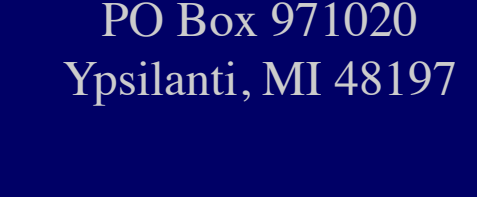
Norma Gentile
sound shaman

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- [MerKaBa Meditation & Pranic Nourishment](#) **COMING 2020**
- [How Healing Happens](#) and how to let it happen more

Gaslighting

How it Works How to Release It

The full meditation is now available [here](#) or wherever you get your podcasts.

GASLIGHTING
How it works
How to identify it
How to intuitively 'see' beyond it

I do have **Private Session** times available during the Full Moon and Solstice period if you want to take advantage of these energies.

Compassionate Transformation: Gaslighting
Releasing what Wounds and Loving what Remains

Listen to a song from the meditation.
[The Embrace: How does Your Soul want to Enrich Your Body?](#)

Dear Friends,

I want to share a new audio meditation, freely available [here](#) or wherever you get your podcasts. It includes some very timely insights from Archangel Michael and Mary. Of particular interest is a mention of how our psychic intuitive abilities can be blocked by another's energies. This is followed by a sequence of energy and sound healings to clear the strongest psychic intuitive chakras / parts of our body. Here is a quick synopsis:

GASLIGHTING as PSYCHIC MANIPULATION

We each have the ability to see psychically what others *want* us to see, and then we have the ability to *remove* whatever it is that they want us to see, and see with our own intuition. This lets us see our own truth about what our Soul wants us to see, know and do in life.

When we are not able to remove the psychic images, emotions and beliefs that another wants us to see, our own intuition is blocked by their energetic will. (gaslighting)

Your Psychic Intuitive Compass has 3 Locations in Your Body. This meditation includes a sequence of healing insights and songs to clear them.

- 6th Chakra (head) and 5th Chakra (Throat)
- Heart Chakras (yes, there are two Heart Chakras)
- Navel Chakra

The audio meditation also includes three new songs and additional insights from Archangel Michael and Mary:

- Why (sometimes) we can't heal ourselves
- Are you micro-managing healing energies?
- Our Soul may create pain to direct our choices
- We can release energies from infancy that block us from feeling safe as adults

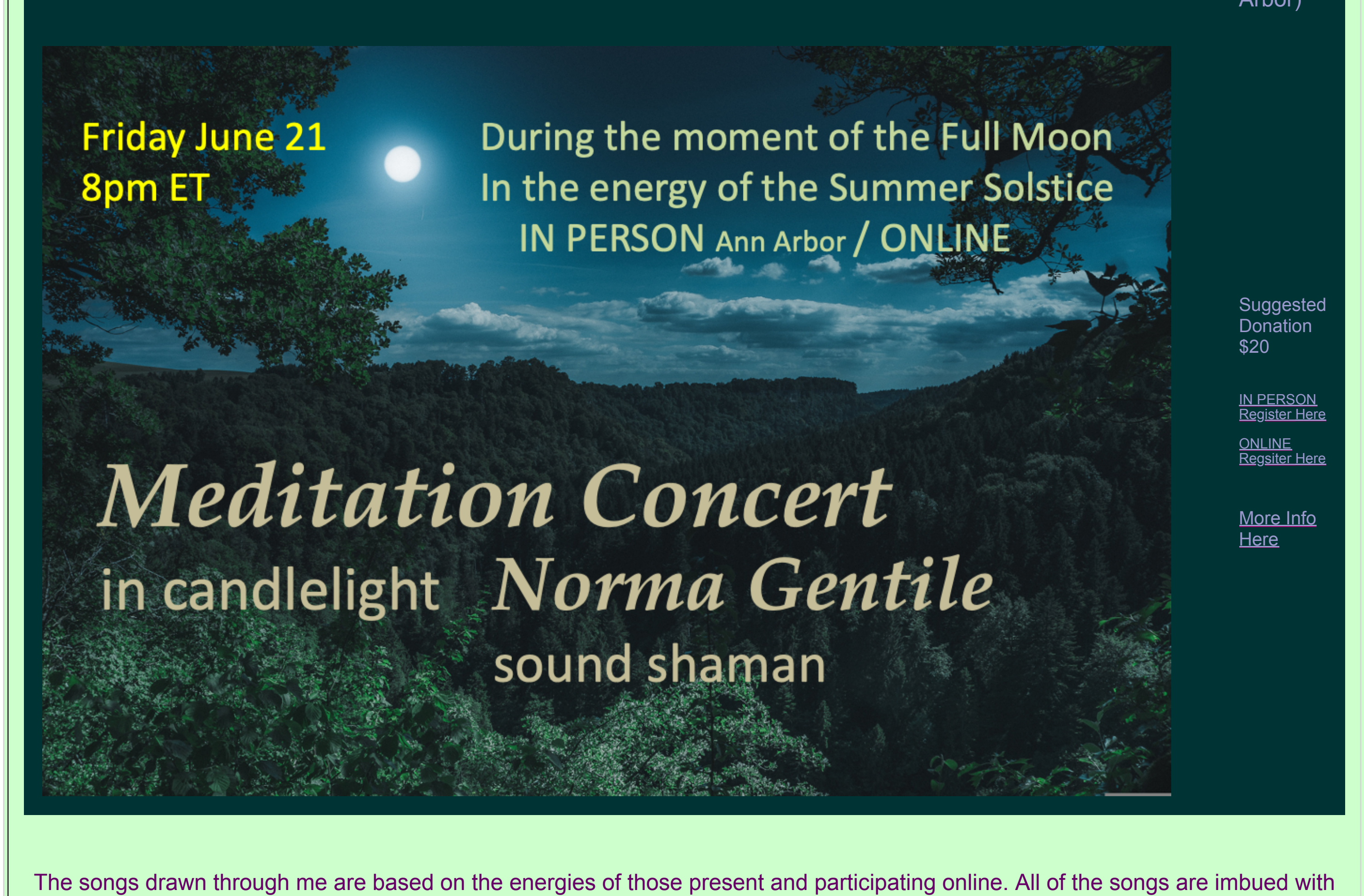
I offer all of my audio meditations freely as podcasts. I am glad to receive feedback and ideas from you at office@healingchants.com.

And now, I am preparing a new [Meditation Concert](#) of Sacred Songs and Healing Chants which will take place during the Full Moon on Friday, June 21. It is going to be in-person at the [Interfaith Center for Spiritual Growth](#) in Ann Arbor and streamed online (we may have a zoom link too) from the [Healing Chants Facebook Page](#).

Join me in the energies of the Summer Solstice during the moment of June's Full Moon

Friday June 21 at 8pm
Sacred Songs and Healing Chants (in candlelight)

online or in person (Ann Arbor)



Friday June 21
8pm ET

During the moment of the Full Moon
In the energy of the Summer Solstice
IN PERSON Ann Arbor / ONLINE

Meditation Concert
in candlelight **Norma Gentile**
sound shaman

Suggested Donation \$20

[IN PERSON Register Here](#)
[ONLINE Register Here](#)
[More Info Here](#)

The songs drawn through me are based on the energies of those present and participating online. All of the songs are imbued with healing energies from spiritual beings and your own guides and angels.

Private Healing Sessions
(offered by phone or Skype)

Sessions include both information from your guides and angels, as well as healing energies to facilitate changes your Soul desires in your body and your life. This multi-faceted approach is notably deep and most people find that one or two sessions provides them with substantial, lasting and profound change. The kind of change that is so complete that there is little or no going back to the other ways of being.

In these healing sessions the spiritual foundation of who you are (the portion of your soul incarnating right now) engages with your body in a new way. This allows what does not reflect your Soul and body to be revealed, understood, and released. Simply put, the real world version of you catches up with the spiritual foundation of who you truly are. After the healing session your Soul, body and life will reflect each other more accurately.

How Your Healing is Supported

I do not intend or focus healing so that your body looks perfect, or that your aura looks like it does in a book. My guides consult and follow your guides, asking at each organ, each chakra, each issue in your life: what is it that your body and Soul choose? What is your next step? And in this process, allowing whatever no longer serves your Soul's journey to be released.

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 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](#)

Meditation #66 from October 22, 2023

Entering Peace
Identifying and Releasing Old Emotions and Beliefs Held in Your Low Body. Hint: most of what you experience isn't yours.

[Apple Music](#) [Listen to mp3](#) [Transcript & more information](#)

A song and message from Mary, drawn through me during this live healing meditation.

- Insights from Archangel Michael and Mary
- Our lower chakras are just as energetically and psychically sensitive as our Third Eye (6th chakra) and Heart Chakra. Emotional energies held in our low body are often from infancy or early childhood, and take extra care and patience to understand, transmute and release.
- Four Healing Songs from Spirit**
Norma's Hathor guide Atamira lays her energies into these songs, improvised in the moment to reflect the energetic context and healing possibilities of those listening.
- Resolving Restlessness
- Clearing Pain
- Lava me / Wash Me in the Sea of Tranquility
- Kyrie Eleison / Creator Compassion

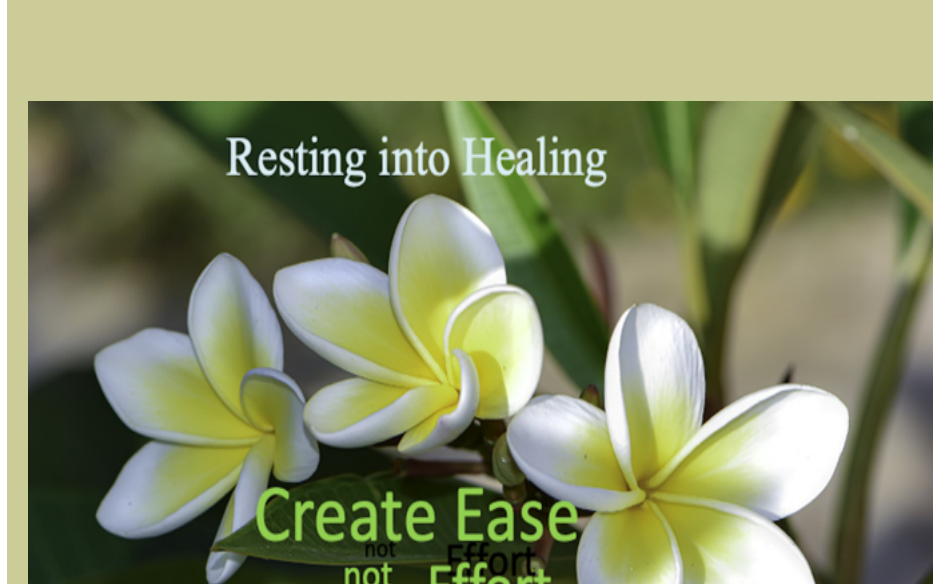


Listen or Watch

Meditation #65 from June 20, 2023

Create Ease, Not Effort
Learning to rest more fully into healing

[Apple Music](#) [Listen to mp3](#) [Transcript & more information](#)



Great to induce a good night's sleep!

A deeply restful healing meditation from Archangel Michael and Mary, speaking through Norma. Let yourself lie down, close your eyes, and come to rest into those natural processes that surround and support you.

Energies may assist to release pain and discomfort in your legs and lower body. The soft, tender tissue behind your knees, the spherical chakras at the ankles and the chakras on the bottom of your feet are included in this healing meditation.

Opening the lower portion of your body allows congested stuck energies to flow more easily throughout your body. This will help with headaches and sinus issues.

Falling asleep is a known side-effect of listening to this meditation. Be in a quiet place where you can listen and not be disturbed.

Norma's music and meditations are available on [Apple Music](#), [Amazon](#) and most streaming services.

in case you missed it...

Spiritual Energetics and Insights into Long Covid
for ourselves and our world

The 3 types of Long COVID I am seeing now, with prevention, treatment and spiritual insights. with *Inspiration from Archangel Michael, Mary, and the Beings of Light*

[PART 1](#)
[PART 2](#)

Please consider a Monthly Donation

A monthly donation lets me create healing songs and videos, these newsletters, online concerts, and audio meditations. Your support allows me to hire and pay professionals for editing, recording and various online services. Thank you!

[Click Here to DONATE](#) or use the QR Code



[more donation options here](#)

If you are seeing this newsletter because a friend sent it to you, you can subscribe and see past newsletters [here](#).

A TINY BIO

I have always seen auras. As a psychic I 'see' how people connect to their guides, angels, and other people. My healings assist in clearing accumulated cobwebs and awakening the innate creativity and healing potential within each person. I use my intuition, insights from your guides and angels, healing energies and music in this process. I believe that our world is healed as each person heals themselves.

A song to find the stillness within you from which Rebirth arises.

Rebirthing Yourself from Spirit after trauma

a song and insights to find the stillness within you

The song in this video, [O Rubor Sanguinis](#), is a medieval healing chant by St Hildegard of Bingen (1098-1179). I sing it in its original language which is Latin. You can [find it on my albums Unfurling Love's Creation](#) and [Songs of Spirit](#)

Yes, my music and meditation podcasts are on most streaming services. And I have CDs!

Yes, I still have music on physical CDs.

Best Way to Purchase a physical CD is [Here through my website](#)

UPCOMING EVENTS

- Sun Feb 4 at 4pm ET / 1pm PT [Meditation Streaming Online](#)
- June TBA ET / PT [Summer Solstice Meditation Concert](#) streaming live and in person (Ann Arbor)

Private Healing Sessions available by phone / Skype by appointment

an online course for all levels and lineages

Re-Initializing Reiki

sample video
The Spiral and Linear Paths of Healing
from the online course: Re-Initializing Reiki

Dear Friends,

I am so pleased to share with you a video from my developing online course, [Re-Initializing Reiki](#). Excited have a look, and feel free to share with others.

The world has changed
You have changed
Reiki has changed

Why wait?
Step into your new connection with Reiki and your healing guides and angels [now](#).

New Online Video Courses! (special early-bird pricing and a coupon for \$20 off a [Private Session](#))

- Spiritual courses in Healing, Sound and Energy Awareness**
created for today's online world
[Re-Initializing Reiki](#) Update your personal connection to Reiki and your healing guides. (pre-release price)
- [How Healing Happens](#) and how to let it happen more
Insights and meditations to help you get out of the way of your own healing process. FREE
- [Resetting Your Financial Guides](#) Let yourself hear and follow the money guides working with you right now (pre-release price)

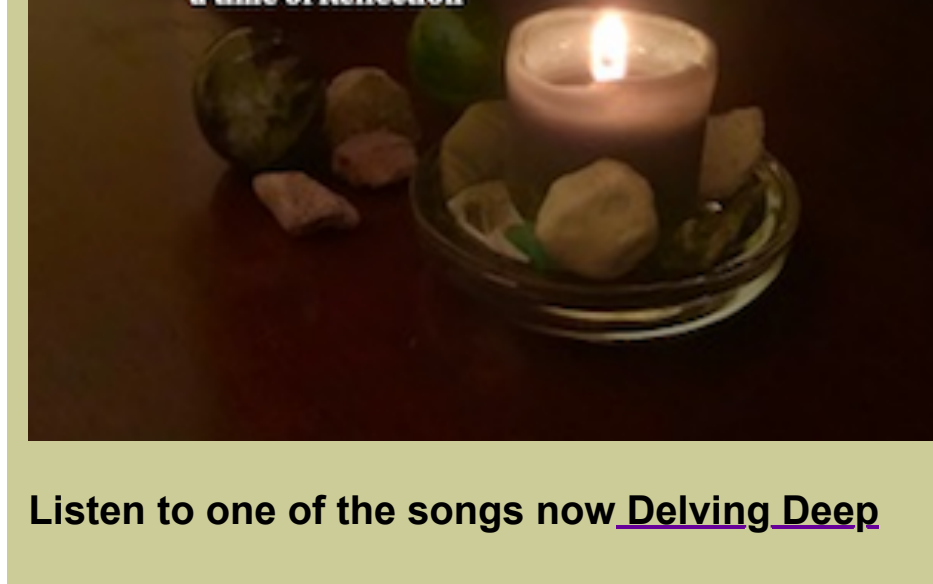
Here are some additional free offerings.
Yes, please share these newsletters with your friends, your email circle and social media.

Norma's Audio Meditations are available as free podcasts at Apple and Spotify and wherever you get your podcasts.

Meditation #63 from January 1, 2021

Renewal
A time of Reflection with songs and insights from Archangel Michael, Mary and the Hathor Atamira.

[Apple Music](#) [Listen to mp3](#) [Transcript & more information](#)



Includes 4 new songs from spirit and these insights:

- Thoughts on the Healing Process
- Opening Your Energy Body to Deeper Healing
- Our Lower Chakras Follow Larger Creative Cycles
- Clearing Your Pelvis
- Releasing Tension by Clearing Other People's Guides (Neck - Head - Third Eye)
- Updating Your Life Plans (and the guides / angels to help you)
- Grounding into Your Own Energies within the Earth
- Illusory goals vs Achievable Goal
- Resetting Third Eye for Clear Psychic Vision

With this cycle of creation there is a period of Renewal. During this time we acknowledge all the cycles initiated in the past, and know that we carry with us all that is coming from our past. In this meditation you have the opportunity to identify and release what you do not need carry into the future.

Listen to one of the songs now [Delving Deep](#)

Norma's music is available on [Apple Music](#), [CDBaby](#), [Amazon](#) and most streaming services.