



Norma Gentle
sound shaman

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How Healing Happens and how to let it happen more

Being, then Doing
a healing song for Balance
- version for earbuds, larger speakers
- version for cellphone, computer speakers

This song contains very low undertones and harmonic overtones. These are best experienced with earbuds.

More about this healing song below.

Being stuck is literally not being able to move forward. That is very different from choosing to remain in place while being in an active state of Spiritual deep listening.

Dear Friends,
There's a difference between stopping or pausing to nourish ourselves and simply being stuck. Being stuck has a tepid motionless quality, and often a sense of being small or having things outside of ourselves impinge on us, and energetically enter our personal space. Nourishing ourselves involves feeling our feet flow with life-force, a calm clarity in our quiet not thinking mind, and a sense of being held in a state of deep stillness that also has a warm gentle ebbing flow that surrounds us.

In the past few months, I have been seeing people confuse these two states of being, and I offer here below some insights and a healing song to help you move from being stuck (in general or around a particular issue) to being nourished. As always, if you feel this is helpful and would like to address this more, I am available to work with you in a healing session.

Being stuck oftentimes coincides with a foggy brain or a blurry sensation, a heaviness in the forehead and lower backside of the head extending into the neck. You might also notice that your intuition is less keen, and there is a sense of not being able to see clearly.

Keeping in mind how much has happened in the past few weeks/months, it makes sense that your Soul may be choosing to explore possibilities that are only now arising in your life. Guides and angels that helped you in the past may not be the ones who are best able to move forward with you into this new future. That's just not what they came to do. And, perhaps out of habit, you haven't fully released them yet.

Releasing them from around the head, (seventh chakra, sixth chakra, fifth chakra) and especially the backside of the neck will clear out your intuition and quiet your mind chatter. Clearing your lower back and the navel chakra is incredibly useful to help the guides and angels that truly are in tune with you now step forward and connect directly with you.

I jokingly say that the physical bodies of folks who are psychic or very attuned to energies look a little like a free lunch buffet with all sorts of guides and angels just crowding into their personal aura and surrounding them. The guides and angels that are truly in tune with them are about four or five rows back, jumping up and down and waving and trying to get their attention. But all the other guides and angels are so loud that the new, up-to-date guides are inaudible.

By thinking and releasing the guides and angels that have helped you up to this point in your life, you clear out your energy field, including areas inside your physical body, and allow those up-to-date guides and angels that are in the far back row to step forward and share their insights easily with you.

As a side note, oftentimes when guides and angels are trying desperately to get our attention, we'll invite them to step forward and step into our personal space, even into our physical body. When they come too far in, or stay connected too deeply to us for too long, their presence can actually cause physical discomfort and tinnitus.

It is appropriate to welcome guides and angels that are perfectly in tune with you and reflect who you are right now, i.e. reflect your Soul's journey right now, to assist you. After decades of channeling, I suggest that you ask them to step forward but not into your personal space. They can sit two or three feet away from you.

You may have a habit of pulling them all the way in. This sort of connection is, over hours and days, very fatiguing for your body. On an energetic intuitive level, letting guides and angels sit outside of your personal aura while communing with you may seem odd. What I have found is that when you pose a question to them, it might take an extra second or two for you to get the information. But the information will tend to be cleaner, clearer, and from a larger perspective of consciousness. This is because the guide isn't trying to bend their energy down as far as the coarse layers of our physical reality. They're able to maintain a vibration closer to unconditional love as they share whatever they are sharing with you. And what is shared reflects the wisdom that your Soul desires for your personality to have in that moment.

If this sounds good to you, please feel free to get ahold of me and we can do this process together with your new, up-to-date guides and angels in a private session.

My blessings and gratitude to all who read this,
-Norma



Being, then Doing
(a healing song for Balance)
an improvised sound healing, drawn through Norma from Spirit. Accompanied by a Tibetan Singing Bowl.

This song contains very low undertones and harmonic overtones. These are best experienced with headphones or earbuds.

edited for earbuds, larger speakers
edited for cellphone, computer speakers

mp3 listen now original

As you listen to this simple song be aware of your breath. For many of us, breathing is an entry point into meditation.

You are hearing a large Tibetan bowl being rung, and I am using my voice to create different intervals around its steady note. In the background a kitchen clock is marking the passage of time. This gentle rhythmic pulsation underscores the aspect of 'doing' in life. The long sustained notes create doorways through which you may step. Each note that I sing creates a different interval with the steady note that the bowl emits. Each of these intervals is a doorway into a different quality of your 'being'. At some point you may feel as if you enter inside of the notes. As you do so, time is suspended. This is both a natural occurrence and a psychic phenomenon.

As I sing, I allow myself to move inside of the note I am singing. When I do this I know that the quality of consciousness I am experiencing is traveling on the sound waves to whomever is listening. With each note I rest more and more deeply into Spirit. As you listen, this invitation to rest into your guides, angels, Higher Self and Spirit is offered to you.

Doing is what happens after we have spent time Being. It is not the reverse!

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

Safe Space
A song to help you remember
Listen or Watch Video

Chaos is merely the presence of noise within an otherwise quiet and tranquil landscape.
You can hear the noise, and know that it only exists as splatters of paint upon the larger canvas of Life.
Feeling safe comes from a restful Heart

SAVE THE DATE! Please join me for a Healing Meditation Concert of Sacred Songs and Healing Chants which will take place on the Full Moon, Sunday December 15 at 4pm ET / 1pm PT. It is going to be in-person at the Interfaith Center for Spiritual Growth in Ann Arbor and streamed online via zoom and the Healing Chants Facebook Page.

Have you listened to this podcast meditation?
Want to read the updated insights from Archangel Michael and Thoth?

Meditation #64 from August 22, 2021

New Goals for New Paths
The way we were creating reality, as well as the path and the goals of that reality, have changed.

Great to release trepidation, fear around changes in the world and your own life.

New Goals for New Paths

For Best Results: Be in a quiet place where you can lie down and not be disturbed.

Norma's music and meditations are available on Apple Music, Amazon and most streaming services.

A Series of Healing Meditations Tuning Your Body to your New Path and New Goals

Apple Music Listen to mp3 Transcript & more information

Feeling stuck, or heavy or unable to follow through with your plans? You may be tied to parts of a past reality. Here is a meditation to help you step into the new reality that our world, and your Soul is choosing for you now.

New beliefs, habits, and behaviors that we started in this last year or even within the last few months may not serve us anymore. The way we were creating reality, as well as the path and the goals of that reality, have changed. New options are available and for most of us, our Souls have decided that we want to investigate and pursue those new options.

Even the guides and angels that were helping us achieve those old goals can now release, allowing our intuition to open more fully to the guides and angels that reflect our new reality and are meant to help us right now.

Includes two new songs for deepening your Soul's connection to your body
- Safe Space for Healing (release old patterns, beliefs)
- Resting Heart

How to Stop someone's energy from Influencing you
How Psychic Energy from others Clogs your Intuition
Why and How Narcissists and their Reality Collapses
How Guides and Angels are Meant to Work with Us
Improve Your Intuition by Updating Connections to Guides and Angels

Norma's Meditations are freely available as podcasts or HERE on her website.

Meditation #67 from February 4, 2024

Compassionate Transformation
Releasing what Wounds and Loving what Remains

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

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)

Psychic Intuitive Compass has 3 Locations in Your Body. Let's Clear Them!

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

This meditation will Relax your Body, bring Ease to Personal Expression, and Clear your Thoughts.

Meditation #66 from October 22, 2023

Entering Peace
Identifying and Releasing Old Emotions Isn't Yours / Low Body. Hint: most of what you experience isn't yours.

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 Atomira 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 / Wash Me in the Sea of Tranquility
Kyrie Eleison / Create in Compassion

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!

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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.

ATINY BIO
I have always seen auras. As a psychic I 'see' how people connect to their guides, angels, and other people. My intuitions 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
streaming live and in person (Ann Arbor)

an online course for all levels and lineages
Dear Friends,
I am so excited to share with you a video from my developing online course, Re-Initializing Reiki. Please 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.

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

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
Re-Initializing Reiki
Update your personal connection to Reiki and your healing guides. (pre-release price)
How Healing Happens
Insights and meditations to help you get out of the way of your own healing process. FREE
Let yourself hear and follow the money guides working with you right now. (pre-release price)

How Healing Happens and how to let it happen more
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 Atomira.

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

Within each 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.