



Norma Gentle
sound shaman

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I share with you some additional insights and information around current events that you may already be feeling. While the US election is bringing up most intensity, this is also a healing opportunity. Please join me, and read more below.

Meeting the Unknown
Compassion
as a Response to Trauma

a live streaming meditation
Meeting the Unknown:
Compassion as a Response to Trauma

An hour of insights, healing energies and meditation from Norma and her guides

Sunday, November 3
7pm ET / 4pm PT
(Daylight Saving Time ends in USA earlier this same day)
Streaming online from the [Healing Chants Facebook Page](#)

Dear Friends,

This is a time of potential healing around what is most noticeably not harmonious and healthy. American politics has taken center stage. We are challenged to remember that when we dislike and avoid something externally it is often because something within us is awoken. Something that is uncomfortable, and is ready to be seen, understood, and changed.

Anger, fear and aggression are the audible and energetic components of what Drumpf (original family name) exudes. In the past month I am noting that the lower level guides that have worked through him have completely engulfed him. These low level guides are now, sometimes, coating the violent words with a sweet artificial energy of conditional love.

I believe that most of us grew up in families where love was very conditional: 'I love you as long as you...' And bits of the learned behaviors, beliefs and habits that we adopted in order to live within our family might still remain in our unconsciousness. The low level guides around Drumpf offer an opportunity to recognize and shift inside of ourselves what we are seeing in the outer world.

Underneath the audible words of anger, fear and aggression, people are also hearing the psychic energies of the low level guides (functioning as a single Being) resonating with their upbringing and wounds. Drumpf promises, on a psychic level, to love them as long as they join him in wallowing in emotions that are not really theirs. The pool of anger, fear and hatred belongs to the Being encompassing Drumpf. It may actually have been attached to the family for a few generations, going back through the male lineage, which is why I use the family name.

Almost always calling attention to manipulative energetic beings on a psychic level will bring them into easier view of others. Sometimes even eliciting odd public behavior. Once seen by both psychics and those people who are sensitive to energies, the Being's energetic presence disperses and their power over people fades.

The Being of consciousness that Drumpf is channeling is ancient. It may actually be a collection of consciousnesses. Ultimately we are not here to fight against them, but to compassionately witness them. We will learn more about ourselves, and, if possible, offer the opportunity to move on. All Beings of consciousness have an evolutionary journey, and possess an inner knowing of where their true home is.

We cannot silence what this Being (collection of low level guides) are bringing up out of human consciousness. We must understand why such emotions and beliefs about the 'other' still exist. But, perhaps, we can help.

Please join me for a live streaming meditation with myself and my guides Archangel Michael, Mary and the Hathor who calls herself Atamira.

Please share this with others who might be interested.
-Norma

PS Drumpf is the family name before it was changed. I use it because the Being of consciousness was drawn to vibrations within the family's DNA. More about this on Sunday.

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 steadfast 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.

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)

Your 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 and Beliefs Held in Your 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.

A Song and a Message from Mary

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

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, and audio professionals. Your support allows me to hire and pay professionals for editing, recording and various online services. Thank you!

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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 find and insights within you to the stillness within you

The song in this video, *O Rubor Sanguinis*, is a medieval language which is Hildegard of Bingen (1098-1179). I sing it in its original hearing 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

Private Healing Sessions
available by phone / Skype by appointment

Sun Nov 3 at 7pm ET / 3pm PT [Meditation Streaming Online](#)

Dec 15 at 4pm ET / 1pm PT [Winter Solstice Meditation Concert](#)
streaming live and in person (Ann Arbor)

an online course for all levels and lineages

Re-Initializing Reiki

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)

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.

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 still available on [Apple Music](#), [CDbaby](#), [Amazon](#) and most streaming services.