

FREE PHONE MEDITATION
Sunday, September 23 at 1pm EST (New York City time)

Held during the closing energies of the equinox and of the Sirian Portal, a major astrological cycle of creation, this hour will address our use of Sacred Masculine energies to re-create our world. This includes a series of silent and spoken meditations, most likely from my guides Mary and Archangel Michael. Plan on finding a quiet space where you can lie down and be deeply at rest and undisturbed for the duration of the meditation. This will be recorded and posted as a [free podcast or at-cost CD](#).

All are welcome to participate. There is no charge. If you are able to make a donation that helps me to offer this meditation and its edited version as a podcast freely to everyone.

US Callers: +1 760 569 7100
To Participate all callers must enter Access Code 299660

Please note:

- Callers may be charged for the cost of the call within your own country.
- Recordings of previous meditations are available as [mp3 or CDs](#)

Donations
Welcome!

Email:
office@healingchants.com

Checks:
payable to
Norma
Gentile

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For more Information: [Calendar Page](#)

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New! - Free Songs, Chants, Sound Healings, Meditations and Videos
Receive a Sound Healing from Norma without leaving your home!

O vos
flores -

**You who
are Rose
Blossoms**

(voice and
harp)

Medieval
Chant by St.
Hildegard of
Bingen,
accompanied
by harpist
Gordon
Johnston of
Ottawa

Renewal

A sound
healing
with
Tibetan
Singing
Bowl and
Voice
(with
multiple
photos
capturing
Spiritual
Energies in
the room as I
sang)

**What are
You here
to do**

Now? Two
sacred
geometry
mandala
videos

September Newsletter essay ---- Releasing Fear

"Fear acts to inform you of your distance from your true Self, and from those who most love you."
- Archangel Michael

UPCOMING EVENTS [\(complete list and more info here\)](#)

Sept 23 Oct 14	FREE Worldwide Phone Meditation (1pm Eastern US time)
Oct 14	Niles, MI An informal Gathering w/Shepherd Hoodwin and Friends
Oct 20 -23	Ottawa (Canada) Concert (Voice, Harp, Tibetan Bowls), Workshop, Private Sessions LISTEN NOW to a song from our last concert together! - O vos flores rosarum (a medieval chant by Hildegard of Bingen, with harp)

improvization by Gordon Johnston and voice)

early Dec

Richmond VA area TBA

PRIVATE HEALING SESSIONS

in person (SE Michigan) and by phone Sept 24-Oct 12 and Oct 26-Nov 15

Facebook Update: "LIKE" [Norma's Facebook Page](#) to be notified about new Videos and Sound Healings regularly.

Only about 10% of you see my free videos, online sound healings, essays etc that I post on Facebook. If you want to increase that possibility click LIKE on my [official Healing Chants Page](http://www.facebook.com/HealingChants). <http://www.facebook.com/HealingChants>

Get the healing power of a Private Session on your iPod / CD player with Norma's free Meditations

available as CD or mp3

Meditation #33 from May 20, 2012

What are You Here to do Now?

Accessing the High Heart to lead and empower your life now

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under Podcasts > Norma Gentile

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or stream
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NOTE: Includes 2 sound healings, recorded during a live concert.

- 1 Using Sacred Space
- 2 Entering into Sacred Space
- 3 Your Two Heart Chakras (and what they do)
- 4 Meditation on Your High Heart
- 5 Updating Your Spiritual Support Staff
- 6 Sound Healing: How does Your Body want to be supported by Your Soul now? (Mother of Eternity)
- 7 Sound Healing: What are you meant to do now?
- 8 Let your Soul Lead You
- 9 Re-Claiming Your Right to Say "No"
- 10 Your Traditional Heart Chakra
- 11 Experience Your Unique Quality of Unconditional Love
- 12 Exiting from Sacred Space

This album invokes your personal connection to Archangel Michael and provides a unique healing for you each time you listen to it.

This is a live recording of a healing concert. The focus is the opening of the heart to Sacred Masculine energies held within the Earth. These sacred energies provide a surround and support for the feminine, especially as it relates to the women living in the Middle East, and their emerging Divine Feminine power.

Featuring Harmonic Tones, Tibetan Singing Bowls, and a small woman's choir

- chants of the mystic Hildegard von Bingen
- new chants by Norma Gentile
- spoken poetry of Hildegard
- healing energies from Archangel Michael

AVAILABLE FROM:
[iTunes](#) / [Amazon](#) / [CDBaby](#)

Healing Chants
a live concert recording

LISTEN for free TO A SONG from Norma's album HEALING CHANTS now: [Click Here](#)



FREE SOUND HEALINGS (moving to Norma's [Sound Healing Page](#))

[Renewal](#) (video)

[Beginning](#)

[What are You here to do Now?](#) (sacred geometry mandala videos [here](#) and [here](#))

[Mother of Eternity](#)

[Creatus](#)

[Loving Tenderness Abounds](#) (Caritas abundat) from Norma's newly re-released album **Healing Chants**

[Tibetan Bowls to clear the backside of your Body and Aura](#)

[Ubi Caritas](#) (4 part harmony) with schruti box

[Caught by Spirit](#) with schruti box

[Weaving Compassion](#) (a choir of Tibetan Bowls accompanies my improvised chant inspired by my Hathor guide Atamira)

[Click Here](#) for more of my Sound Healings and Articles on SpiritofMaat

A Note on Phone Meditations and CDs of Meditations and Teachings:

As of today, I have [33 Meditations and Teachings recordings](#) available. They cover all on different subjects, some are direct channelings from my guides, most often Archangel Michael, Mary, the Hathor Atamira, Thoth, Shesat or a group of Ascended Masters. Most of them invoke Sacred Space and then focus on an issue and provide time for your guides and angels to work with you energetically.

Many are drawn from the live Phone Meditations that I offer each month. About half contain healing songs or chants. All are offered freely as podcasts (you can subscribe directly on iTunes > Podcasts > Norma Gentile) or at cost CDs. At this time donations provide the funding for the free monthly (or so) Phone Meditations, the recording and editing process, posting them online and paying the monthly fee to maintain them online for free download. As of today, more than 40,000 downloads of these meditations has occurred. And chances are you have participated. Thank you! I know it is your energy that shapes each meditation and newsletter, and helps pull the information and insights that I share through me from Spirit.

I look forward to many more meditations, and many more downloads! And yes, please share these newsletters, podcasts and phone meditations with your friends, your email circle and others.

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 \$185 and last about an hour. Please be in touch with me to secure an appointment time. norma@healingchants.com or 734-330-3997. [Read more about private healing sessions here](#)

Norma's other offerings ---

FACEBOOK

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

VIDEOS

Watch Healing Chants online

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)

TWITTER <https://twitter.com/healingchants>

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](#))

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

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