

READ ONLINE: <http://www.healingchants.com/newsletter2-13.html>
PRINT: http://www.healingchants.com/NormaGentile_Feb13.pdf

Healing what is Yours to Heal

a new sound healing, a workshop (Tampa) and some thoughts

Dear Friends,

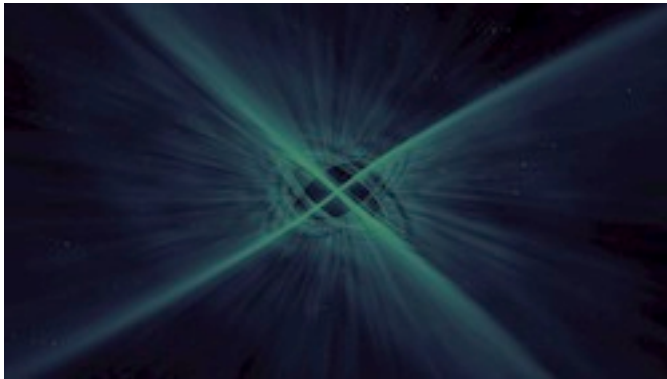
As we continue to move through cycles of chaos and periods of rest in the outer world I am reminded that we each feel these cycles because our bodies and souls are intimately connected to our physical reality. We each hold a small portion of the world's chaos within ourselves. As it resolves, we have the opportunity to resolve our personal aspect of it as well. And vice-versa. This is the new kind of karma we have agreed to inherit.

Overwhelm often occurs when we reach out and embrace more of the world's chaotic pattern than what is rightly our personal portion. I find it helpful to remember to ask 'Is all that I am feeling really mine?' Most often as I ask the question I feel my body lighten.

Sometimes it is easier to take on another's chaos rather than deal with our own pain. But it is only by turning and addressing what is ours to address in this lifetime that we can change what is ours to change. Within this new world as we recognize our own internal versions of violence, anger and fear we can then transmute them into patience, compassion and inner knowing of Spirit. It is not the external world that needs to be healed, rather our own internal self. It is not the Earth that needs to be blessed, but our own bodies. As each of us does this, our shared external world changes. Just as the ocean reflects the sun and moon, our world reflects our bodies and souls.

Below is a sound healing which is an example of this process, and a few words from Mary.
My best to each of you,
-Norma

Completion a sound healing for Days of Transition



Improvisation from a live healing concert
Norma Gentile, voice
Gordon Johnston, harp
Jeremy Sills, bowls
video
Audio mp3 only

UPCOMING EVENTS - Please pass the word!

Feb 23-25

Tampa FL Revealing Your Power to Heal: A Sound Shamanism Workshop (sound, energy and healing) and Private Sessions

March 27 9pm EST

Free Phone Meditation (local numbers for many countries)

April 28 at 4pm

Portland, Oregon Candlelight Meditation Concert (Tibetan Bowls, Medieval healing chants and more at The Old Church, downtown)

SARASOTA, FL (near TAMPA)
Saturday, February 23 from 10am - 4pm

Revealing Your Power to Heal: A Sound Shamanism Workshop led by Norma Gentile - Sound - Energy - Healing -

This is a one-day workshop for Practitioners, Performers, and Advanced Students. If you honor that the power to heal is within each of us, you are the type of person who will benefit from the weekend.

The workshop is an interactive experiential training, limited to a dozen participants, with plenty of time for personal focus and questions. I want you to learn how to use and integrate what I am sharing into your own life, meditation, and practice.

I want to connect with people who feel drawn to explore the deeper aspects of healing, including self-care for the healer. In my experience, this means recognizing and clearing other people's energies and emotions from our body, aura and lifestyle choices so that each of us can address our own issues. When we can do this for ourselves we become more effective healers, and are able to share this same process with others.

Did you know that there are guides and angels that have helped us create relationships with our friends and family? They have been with us throughout our lifetime. By updating them to who you are now, your soul's expression now, and to the shifts the world has made all around you now, you give them permission to 'upgrade' the version of themselves that connect with you. Perhaps this used to happen automatically, or maybe we just didn't change enough during a single lifetime for it to matter. But I am finding that it is now our responsibility to let our guides, including relationship guides, healing angels, even Archangels know that we are ready to connect with them in new ways.

After going through this meditative process most people find numerous energetic cords dissolve and new cords connecting them to those they love and cherish appear. This includes guides, angels, pets and people, both living and in spirit. The relationships change accordingly. Especially in challenging relationships, consciously updating the guides that are supporting you in that relationship will change your experience of the very core of the relationship. Many times it becomes clear that the relationship does not serve your soul's journey. And the relationship naturally fades from your life.

We will use sound, chant and toning in meditative healings, as well as spoken information. My guides, typically Archangel Michael, Mary and the Hathors, will explore with the group how they each might continue to use the concepts within their own practice. In the moment someone commits to the workshop (or to a private healing session) both my guides and their guides will begin to work together, so you may notice changes ahead of the actual workshop day.

Please do share this with others whom you think might be interested.

The day includes

- Experiencing Nature's Unconditional Love (not our concept of unconditional love)
- Inviting Nature & Earth Energies for healing
- Applying sound to Energy Healing
- Singing, chanting and toning using breath power

Norma Gentile, sound shaman, incorporates both sound and energy healing into her private sessions, workshops and concerts. Holding a masters in Voice Performance and years of study with esoteric teachers, Norma is a natural intuitive and channel who receives information from Spirit both in written words and through music. She has recorded four albums of [healing music](#), writes for Sedona Journal, and provides monthly sound healings for Drunvalo Melchizedek's online ezine [www.spiritofmaat.com](#).

For those of you who want to know more about Norma's own experiences with this technique, which uses sound to magnify other healing modalities, please [read Honoring Spirit in the Healing Process](#)

To Register:
COST: \$59 before Feb 20, \$69
after
Limited to 14 participants

[CLICK HERE for Paypal](#)

or by mail
Norma Gentile
PO Box 971020
Ypsilanti, MI 48197

LOCATION:
Private
Home and
Garden
(wear loose
comfy
clothes, we

Potluck
Lunch with
tastes of
Gourmet
Live Food
provided

Sunday - Monday, Feb 24-25 near Sarasota/Bradenton FL

Private Healing Sessions

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. 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](#)

FREE PHONE MEDITATION **Wednesday, March 27 at 9pm EST (New York City time)**

Held on the Full Moon near the Spring Equinox. This hour 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 undistrubed for the duration of the meditation. This will be recorded and posted as a [free podcast or at-cost CD](#).

International Numbers on [Calendar Page](#)

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

PORTLAND, OR APRIL 28
COME, CELEBRATE THE NEW CYCLE!



Norma Gentile

with

- Tibetan singing bowls
- audience- derived harmonic tones
- shruti box

For me music is a form of prayer, drawing from within us the peace that already exists. We can allow peace to be present on Earth, because it is already present within each of us. Within our hearts, our souls and our beings, we carry our unique connection to Spirit. As we feel it each day in ourselves, we will see it more in others.

Sunday, APRIL 28 at 4pm

Candlelight Meditation Concert

Chants of St. Hildegard of Bingen and Songs of Spirit

**This is a time of Sacredness,
devoted to deep inner healing,
nourishment and transformation.**

Norma's classically trained voice and her natural ability to intuitively weave music and spirit together come alive in the candlelight as she sings. This afternoon includes thousand-year-old healing chants written by Hildegard of Bingen, (the mystic, seer, newly proclaimed Saint and Doctor of the Church) as well as songs drawn through Norma from Spirit and her musical guides.

Come, meditate and let the sound bath you. You are welcome to bring meditation pillows.

LOCATION: THE OLD CHURCH downtown Portland at the corner of SW11th and Clay St.

LISTEN NOW

to Norma's free monthly Sacred Songs and sound healings.



O orzchis Ecclesia

O boundless and unending
gathering of Beloveds
encircled by divine arms
and richly adorned in sapphire iris,
You are the sweet smell,
the spice of the people's sinful mark
and the chalice of knowledge.
You are also anointed
with the noblest of tones
for you are the sparkle of the gem.
- St. Hildegard of Bingen (1098-1179)

Tickets: \$15 advance and \$20 at door
[Buy Now](#)

Norma's Meditation CDs and healing
music CDs will be available for
purchase after the concert

Doors Open for tickets
and Seating 30 mins
before events

COMING ATTRACTIONS:

Santa Cruz 2013
Toronto TBA

If you are an individual or organization interesting in sponsoring events please let us know. office@healingchants.com

**Get the healing power of a Private Session on your iPod / CD player with Norma's
Meditations** (available as CD or mp3)

Meditation #36 from December 20, 2012

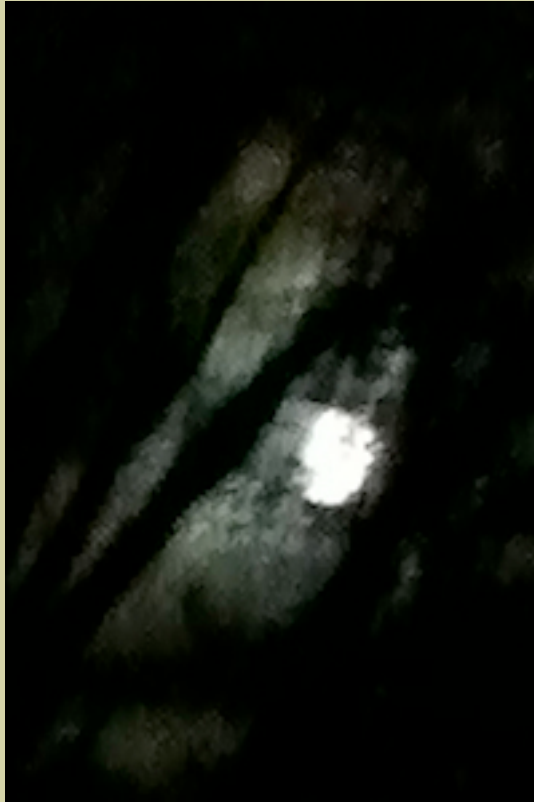
a meditation for
THE SHIFT OF THE AGES
The New Age: Welcoming the Sacred Masculine and Divine Feminine

This meditation, given on the eve of the Great Shift of the Ages, is applicable for the many years to come in which humanity will be incorporating a new understanding of sacredness in the polarity of male and female. At one point you will hear my vocal quality and vocabulary change a bit - this is where Thoth, an Ascended Master, leaned in and shared his insights through me about our kundalini changing now, and it's role in transmuting the physical body into a Pillar of Light.

This recorded version also includes a Song from Spirit, Claritas Inspiravit (Clarity Inspires) sung by Norma accompanied by harpist Gordon Johnston from a live Meditation Concert. This was improvised in the moment, and seems to fit perfectly within the context of this meditation.

After invoking a Sacred Space using Nature, we invoke your unique aspect of the Sacred Masculine from your soul's essence within the Earth. Uniting this with the already present Divine Feminine, a meditation then supports you to embody these within you, and emboldens you to act upon your soul's journey.

We aren't the only ones changing consciousness. In fact, of all those beings of consciousness upon the Earth and with whom we share our



[Podcast Page](#)
(download or stream)

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(opens in new window)

[Purchase as standard CD](#)

Subscribe at iTunes under Podcasts > Norma Gentile

reality, we lag far behind! Many of us are standing at the doorway with our arms flung wide, grasping onto past wounds or beliefs, and we cannot pass through the narrow door into the new age with these still by our side. Here is a chance to feel the depth of who you are now, and what you truly are here to do.

- 1 Introduction
- 2 Invocation of Sacred Space
(Nature and your guide or angel)
- 3 A Series of Meditations
- 4 Song from Spirit: Claritas Inspiravit
(Norma Gentile, voice and Gordon Johnston, harp)
- 5 Clear Vision from Your Heart
- 6 Releasing Sacred Space

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

An improvisation on Ave Maria (by St. Hildegard of Bingen) with tambura and voice

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

FACEBOOK

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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 SUBSCRIBE on my [official Healing Chants Page](http://www.facebook.com/HealingChants). <http://www.facebook.com/HealingChants>

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](#)



CELEBRATE HILDE
(- 2012 isn't just about that old Ma

Designs based on Hildegard

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



long sleeve



iPhone cover



ceramic travel mug

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

As of today, I have [34 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.

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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

(hosted by spiritofmaat.com)

Do you buy stuff from amazon.com or amazon.ca?

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States**

Canada

When you order anything from amazon (my music, someone else's books or music, suppliments or even a new kitchen sink) HealingChants will send you up to 2% of your purchase from Amazon.
Start Now

Earn up to 2% CashBack for yourself and support HealingChants too!

Norma Gentile, Healing Chants
PO Box 971020, Ypsilanti, MI 48198 USA
734-330-3997, www.healingchants.com
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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