

READ ONLINE: <http://www.healingchants.com/newsletter3-13.html>  
PRINT: [http://www.healingchants.com/NormaGentile\\_Mar13.pdf](http://www.healingchants.com/NormaGentile_Mar13.pdf)

## Remembrance

a new sound healing, Phone Meditation, events in Portland, Oregon

Dear Friends,

Just a quick note to invite you, if you feel drawn, to join me in a free phone meditation this Wednesday, March 27 at 9pm EST. I am also including a link to a sound healing, which came from my Portland, Oregon concert. I will be back there for another Meditation Concert on April 28, with a new workshop on Sound, Energy and Healing and Private Sessions. More events and information are listed below, along with links to the video and mp3 versions of the sound healing.

My best to each of you,  
-Norma

Ode to Day: A healing song to bring your body, guides, angels and energetic bodies into alignment at this very moment in time.



*Improvisation from a live healing concert (Portland, 2012)  
for voice and shruti box*

[video HD](#)  
[video \(mobile\)](#)  
[Audio mp3 only](#)

Each day we have many opportunities for Spirit to express through us. We may experience these moments as small gestures of kindness or prolonged periods of blessings. Anytime we become a vessel or channel for Spirit, our own physical body receives that same quality of compassion we are expressing to another. Our true experience of healing is remembrance.

### **UPCOMING EVENTS - Please pass the word!**

March 27 9pm EST

[Free Phone Meditation](#) (local numbers for many countries)

April 27-30

Portland, Oregon [Candlelight Meditation Concert](#) (Tibetan Bows, Medieval healing chants), Sound Healing Workshop, Private Sessions

June 22 at 8pm

Ann Arbor, Michigan [Candlelight Meditation Concert](#)

**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](#)**

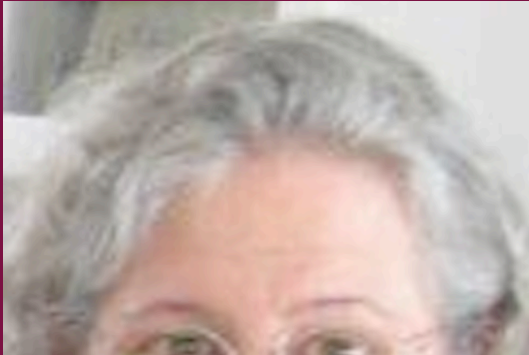
US Callers: +1 760 569 7100  
**To Participate all callers must enter Access Code 299660**

PORTLAND, OR

APRIL 27 - 30

[print and share flyer here](#)

COME, CELEBRATE THE NEW CYCLE!



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

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



**Saturday, April 27 from 1-4pm**  
**Sound-Energy-Healing Workshop**

We will use sound, chant and toning in meditative healings, as well as share 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. \$35 advance online or New Renaissance, \$40 at door.  
 Held at: be space, 211 SE 11th Ave

**Concert Tickets:** \$15 advance (online and in person at New Renaissance) or \$20 at door

[PURCHASE NOW](#)

**Workshop Registration:** \$35 advance (online and in person at New Renaissance) or \$40 at door

[PURCHASE NOW](#)

Doors Open for tickets and seating 30 mins before events

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

b vvnhhhb

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.

**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)

**Mon and Tues, April 29-30**  
**Private Healing Sessions** SE Portland

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. Attending the workshop and/or concert 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](#)

**To schedule an appointment time** please email [norma@healingchants.com](mailto:norma@healingchants.com) or call 734-330-3997.

**Location:** Ramada (formerly the Holiday Inn) 9707 SE Stark, Portland, OR 97216 (This is just east of the 205, use the Washington Street exit and circle around back up north to the hotel on Stark. Yes, the hotel is across from the 205 Mall which is on Washington. Hotel Phone: 503-252-7400 if you need directions

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**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](mailto: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)

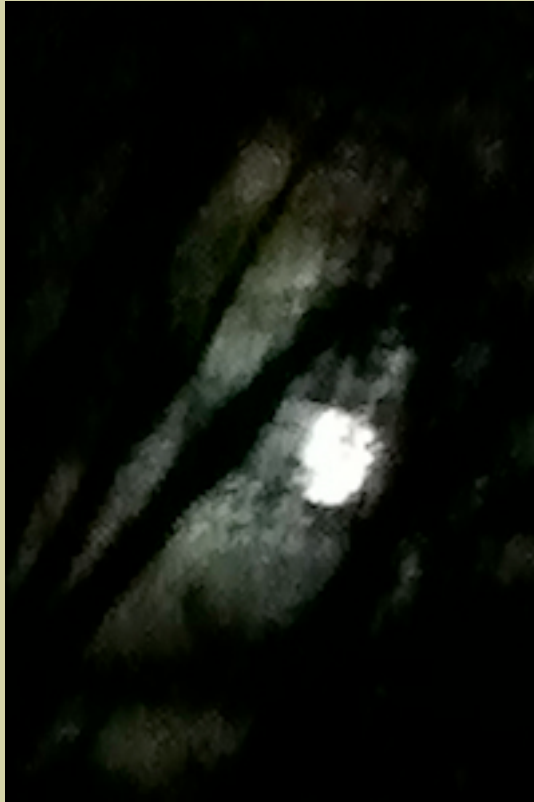
*Meditation #36 from December 20, 2012*

*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



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

[Download mp3 directly](#)  
(opens in new window)

[Purchase as standard CD](#)

Subscribe at iTunes under Podcasts > Norma Gentile

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 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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FACEBOOK

FACEBOOK

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 b  
Wearable & Usable Sacred Art - bring you



long sleeve



iPhone cover



ceramic travel mug

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### **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.

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### **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)

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

**United  
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!**

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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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