## From Norma:

When I sing I see spiritual energies move in a room. Often I notice a shadow, like a density or gray mist, form in an area of the room or around a person. At these moments I know I must step back and let those that sing through me, such as the Hathor named Atamira, work with Archangel Michael and Mary to help these shadows find their way home.

During these moments in concerts, I feel the presence of each person's angel listening alongside them. These angels work with my guides, Archangel Michael, Mary and Atamira, to lay healing energies into my voice. In these songs are the momentum for carrying all energies, light or dark, homeward. As you listen to this music, know that you too can release any shadows, within yourself or your surroundings, to complete their journey homeward.

Notes describing how each song arose and what it does, are available at **www.HealingChants.com** under "Recordings", where you will find more music by Norma, free podcasts and articles on sound, energy and healing.

Norma Gentile: Vocals, Schruti Box and Tibetan Bowls
Candace Keach: Tibetan Flute and Tibetan Bowls
Jeremiah Benham: Guitar – tuned and played as an Indian Tambura
Phadia Adams, Reverend Raymond Gotko, Lucy Banks: Tibetan Bowls

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## Recorded at:

St. Andrew's Episcopal Church, Ann Arbor, Michigan St. James' Episcopal Church, Marietta (Atlanta) Georgia Unitarian Universalist Church, Evanston (Chicago) Illinois St. Patrick's Church, Dublin (Columbus) Ohio

## **PHOTOS**

Back Cover: Norma's photo by Ron Geitgey Other photos by Norma Gentile

Singing Bird – Villa de Leyva, Colombia Condor reaching for the Sun – Echo Canyon, Colombia Hildegard's Monastery Ruins – Disibodenberg, Germany