

Getting comfy with our New Reality Insights to engage more easily with our world now plus a note on Grief and the Nov 14 SuperMoon

First, a healing balm in song....

A song from St. Hildegard, which seems appropriate to this moment in time, is streaming freely on my [website](#). It is from my album [Unfurling Love's Creation](#), dedicated to the Divine Feminine. [For mobile devices click here to listen](#)

I behold you, noble and glorious woman...
You are the sacred matrix in which God takes great pleasure.
The essences of Heaven flooded into you,
and the Great Word of God dressed itself in flesh.

Your flesh held joy, like grass upon which dew falls,
pouring its life-green into it,
and so it is true in you also,
Mother of all delight.

Ave Generosa

A song dedicated to Mary, a living representation of
the Divine Feminine
[iTunes link](#)

Dear Friends,

Those of you who follow my work know that I love to ask uncomfortable questions if they belong to the person who is experiencing them. Oftentimes the answer is 'no', or 'not all of it'.

I have a new question now; 'is this discomfort/disease a part of the current reality chosen by this body and soul?' Over and over again we are making choices and stepping into new realities. Realities that oftentimes are not the realities our body and personality anticipated stepping into. By asking 'is this pattern in tune with this current reality' I am giving the pattern (which could manifest as turbulent emotions, thoughts or physical illness) and the body to go their separate ways. The body and soul are then able to ground into the new reality. People report feeling much clearer, lighter and at the same time rooted and connected into their feet and the ground beneath them.

Anytime we consciously ask for spiritual support, we receive it. And now that we have graduated from spiritual kindergarten it is up to us to keep our spiritual support staff up to date. Just like our computer software updates (nearly daily it seems), so too our world and spiritual energies are constantly updating and shifting. You are not where you were a few days ago. Does it not make sense that the aspect of your guides you are able to connect with has also changed?

Before I move into offering a healing, I spend some time asking 'What aspect of Archangel Michael wants to connect with me now, in this new reality and time frame?' And repeating this for the other guides and angels that I know connect with me regularly.

When I did this yesterday, I received a few insights, that I share below.

Our planet just did a big reality shift. Most people felt it a few days before the US election. The Earth herself changed vibration. Our shared collective consciousness changed its vibration as well. Like many people, I assumed that I was stepping into the reality where She became President. But it seems that our collective consciousness and planet decided to explore a different reality. And so we all stepped through to the reality we share now.

I understand that with every choice we make each option of the choice manifests as a separate reality. So my first reaction to the election was to feel how strongly I wanted to follow my energies into the other reality.. The one where She became President. But even thinking that thought made my body unground and brought knots to my stomach. It was a good reminder that our physical bodies are in constant communication with the physical Earth. And the vibration of our bodies must match the vibration of the Earth. So when the Earth (and our collective consciousness shifted a few days before the election, it was my steadfast belief that She would win that was causing me to feel ill.

And so here I am, and here you are, and therefore here we all are, in a reality that is much more challenging for some of us than we imagined it would be.

This moment in time calls us to step deeply into our ability to embrace tools of transformation such as compassion and love.

As I was considering why this part of me stepped into this reality, I realized that I felt a bit of complacency and safety having another democrat as president. Not that this was justified. I just noticed that I was feeling like the fed government would hum along, doing some things I agreed with, some I didn't agree with but it was a background hum to my life.

Now I feel my complacency ripped away. I find a sense of needing to engage more; not politically but culturally and socially. I have a renewed inner knowing that my voice must be heard and does indeed matter. A sense that the voices and opinions and ideas of others matter, and that I want to hear them.

I am grateful that so many people are sharing this reality with me, and offering their wisdom. By sharing our many views we are better able to map out the mountain range we are exploring.

I also had an image come to me in meditation a few times, which might in turn prompt some insights from you. Think of the ancient pyramid of Giza. It existed for thousands of years without a capstone.

The pyramid represents the physical form of the USA, our Constitution, the Bill of Rights, and our Declaration of Independence. These are the fundamental laws that our country is based upon. The pyramid also reflects the spiritual aspect of our country. It represents our souls; all of our souls who have chosen to be born here or move here. And the pyramid also reflects our collective consciousness, which is the consciousness of our country.



Therefore the pyramid represents the principles of our fundamental laws and our soul's agreement to live within this legal framework.



The capstone represents those people whom we elect to serve within this legal framework, what we call our government. Notice that the capstone is only a small portion of the pyramid. And while it perches on top of the pyramid, it is only stabilized and affixed to the rest of the pyramid by another element; the will of the people. Only the capstone reflects the elected portion of our government. In order to influence over the remainder of the pyramidal structure, the capstone must have some means of communicating with the next levels upon which it sits. Without this no significant change occurs.

In my meditation I was shown how the pyramid endures with little change, as the capstones come and go. We are the pyramid.

We are the only ones who can actively and permanently transform our country, and our shared world. When we as individuals change, we will impact those around us who are desiring and thirsty for the new ideas and ways of being that this moment in time is urging us to explore.

Huge emotions go along with the huge SuperMoon

You know there is yet another SuperMoon Sunday night into Monday morning (US time zones). You also probably realize you are feeling it. The strong reactions to the election results are (I believe) magnified by this SuperMoon. I expect this magnification of emotions/thoughts and behaviors to continue for another week.

This time frame, until around November 20, exposes patterns we each have developed that we can't keep repeating anymore. I believe we are grieving those things and those parts of ourselves that we had to leave behind in the old reality (where She became President). Who we thought we were, and what we assumed we would do for the rest of our lives just changed. We are grieving the loss of feeling connected to ourselves within the old reality.

Grief is a powerful tool for transformation. Especially when it is shared by millions of souls interconnected by spiritual agreements. The last Supermoon of this size occurred in 1948, just five days before the assassination of Mahatma Gandhi. His example of peaceful protest was the model for the civil rights movement here in the US. I feel a similarity in the waves of grief, disbelief and fear of the future unknown that citizen's of India and many world leaders experienced back then with his sudden death, and the same waves of emotional shock that millions in the US, along with other world leaders, are processing now. There are no coincidences. This particular US election and the Supermoon are inexorably linked together.



I do not mean to leave you with a feeling of inevitable despair or dour thoughts. Rather, I hope to validate to you that what you are experiencing is being felt by everyone, not just you. I also mean to convey that this is an opportunity to notice what you have left behind, and truly let go of it! Only then are your hands free to receive what spirit is trying to give to you.

May you be blessed, and in turn be a blessing to others,
-Norma

A supermoon will rise in the sky on the evening of Monday November 14th. This will be a lunar event that's almost 70 years in the making and not since January 25, 1948 has a full moon been this close to Earth! Read more at <http://www.sun-gazing.com/largest-super-moon-70-years-rise-break-records/#6y2y3ld6KPLrZOHC.99>

Yes, please share these newsletters with your friends, your email circle and social media.

UPCOMING EVENTS

Nov 13-18

Private Healing Sessions

by phone or in person in SE Michigan

Nov 19-20

Chicago, IL Private Healing Sessions

A few sessions remain, primarily Sat eve and Sun morning. Please contact me if you are interested.

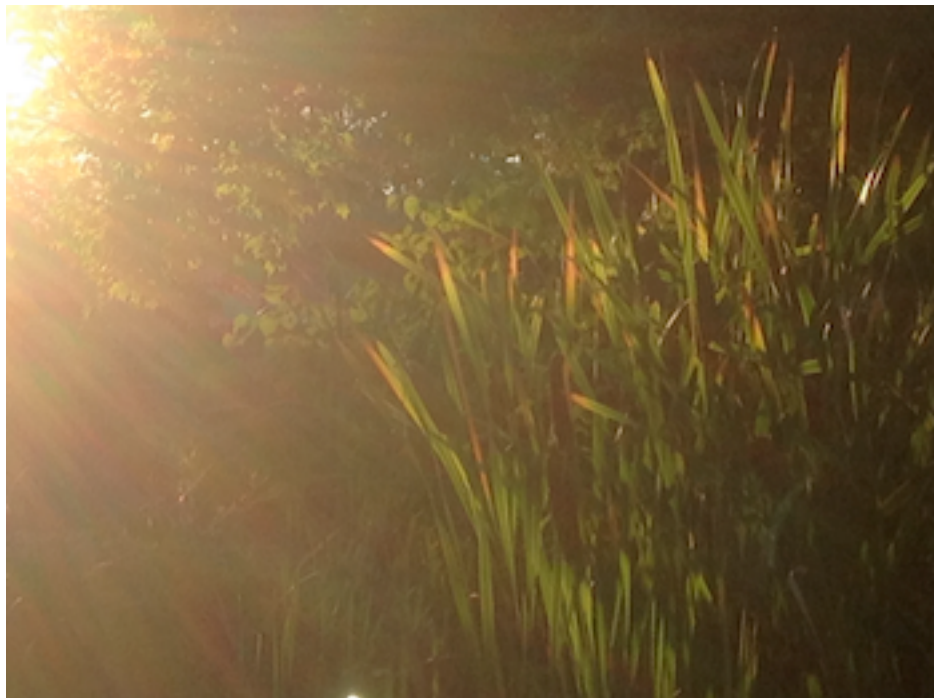
Re-Setting
Your Financial Guides

A new online course opens Nov 15.
Pre-opening price \$49, includes \$20 coupon towards a private session with Norma

Let yourself hear and follow the money guides working with you right now
\$49 (pre-release price)

from the last
newsletter
**A Prayer for
Transmutation**
*(from Mary,
through Norma)*

May our ability
to face adversity
reveal to us our
own Truth
May our fear of
another
become insight
into our own
wounds
So that our
judgment
may become
active
compassion



from the September newsletter

I believe that there is great service in the role Donald Trump is playing. He and the beings he unwittingly channels are holding up a mirror that shows what we as a society are ready to change.

And we must look, in order to understand the changes that must occur.

