

## Shaking Our World Transforming Grief into Spiritual Power

Power is of two kinds.  
One is obtained by the  
fear of punishment and  
the other by acts of love.  
Power based on love is a  
thousand times more  
effective and permanent  
than the one derived from  
fear of punishment.  
- Mahatma Gandhi

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Dear Friends,

I realized that there was more to share around healing the energies of grief, the expression of true spiritual power, and the SuperFullMoon. Here it is...

We have been emotionally under the influence of the SuperFullMoon (Sunday night into Monday morning) for the last two weeks or so. I expect the magnification of emotions, thoughts and behaviors to continue for at least another week. Our strong reactions to the election results are (I believe) being magnified by the SuperFullMoon.

The proximity of the Full Moon to Earth has not happened in 68 years. Meaning the pull and push upon the tidal patterns of the oceans and of our emotions are being amplified more than ever before

Patterns that we each have developed to cope with living in this world are no longer helping us. During this time of the Full Moon we are more apt to feel how behaviors, beliefs and actions that used to help us now cause deeper divisions and emotional pain in our relationships with other people.

I believe we are grieving these things and those parts of ourselves that we realize we must leave behind. 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 who we believed ourselves to be. And as a result are also grieving the loss of relationships to both other people and outdated patterns of behavior.

We are not taught how to grieve well, at least not in the American culture I grew up in. Anger, blame and violence (expressed inward towards ourselves) are ways in which the process of grieving goes awry. With the power of the SuperFullMoon, I believe we are being encouraged to face into the waves of grief as we become aware of them, and use each wave to move us further along our understanding of self. Who we are now is not who we were. Not even last week! The world changed, and we have each changed as well.

### **Prayer**

The power of prayer isn't in telling God what to do, but rather in being quiet enough to hear what is already spiritually afoot, and understand what is ours to do. I believe that there is a consciousness not only within each person, but in each plant and tree, rock and stone, and even within the Earth herself. Each consciousness knows what the next step is and how to achieve it.

When dealing with patterns of violence and emotional turmoil, I ask the souls connected to the pattern how their wisdom can be honored, and that they be freed from any restrictions placed upon them which might be hindering their next step. With some patterns, such as this election, I psychically 'feel' the intensity which has arisen within people, and ask the intensity itself 'What is your next step?' 'How do you want to feel now?' 'Are you where you need to be now?' 'Are you in tune with this reality now?' And of course 'Are you in tune with my own body and my soul's journey now?'

In this fashion I am honoring the consciousness within each being involved with the situation. The energy of my prayer is then available for the consciousness to utilize in whatever manner allows for the pattern to unfold. I am not directing results. I am asking, 'what is next?' By framing my offering of healing prayer as a question, the spiritual intelligence to which we all connect (God or All That Is) has the greatest freedom to surprise me with unforeseen options to resolve situations and bring about new balance.

**The  
Transformational  
Power of Grief**

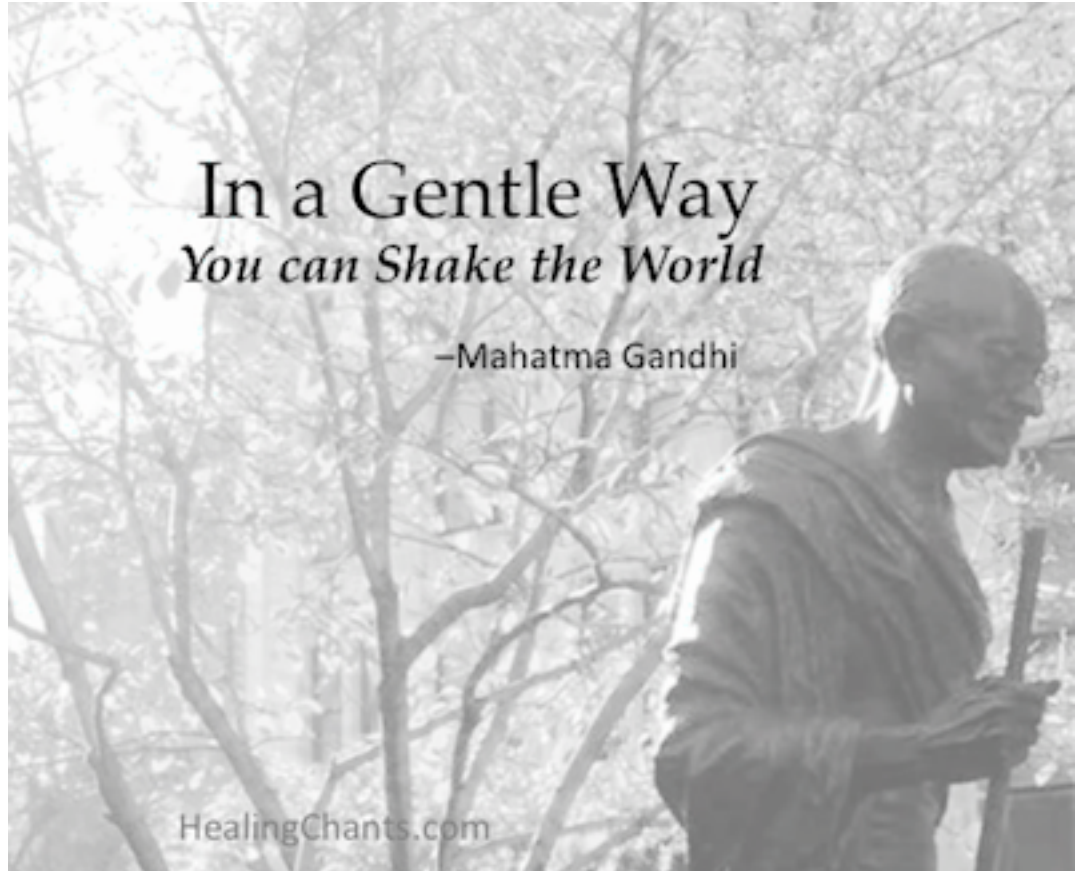
Grief is a powerful tool for transformation. Especially when it is shared by millions of souls interconnected by spiritual agreements. Grief, when fully embraced, leads to a deep sense of individual empowerment. The last SuperFullMoon of this size occurred in 1948, just five days before the assassination 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 that citizen's of India and many world leaders experienced back then with his assassination, 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 SuperFullMoon 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



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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>

Thank you to [Trav SD](#) for his photo of Gandhi's NYC statue

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](#)

**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

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. It seems that our collective consciousness and planet decided to explore an unanticipated reality. And so we all stepped through to the reality we share now.

**Getting Comfy in Our New Reality**

*Insights to engage more easily with our world now*

from the early  
November  
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

