



**Pay no attention to  
the fireworks  
Deepening our psychic  
and spiritual  
connections**

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Dear Friends

Do what noone appears to be doing. Pay no attention to the fireworks. This is an illusion, meant to distract us all from noticing what else is happening.

For many years I have noticed that as people read my articles their psychic and spiritual energies cast more light on the subject matter. You no doubt noticed I wrote several newsletters this past week. As people (like you) read each essay I found myself not just reading your email responses and FaceBook posts, but also seeing and coming into new understandings that I then felt led to share.

This is a cycle of co-creation between ourselves and our world that we all engage with. As you read or listen to music or watch a movie, your body and spiritual energies are tuning to whatever you are engaged with, and whatever you are watching, reading or listening to is 'hearing' that you are engaged with it.

There is always an infinity loop of energy between ourselves and whatever we are giving our attention to. The quality of 'stuff' that we deem important or necessary to engage with in our lives largely determines the quality of our life. For example, engaging with vibrations that are generated by compassion make our body feel clear and comfortable.

In contrast, when we engage with events that generate an emotion of fear, our aura tends to contract and we lose our sense of being connected to the Earth. We cannot feel our spiritual guides and angels. This cuts off our ability to hear and sense what steps we need to take to feel safe again.

And so whatever we do notice is what we grab onto. Usually the loudest thing will get our attention, and then our energies will naturally begin to resonate to it. The more we engage with whatever this loud and visible thing is, the harder it is to step away from it.

My guides remind me that when we experience fear over an extended period of time our bodies themselves change. The enteric nervous system, which wraps around our intestines, becomes hypersensitive to any stimuli, and often goes into a constant alarm-mode. Many people experience this psychic alarm energy as they are falling asleep, or in the middle of the night, or when they attempt to meditate or relax into their lower body. There is a constant sense of not being safe, and not being able to fully relax.



## What we give our attention to tunes our aura and body.

Ideally our enteric nervous system sends an alarm out only when our physical body is in great immediate danger; such as if we stand too close to the edge of a cliff, or suddenly find ourselves in a physical confrontation with an attacker. What I am describing can occur if, after such a temporary situation has passed, the emotional trauma is not dealt with and resolved. But most commonly the enteric nervous system being locked into an 'alarm-on' mode is caused by extended exposure to the emotions of fear around us, and extended periods of being in fear for our lives.

I am seeing that many people are experiencing an ongoing exposure to fear, whether it is watching movies, the news, or gossiping with other people. By turning and giving the vibration of fear repeated attention and priority, their (or our) enteric nervous system is stuck in the 'alarm on' position. As a result, we are convinced that we are in constant danger, and that we must react to that danger.

Beliefs about the external world reflect this feeling of being constantly in danger. Our aura remains contracted, and we are unable (or much less able) to feel the surround and support of our spiritual support staff. Our response to any stimuli tends to be limited to the 'fight, flight, or freeze' category.

I am watching leaders make decisions that originate out of beliefs created by living within a constant vibration of fear.

The good news is that when you or I or anyone else realize that our own fear response is taking over, we can shift our focus. Never to dismiss the cause of the fear, but to put it into a healthy context. For example, I have been spending more time in meditation lately. I choose to sing and create beauty more often. These activities generate comfort in my body. This allows me to feel the artificiality of the fear generated by the external drama. When I make a choice of what to give my attention to, everyone on my lifeline 'hears' the quality of energy that I am choosing to generate. And they are therefore encouraged to do the same in their choices.

### **Bringing this back to the US situation:**

When I am able to consider and psychically 'look at' dramas that generate fear without reacting, I can see a larger picture. I believe that the current political drama is meant to be a distraction. Much like a magician directs our eyes and attention by gesturing towards a brightly colored box filled with doves, so too politically we are being misdirected. The Trumpian drama, which has been honed to generate fear, is the magician's distraction.

Now usually when many people psychically look at any event, our spiritual energies combine to illuminate the truth behind the event. But when the event generates fear our spiritual vision is weakened, much like a flashlight dims as its batteries are depleted. But like a flashlight, once we recognize the fear within ourselves and resolve it, the intensity of our gaze returns and reveals the underlying truth.

I offer this idea to empower each of us to first look keenly into our own reactions to external events. And only after we have found our own emotions and body to be in a settled state, to then turn our attention to external events. Only when we are balanced and quiet inside of our self can we clearly hear the subtle messages from our own spiritual support staff about what is actually going on and what we might do next.

For myself, I believe that we are experiencing two versions of government being formed. The true power lies not in New York. This is the TV reality show version of the cabinet and government that we are meant to see. And yes, we are supposed to react and generate fear as we watch it! (The more fear, the less clear our spiritual vision)

**Trump is the distraction. Pence is the magician.**

It is important to turn our gaze to what is quietly happening out of sight. The magician is organizing the actual government in Washington D.C.

I know I felt my body 'jump' when this occurred to me. It was a rather scary 'yes' response. How does your body feel? Are you getting a 'yes'? Are you getting more insight?

The greater the number of people who are able to consider how true this might be, or how close to some truth this might be, the brighter the light that will shine on it. I don't believe Pence has ill intentions; rather that he is acting out of pragmatism and fear. He understands the dynamics of government, has assessed Trump's capacity to work within the governmental structure (none), and decided it was best for the country to create a system of leadership that reflects his conservative values with himself at the head. He is drawing together people to function as the nation's true cabinet and advisors. And yes, I do recall one of Trump's sons commenting that Pence would be in charge of domestic and foreign affairs, while his dad 'made America great again.' And so it is coming to pass!

While I do not share Pence's conservative agenda, I do sense that he means well, and that he truly believes he is 'saving' the nation. And who knows, having a sort of secondary 'underpinning' will probably be important sooner rather than later. I would hope that by looking at this, attention will be given to it, and this 'underpinning' might reflect the full spectrum of our leaders, not just the Pence conservatives.

And so it seems we share this journey of moving out of polarity by first diving deeply into it, finding our fear, and choosing to let it go. And there will be ample opportunity to do this repeatedly in the next few years!

Many blessings to all who read this,  
-Norma  
with Archangel Michael

**UPCOMING EVENTS**

Nov 19-20

**Chicago, IL Private Healing Sessions**

Two sessions remain, Is one of them for you?

Nov 22 - Dec 22

**Private Healing Sessions**

by phone or in person in SE Michigan

Re-Setting  
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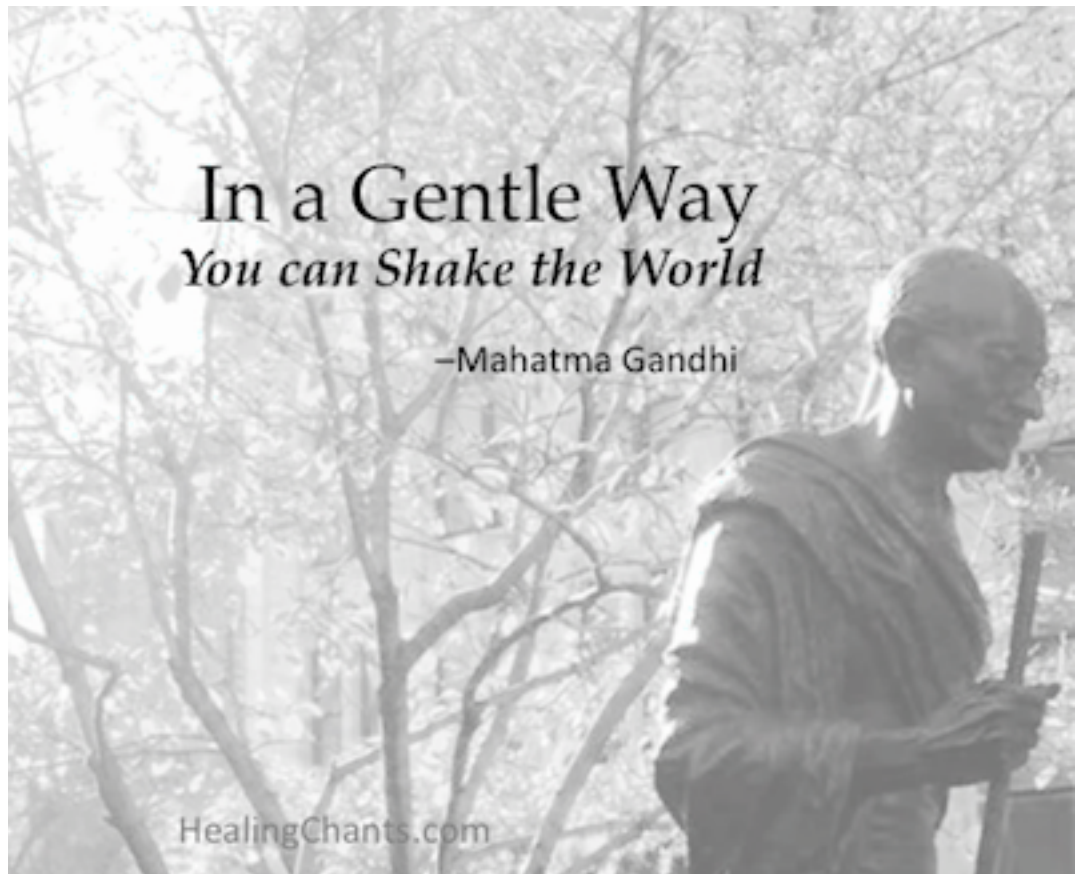
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**The  
Transformational  
Power of Grief**

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.



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](#)

*from the Election 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

