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Re-Initializing Reiki
Update your personal
connection to Reiki and
your healing guides.
(until Dec 31 intro price
of \$49 includes \$20 off
a private session with
Norma)

Hills and Valleys (and a Gathering concurrent with the Women's March)

Dear Friends,

Like many of you I have been spending time with family and celebrating the holiday. This led me to some thoughts that perhaps you are having as well.

It is interesting to me that most Christians observe a single day as Christmas. But in reality it is a period of twelve days of reflection, ending January 5. This year the eight days of Hanukkah falls concurrently. Another holiday that is actually a series of Holy Days. And of course there is the Holy Month of Ramadan. Each of the Abrahamic religions provides windows of opportunity each year for days of inner reflection and outer spiritual deeds.

For myself, these Twelve Days of Christmas remind me that Enlightenment, or Christ Consciousness, comes in steps, not all at once. You can walk in the mountains with the view totally obscured for most of the walk. You look down, watching the trail, and notice the grass and trees surrounding you on both sides. All you know is that the trail ascends, and you trust that if you keep walking you will arrive somewhere.

Suddenly you come around a curve on the trail and the trees give way to a stunning view of where you are heading. Perhaps it is the summit. Or maybe a momentary resting spot as the trail winds around, ascending even further up the mountain. And if you are wise and used to the spiritual path you know that as soon as you reach the mountaintop, your trail will descend again into another valley, only to then ascend an even higher mountaintop with an even clearer view of where you are going.

Just because we don't see the view all around us doesn't mean it isn't there. Christ Consciousness is about trusting that there will be a view from the mountaintop. And knowing that in order to get to the view we must spend much time focusing on the path. As humans, we experience and express ourselves regularly through polarities such as good/bad. Knowing that where there are mountains, there are valleys, is a simple metaphor that reminds us of our ability to experience both sides of issues in our life, and choose to continue walking upon the Spiritual Path that moves through each side.

May life be full of many views for you in the coming year,
-Norma (with Mary)

UPCOMING EVENTS

Dec 27 - Jan 20

Private Healing Sessions
by phone or in person in SE Michigan

Jan 21

Entering the Sacred Heart (Ann Arbor and LiveStream
online)
a meditation gathering supporting the March on
Washington

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.

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 \$215 and last about an hour. Please be in touch with me to secure an appointment time. office@healingchants.com or 734-330-3997. [Read more about private healing sessions here](#)

[Download PDF](#)

New Online Video Courses!

(special early-bird pricing until Dec 31, includes coupon for \$20 off [Private Session](#))

Re-Initializing Reiki

Update your personal connection to Reiki and your healing guides.

\$49 (pre-release price)

How Healing Happens

Insights and meditations to help you get out of the way of your own healing process. FREE

Let yourself hear and follow the money guides you right now

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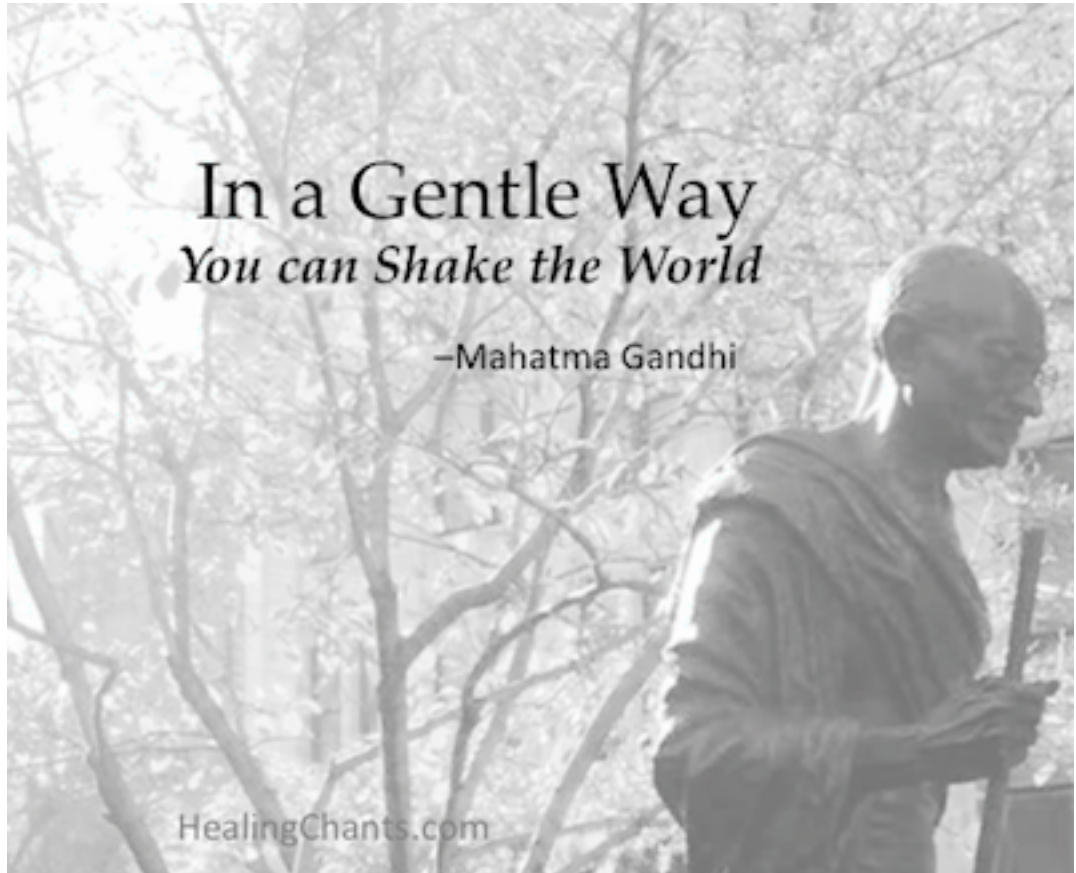


Pay no attention to the fireworks
Deepening our psychic and spiritual connections

**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



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



sample video

Dear Friends,

I am so excited to share with you a video from my new online course, [Re-Initializing Reiki](#). Please have a look, and feel free to share with others.

The world has changed
You have changed
Reiki has changed

Why wait?
Step into your new connection with Reiki and your healing guides and

Norma's Meditations (free podcasts)

Feeling Safe in a Turbulent World

Resetting the Spiritual pattern of our lower body chakras



Listen to excerpts now:

1. [When the Body's Rivers of Energy Open](#)
2. [Engaging with Comfort](#)

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[Transcript
& more information](#)

*Meditation #50
from September
16, 2016*

Our lower chakras are underdeveloped and so not able to convey to us the psychic information that our body naturally receives. We have lost our ability to correctly interpret what our body is actually experiencing. In order to feel safe, we fall into habits that limit our expression out into our world. Fear, distrust, and not being able to make decisions are some ways that this manifests. This meditation offers you an opportunity to clear and reset your lower chakras, allowing your body to more easily connect into the nourishing energies and loving experiences that are possible in your life.

This meditation is about letting go of our brain's need to control, and learning to trust that what is around us

This meditation includes [Ave Generosa](#), a song written in the 12 century by St. Hildegard of Bingen. More of Norma's healing songs, along with videos, can be found under [Sound Healings](#) and [Recordings](#). Her albums are available on [iTunes](#) and at [Amazon](#).

supports us. Even when it feels uncomfortable to us, whatever engages with us in some way serves the journey of our body and soul. Our personality's insistence that something is wrong (or right) and must (or must not) happen is what moves us into polarity.

When we are functioning in this polarized state, it is very difficult to see options besides doing something, or doing its opposite.

There is an intelligence deep within our lower body's chakras that does not function in a polarized manner. I see it as a unique quality of psychic perception lying primarily in the navel, 2nd chakra, and enteric nervous system.

When we are able to engage with it, information received by this psychic (or Spiritual) intelligence is able to move out of our lower body and reach our heart and mind. We oftentimes have clarity about deep-seated issues when the information that has been

received by our lower chakras is able to be transmitted to our heart and mind. For example, we can see options that were hidden from us when our only view was through the polarized lens of our overly busy brain. And because we perceive more options in a situation, we are able to address life issues in a very different manner.

These meditations are very similar to what I offer in my [Private Healing Sessions](#). If you are drawn to this idea, read more about my healing sessions [here](#).

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