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online video course
with Norma

Re-Initializing Reiki

Update your personal connection to Reiki and your healing guides. (intro price of \$89 includes \$20 off a private session with Norma)

Navigating Chaos in a Sacred Manner

Audio Meditation & Sound Healing

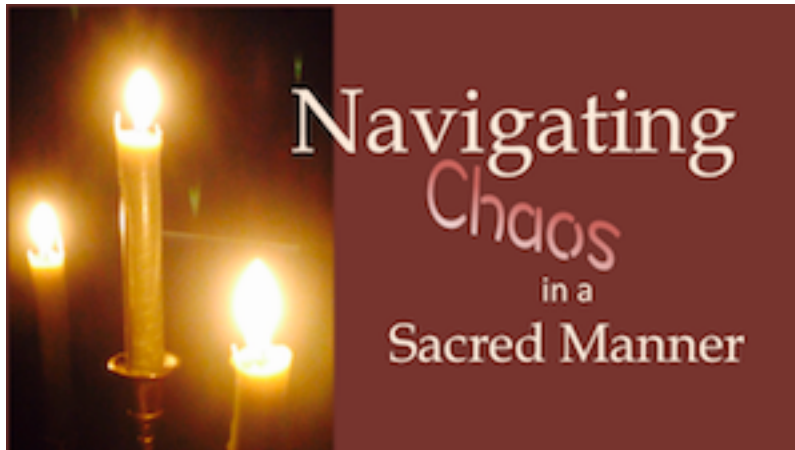
Dear Friends,

I am enjoying cozying up with my computer and my kitties as the snow and cold swirl all around. We are, as I write this, approaching the new moon, and that means a window is opening for us to prepare for the only eclipse of this year, which coincides with the last of the three FullSuperMoons at the end of January. I guess that makes it a FullSuperBlueMoon!

The weeks around the new moon have felt blessedly quiet (compared to the emotional chaos that we tend to feel internally during FullSuperMoons). My guidance tells me that yes, I could sink into a hot tub and emerge when the FullSuperMoon rises...but it is better to take advantage of the external relative quiet to process issues that are on the periphery of my awareness. Somewhat like a garden, my guides suggest that processing what is now a small stalk, easily removed on a tranquil day, is much easier than whacking and hacking at an issue that has become deeply rooted in the midst of a hail or snow (or FullSuperMoon) storm.

So, it seems, the message is to take advantage of the extra quiet time that the cold weather, the new moon and the season are providing to go inside and tend the inner garden. For this purpose I offer a new audio meditation, **Navigating Chaos in a Sacred Manner**, and within it [a new sound healing](#).

For those of you in **Chicago**, I am offering **in person Private Healing Sessions** and **a new workshop / meditation gathering in Evanston, IL Jan 27-29**. Please let friends in Chicago know!



MEDITATION:
Navigating Chaos in a Sacred Manner
[Full Meditation Audio](#) (50 mins long)

SONG
Revealing Your Innate Grounding
[Song Only Audio](#) (3 mins long)

insights from [Navigating Chaos in a Sacred Manner](#)

Recognizing and Clearing Psychic Energies (especially from Your Parents/Family/Spouse)

Projection isn't just a psychological term. It is an accurate description of what happens when someone sends energy pictures,

along with low-level guides to insist you believe their pictures, into your third eye, throat and low back space telling you to be who they 'think' you are.

These energy pictures typically accumulate in the front side of the 5th (throat) and 6th (third eye or forehead) chakras. The low-level guides tend to create congestion in the back of the head, throat and lower back. Guides from people who are telling you what to do and how to live your life tend to push into the back side of your navel chakra, often causing sensations of heaviness, fatigue or immobility, along with discomfort in the low back. This part of the meditation helps you recognize guides and energy pictures you have received from others and release both the guides and pictures, and begin to generate the quality of energies around your throat, head and low back that your soul and body desire to have now.

The chaos we experience when something doesn't fit us, and the consciousness within it is ready to depart, can be very substantial. Healing isn't necessarily getting rid of chaos. Healing is looking at what is causing the chaos, and then asking how much of the pattern is truly reflecting our body/our soul now. And simultaneously letting our bodies and auras, the space that we define as 'us', be filled more and more generously with all those qualities of energies that reflect who we are right now. **When we are full of our own energies, it is very difficult for other energies to re-enter, and for energies that aren't us to find a home within us.** As we fill ourselves with our own energies, it increases the chances that those patterns that don't reflect who we really are can go to wherever they need to go to. There simply won't be room for them anymore.

The most common issue I find is enmeshment between family members. Too often we learn at a very young age that others are happy when we 'take on' their emotions for them. The result is that we continue to cultivate relationships throughout our lives in which we are responsible for the emotional energies of others. It is intellectually easy to understand that we cannot heal another person's emotions or life. We know that we cannot cry another's tears for them. But we have learned to 'take on' or allow others to give us their unprocessed emotional energies to hold onto. It does seem to make them less angry or upset for a short while. But they always create more difficult emotional energies, and the cycle wears us down. This causes weight gain, fatigue, and an inability to focus or ground...among many other issues in our lives.

Here are some suggestions for recognizing, releasing old cords and clearing yourself:

When you begin to feel heavy and sleepy, ask if the sensation of heavy and sleepy is really yours.

That is a very simple way to begin to identify that this sensation, and thus the energies causing it, are not actually yours. When you ask the sleepy or heavy sensation if it is really yours, you may notice that you don't feel quite so sleepy or heavy. Ask again, and again....each time you are apt to feel better. And after a few rounds, something may pop into your mind that helps you understand why you are allowing someone else to place their emotional energies into your energy field.

This also works with feeling dull or depressed. You can ask the depression if it is all yours. It may not completely lift, but any change at all signifies that there are energies external to yourself that are contributing to or magnifying the quality of emotional depression you are experiencing.

[Want More? The audio meditation is available as an mp3, and a transcript for reading is also available online.](#)

If it feels right, you may want to consider receiving a [Private Session](#) by phone while external energies are fairly calm. Scroll down for more info on sessions.

Evanston, IL (north Chicago)

An Time of Interactive Energy Sound Healing

(a mix of information and deeply healing sound meditations - both a Gathering and a Workshop)
Saturday January 27 from 3-5pm

Explore principles of Sacred Sound and Energy Healing with Norma as she shares ideas and leads you on an experiential musical journey. This afternoon is a mix of practical information for your brain and chanting/toning for your heart and body. Norma's guides, Archangel Michael, Mary, and the Hathor Atamira may be part of the energies you sense when you tune into the afternoon's energies. They work with your guides to provide you with insights and energetic shifts before, during and even after the meditation. Bring a mat or blanket if you like, regular chairs are provided, and loose comfy clothing is suggested

Location & Registration: [Heaven Meets Earth Yoga](#) (under workshops & events)
Cost: \$45

[Private Healing Sessions](#) also in Evanston IL

Sun Jan 28 - Mon Jan 29

Sessions include both information from your guides and angels, as well as healing energies to facilitate changes your Soul desires in your body and your life. This multi-faceted approach is notably deep and most people find that one or two sessions provides them with substantial, lasting and profound change. The kind of change that is so complete that there is little or no going back to the other ways of being. [Read More...](#)

To schedule an appointment time please email office@healingchants.com
Location: Evanston (north side of Chicago)

UPCOMING EVENTS

Private Healing Sessions

now available by phone or in person in SE Michigan

Jan 27

[An Interactive Sound Healing Meditation Gathering in Evanston/Chicago](#)

Jan 28-29

[Private Healing Sessions in Evanston/Chicago](#)

Yes, please share these newsletters with your friends, your email circle and social media.
I am on [Facebook](#) - come 'like' my page!

To share via email: copy & paste this URL into your email to them:
http://www.healingchants.com/newsletter2018_01.html

Private Healing Sessions

(offered in person or by phone)

Sessions include both information from your guides and angels, as well as healing energies to facilitate changes your Soul desires in your body and your life. This multi-faceted approach is notably deep and most people find that one or two sessions provides them with substantial, lasting and profound change. The kind of change that is so complete that there is little or no going back to the other ways of being.

In these healing sessions the spiritual foundation of who you are (the portion of your soul incarnating right now) engages with your body in a new way. This allows what does not reflect your Soul and body to be revealed, understood, and released. Simply put, the real world version of you catches up with the spiritual foundation of who you truly are. After the healing session your Soul, body and life will reflect each other more accurately.

How Your Healing is Supported

I do not intend or focus healing so that your body looks perfect, or that your aura looks like it does in a book. My guides consult and follow your guides, asking at each organ, each chakra, each issue in your life; what is it that your body and Soul choose? What is your next step? And in this process, allowing whatever no longer serves your Soul's journey to be released.

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](#)



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 angels now.

sample video

The Spiral and Linear Paths of Healing
from the online course: Re-Initializing Reiki

New Online Video Courses!

(special early-bird pricing and a coupon for \$20 off a 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
\$49 (pre-release price)

Here are some additional free offerings.
Yes, please share these newsletters with your friends, your email circle and social media.

Norma's Audio Meditations are available as free podcasts at [iTunes](#)
Subscribe today!



(this particular meditation is available as video above or streaming audio below)

Meditation #54 from August 4, 2017

MEDITATION INCLUDES:

- **Sacred Space Invocation** of Nature Sphere and Archangel Michael
- **The Earth has only loaned you its atoms** in order for you to create your body
- **Clearing Our Newly Emerging Chakras** in Heart and Solar Plexus from past beliefs, guides and intensities.
- **Why and How to Release Beliefs and Behaviors** (and old guides and angels)
- **Brain Chatter Release** (clearing 6th and 7th chakras)
- **Connecting the two Heart Chakras** (knowing what is yours to do)

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](#)

[iTunes](#)

[Transcript & more information](#)

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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Norma's Newsletter Sign-Up

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Very Important:

Please be sure to add newsletter@healingchants.com to your approved senders list or address book. This will ensure that you receive the newsletter.