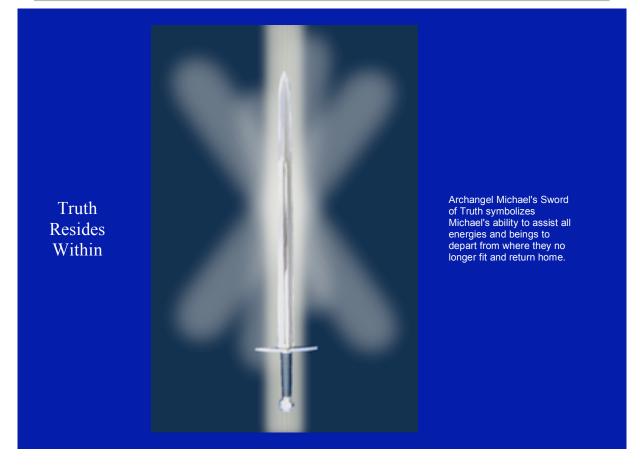
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Dear Friends,

I have been considering Truth. It seems that the external world is unclear about the entire concept of Truth. Is it possible that by being presented with chaos externally, inciting us to follow an external leader, we are being enticed to abandon our internal knowing? For myself, the outer world chaos makes it even clearer that my inner guidance is where Truth is revealed. I know that I see more clearly what is transpiring around me when I am consciously aware of the still quiet space deep within my own body.

Experiencing the chaotic events and emotions of our physical world lately has reminded me that Truth is not an external factor. It does not reside outside or around me. Those who seek agreement about what is true or 'ought to happen' from the people with whom they surround themselves are doomed. When the value we place upon our self depends on the value those around us place on us, we end up desperately searching for those who will feed our own need for acceptance. And vice-versa. Eventually everyone sinks in the quicksand of neediness.

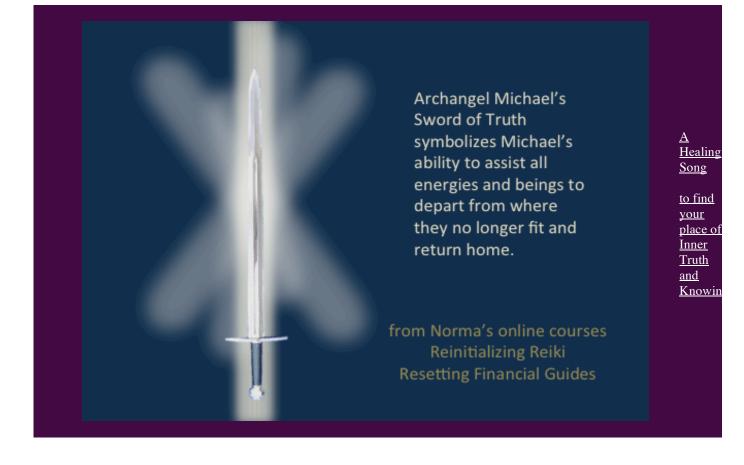
As I write this, I am watching a pattern that each of us probably has, to a greater or lesser extent. Those who surround a central person often bestow their support upon that person, not out of genuine agreement, but rather out of their unresolved and highly activated fears of abandonment and being shut out. A sense of false community is formed, whose brick facade lasts only as long as the fear that binds them together.

And this is the key to change.

Those who know, and follow their inner guidance, do not need the acclamation of others. Their joy and love of expressing themselves allows their own Truth to move from deep within their body outward into their actions. This resonates, and reminds others of that deep inner space where their own Truth resides.

Healing through resonance is a powerful tool. When external chaos resonates uncomfortable memories, emotions and situations up into our awareness, it is an opportunity to address and heal these issues. Take a moment, and if you feel something is stirring within you, and is ready to change, I am offering extra times for <u>Private Healing Sessions</u> now. <u>office@healingchants.com</u>

I offer a song, Inner Truth, from this month's live Meditation Concert to assist in finding your place of inner Truth and Knowing.



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

Here is a simple video, excerpted from one of my online courses. Oddly enough, it was originally intended as only an audio meditation. I decided to add pictures to clarify some fo the ideas. And it turned out to be a nice mix of information and healing meditations. You can go to <u>Resetting Your Financial Guides</u> and check out the other sections of the course that are offered freely, and enroll now, at the discounted price. That price also includes a \$20 discount on a <u>private session</u> with me.



This meditation includes:

Losing stuff in order to save your Life-force

How we value Big more than Comfort

Maybe striving for more doesn't serve you

You are Enough (from Mary)

A healing song to create comfort in your life

This meditation includes insights and energy healing around financial disempowerment; focusing on releasing energies that cause us to feel over-whelmed and to over-work. It includes a healing song, as well as a spoken channeling from Mary (You are Enough), and a healing song.

One of the most interesting sections (to me) looks at how we use our personal energy to 'tune' our possessions. This allows us to define our 'stuff', but may also limit what what we allow ourselves to receive in life,

I believe that what is happening in the external world always resonates our own inner issues up and out into our conscious awareness so that we might address them. As we understand more deeply our own wounds, we can more easily have compassion towards the wounds of others.

May what has been offered assist you in your journey, Norma

UPCOMING EVENTS

Private Healing Sessions now available by phone world-wide or in person in SE

Michigan

June 23

Meditation Concert - Ann Arbor

Yes, please share these newsletters with your friends, your email circle and social media. I am on <u>Facebook</u> - come 'like' my page!

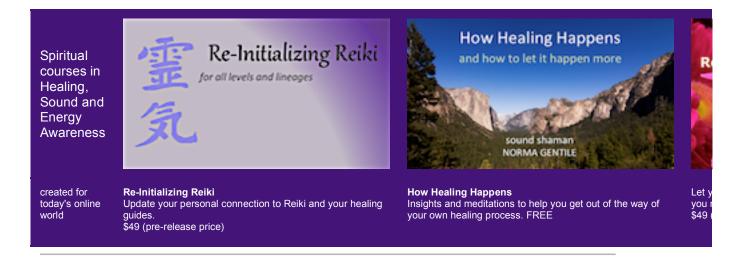
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sample video The Spiral and Linear Paths of Healing from the online course: <u>Re-Initializing Reiki</u>

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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 <u>iTunes</u> Subscribe today!



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

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