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Re-Initializing Reiki

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When we enter into an act of creation because we are stimulated by something external to ourselves...

we limit what we manifest to something that reflects the reverse of what we see externally

Dear Friends,

Perhaps you are aware of a growing insistent intensity in the world...it feels as if there is 'something' afoot. I am noticing this insistent intensity happening all around me energetically, and have come to believe we can utilize this intensity either for greater acts of spiritual creation, or non-sacred chaos. Clearly I am on the side of creation! Let me share with you what I have figured out so far...

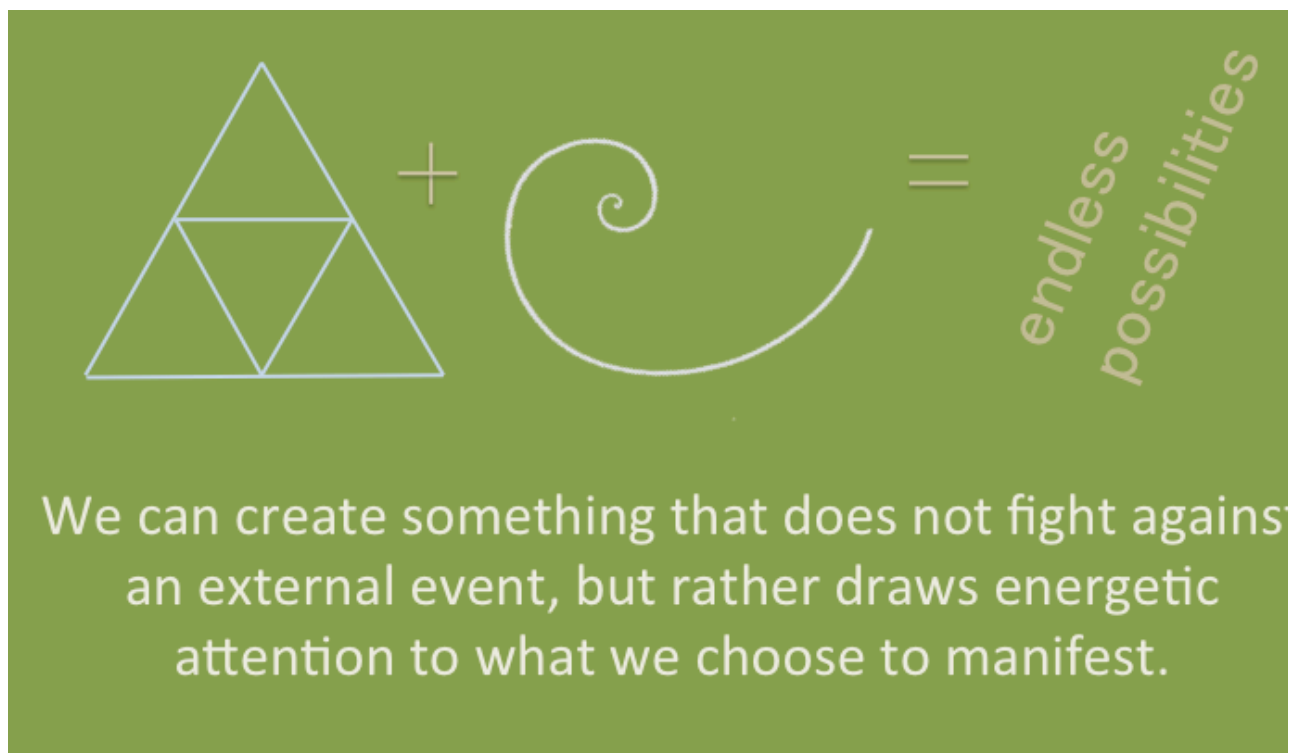
As Sacred Masculine energies (from Sirius) bathe our world throughout August, we may experience time as being more and more accelerated; as if it isn't already moving along pretty fast! My guides suggest taking extra care each day to include meditation or a spiritual check-in of some sort for yourself. Energetic patterns related to the New SuperMoon Solar Eclipse (Aug 11) are very strong and already at play.

The eclipse energies promise to interact with the Sacred Masculine energies, magnifying the impact of both. Learning to create out of our hearts rather than in reaction to what our personality sees others doing is a principle pattern of early August. What are you doing now? How aligned is it with expressing your Soul? What we are doing could be thoughts you are thinking or emotions or tears you are crying...it is not just doing something like a physical job or task. What is yours to do now? If you would like some assistance answering this question or freeing yourself up to respond to an inner urge a [Private Healing Session](#) during this time can be most useful.

Here is more background, and some ideas on how to utilize intense situations and energies:

Our solar system is in the midst of a 7-week astrological cycle during which we receive mature sacred energies from one of the stars of Sirius. Because we are still defining our reality through polarity, I refer to this energy as Sacred Masculine. We use this energy, in combination with the Divine Feminine, to bring ideas into form here in our reality.

Each year we are challenged to utilize the energies of the Sacred Masculine to create out of our inner connection with Spirit, rather than to react to something in the outer world. When we enter into an act of creation because we are stimulated by something external to ourselves, we are limited in all aspects of our actions, and we limit the results of our actions (what we create or manifest) to something that reflects the reverse of what we are seeing externally. It is as if our creative juices can only replicate what we are reacting against, but in the reverse. As a result, we end up creating more, rather than less, of a polarized situation in our life. And greater tension ensues between these oppositional polarities.



I share this because part of stepping away from polarity is learning to listen deeply to the 'why' behind all of our actions. We cannot always understand fully the timing of certain opportunities, nor through whom or with whom opportunities for co-creative actions might be possible. But we can consider why we would engage and take an action.

We can step out of believing that we must do something because:

1. they won't do it,
2. it's a family tradition,
3. they are doing this other thing,
4. If I don't do it, someone will get angry
5. If I don't do it, someone will get hurt
6. If I don't do it,.....

Notice in these examples how there is the belief that you must respond to external stimuli. This response to external stimuli isn't a unique impulse of creation originating from within you. It's a reaction to external events. And so it is limited to being a reflection of that external event.

When you catch yourself in this reactive mode, take a moment, and consider what might be an accurate reflection of your thought process now. Why is the external event important? After answering this question, you can eliminate those reasons that are reactions to what you are observing externally. Then, you can more easily step into the power of choosing for yourself the actions that serve as expressions of your Soul and your own Spiritual journey. You can create something that does not fight against an external event, but rather draws energetic attention to what you choose to manifest.

Balancing who we are and how we reflect ourselves into the physical world isn't hard. It is simply the journey each of our Souls has chosen.

Blessings to all who walk upon this journey,

Norma

The wall we
have built
around
ourselves,
whether to
keep
something
out or to
keep us
safe, is
cracking.
These
cracks
represent
the issues
that we
need to
address in
our lives.

a healing video song to
Cultivate Compassion in response to Fear

The wall
represents
beliefs and
behaviors
that inhibit
us from
expressing
and doing
that which
we are
meant to do
now.

As we allow
the wall to
be broken
down, we
allow the

related
beliefs and
behaviors to
come into
our
awareness.

When we
seek to
maintain the
wall, we are
unable to
look beyond
our fear. We
attempt to
hold back
what is
behind the
wall.

But at some
point the
amount of
energy we
expend
trying to
patch even
one crack in
the wall will
overwhelm
us.

Giving into
change is
our only
choice.

Change
opens deep
places
within our
hearts
where
Compassion
abides.

[Read more
about this
video and
related
spiritual
energies](#)



PS This cycle continues through mid-September, as we have another eclipse, SuperMoon and the annual Sirian Portal bringing us accelerated energies until then. And I do have [Private Healing Sessions](#) available for you during this time. (office@healingchants.com)

In this time we are called to:

- Our ability to honor ourselves and others; finding our self-worth internally, no matter the external setting of family / work.

- Revealing our uniqueness, no matter the pressure to conform.

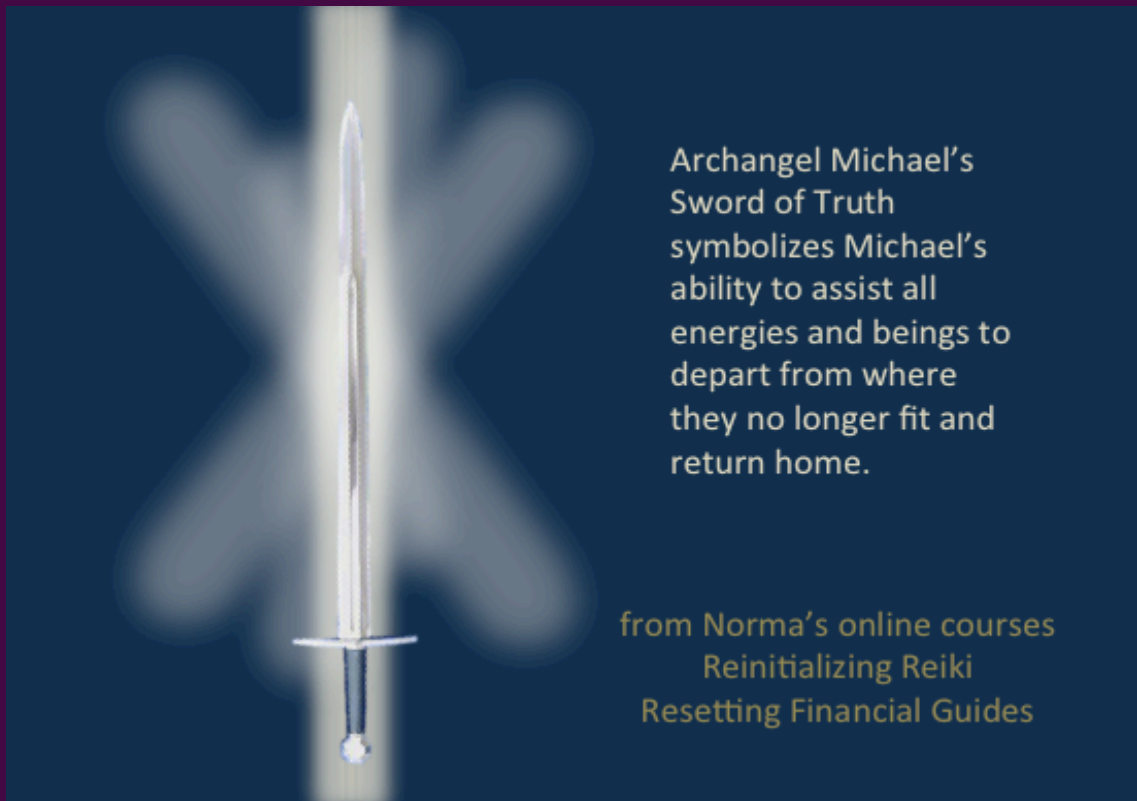
- Sensing our inner power, and using it to empower others.

- Recognizing anger as a call for inner action before taking outer action.



If you are seeing this newsletter because a friend sent it to you, you can subscribe and see past newsletters [here](#).

I offer a song, [Inner Truth](#), to assist in finding your place of inner Truth and Knowing.



Archangel Michael's
Sword of Truth
symbolizes Michael's
ability to assist all
energies and beings to
depart from where
they no longer fit and
return home.

from Norma's online courses
Reinitializing Reiki
Resetting Financial Guides

[A
Healing
Song](#)

[to find
your
place of
Inner
Truth
and
Knowin](#)

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 of the ideas. And it turned out to be a nice mix of information and healing meditations. You can go to [Resetting Your Financial Guides](#) 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 [private session](#) with me. .



[Watch Video](#)

[Listen to Audio](#)

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 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

Winter Solstice

Meditation Concert - Ann Arbor

Fall

Sound and Healing Workshop - Ann Arbor

August

Meditation by Phone/Online

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_06c.html

an online course
for all levels and lineages

Re-Initializing Reiki

sample video

The Spiral and Linear Paths of Healing
from the online course: [Re-Initializing Reiki](#)

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.

New Online Video Courses!

(special early-bird pricing and a coupon for \$20 off a [Private Session](#))

Spiritual
courses in
Healing,
Sound and
Energy
Awareness



created for
today's online
world

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 y
you r
\$49 (

Here are some additional free offerings.

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THIS MEDITA

- How a Narc
Own Intuition

- How much
does Your S
Body?

-

This meditation includes insights from myself and my guides Archangel Michael and Mary, along with healing energies to easily open your body's natural connection to it's own Earth energies (also known as 'grounding'), while clearing old patterns that block your Soul's desire for you to create and manifest easily in your lifetime. I include a meditative song (Creating Comfort) near the meditation's end for use whenever you feel 'off' and the world feels 'off' and it's just too weird to put into words. Because when realities overlap and merge, our logical brains are pretty useless!

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](#)

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 s

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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.