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Re-Initializing Reiki

Update your personal connection to Reiki and your healing guides.

Let yourself hear and follow the Spiritual Beings working with money, ease and living well.

MerKaBa Meditation & Pranic Nourishment
(emerging now)

The Divine Feminine serves as a chalice; containing, supporting and providing nourishment to newly emerging Sacred aspects of masculine energies. Now is the time of year when the chalice of the Divine Feminine begins to overflow...



A New Light upon the Chalice

**How the Divine Feminine receives the Sacred Masculine
(and a new healing song)**

Dear Friends,

I am noticing a trend to feeling that there is just 'too much' all around us. Too much to process, to deal with...but not enough of what is easily supportive and useful. This translates into overwhelm, and in some cases, connecting (usually unconsciously) with guides that keep us from resting fully or sleeping well.

My own guides remind me that if I don't feel a warm flow of energy through my feet, I am not engaged within my body to the level my body desires. And if I am not fully embodied, the energies my guides share with me can turn into random ideas, running in circles in thought loops. Interpreting spiritual energies requires our entire human form & mind heart and body.

I find that at this time of year, an unbalanced prioritization of the mind (over heart and body) becomes more evident. I feel this in us as individuals as well as in the larger world in general. When we rely too much with any one part of who we are, (in this case the mind), the intuitive, psychic and telepathic information received by other parts of ourselves (our heart and body) are not considered fully. Sometimes we simply disregard what our body is telling us, or hide our own emotional urges from even our own knowing.

During August and September of each year, I find myself feeling the chalice of the Divine Feminine receiving the subtle cosmic energies of Sirius, which we tend to interpret as being an aspect of the Sacred Masculine. All is well, as we have spent many decades building a large chalice from the Divine Feminine we have learned to honor. We can use these energies of Divine Feminine and Sacred Masculine together to create easily and abundantly.

However, the chalice is now full and is beginning to overflow. When this happens the Sacred Masculine energy is no longer held within the context of the Divine Feminine. It spills out into the profane world where it is misinterpreted as merely potent energy. Energy that urges us to do and be active. But has no sacred or divine direction.

This energy continues to enter into the Earth until later in September, Between now and then the energy is abundant, but not contained to a divine purpose. Because we have free will, each of us can use it as we deem appropriate. For many people, this energy feels like the day-to-day masculine energy that often is careless, in-charge, brusque, and wielded with judgment. We are accustomed to interacting with it; usually when we are hurt by it.

Thus those who habitually wield profane masculine energies attempt to use it, and those who are habitually wounded withdraw from it. As a result, there is often a flurry of non-sacred world events that stimulate personal inner emotions and internal thoughts/beliefs to come into our awareness. Of course, what arises within us is ready to change. This time frame (now until late September) can be excellent for examining the edge where our spiritual being meets our worldly human. How comfortable is this edge? What in our personal world is throbbing with discomfort? That issue (or issues) are the visible tip of the iceberg our Soul wants to see more clearly, understand, and change.

As the Earth reaches its saturation level of cosmic subtle energies coming in from its alignment with Sirius, the energies spill out of the containment of the Divine Feminine chalice and flow into the world. As this happens, we expose beliefs, assumptions, fears and even hopes regarding our relationship to the profane, day-to-day masculine as well as the Sacred Masculine. Cultivating our personal internal Divine Feminine (our reflective or being aspect) lets us interpret these energies as Sacred Masculine, rather than haphazard, profane or day-to-day masculine.

And yes, this year is especially chaotic! It feels like we humans have agreed to remind ourselves of shared unresolved issues (power imbalances between races, cultures, genders) and impatience (why aren't I fully enlightened yet?) This is an opportunity to see more clearly what we are holding onto that isn't serving us.

Here is a sneak peak at a healing song from my new online course, [The MerKaBa Meditation & Pranic Nourishment](#). This song cultivates a quality of Divine Feminine energy in your body that can help you utilize the present abundance of masculine energies in a Sacred manner.

And as always, if you feel called to do so, please be in touch to explore and shift these or other issues in a [Private Healing Session](#).

My best to each of you,
-Norma

Blooming

a healing
song
invoking the
Pure Energy
of Nature

from Norma's
video
Magnifying
Your Body's
Connection
with the Pure
Energy of
Nature

in the online
course:
The
MerKaBa
Meditation
& Pranic
Nourishment



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](#)

UPCOMING EVENTS

Private Healing Sessions

now available by phone world-wide or in person in SE Michigan

Fri Sept 21

Meditation by Phone/Online

Sun Oct 21

Interfaith Sunday Celebration - Ann Arbor (The Thinning Veil - a musical meditation with insights from Norma and her guides)

Sat, Dec 22

Winter Solstice - Candlelight Meditation Concert - Ann Arbor

More videos, healing songs and insights are freely available in my newsletters. You can view past offerings and subscribe yourself [here](#)

a healing video song to
Cultivate Compassion in response to Fear



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 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:**

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

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

- Sense our
inner
power, and
use it to
empower
others.

- Recognize
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](#).

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

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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_09.html**



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)

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.

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!



MEDITATION
**Tools for
Multiple F**

[LISTEN NOW](#)
[Full Meditation](#)
(58 mins long)

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[Creating Cor](#)
[Song Only At](#)

[iTunes](#)

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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Norma's Newsletter Sign-Up

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