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MerKaBa Meditation & Pranic Nourishment
NEW ONLINE CLASS

Family: Our Final (Spiritual) Frontier

(Navigating the Full Moons & Family Gatherings)

Dear Friends,

Just in time for the holiday season....a few insights from my guides about our natural energetic boundaries. Their focus is on how they work and why we sometimes have problems being who we are. For this reason I am using the title Family: Our Final (Spiritual) Frontier!

When I think of boundary issues I think in terms of something that we improve at throughout life. Defining who we are lets us more clearly define, and therefore respect, both ourselves and another person (or our interactions with a place or even activities).

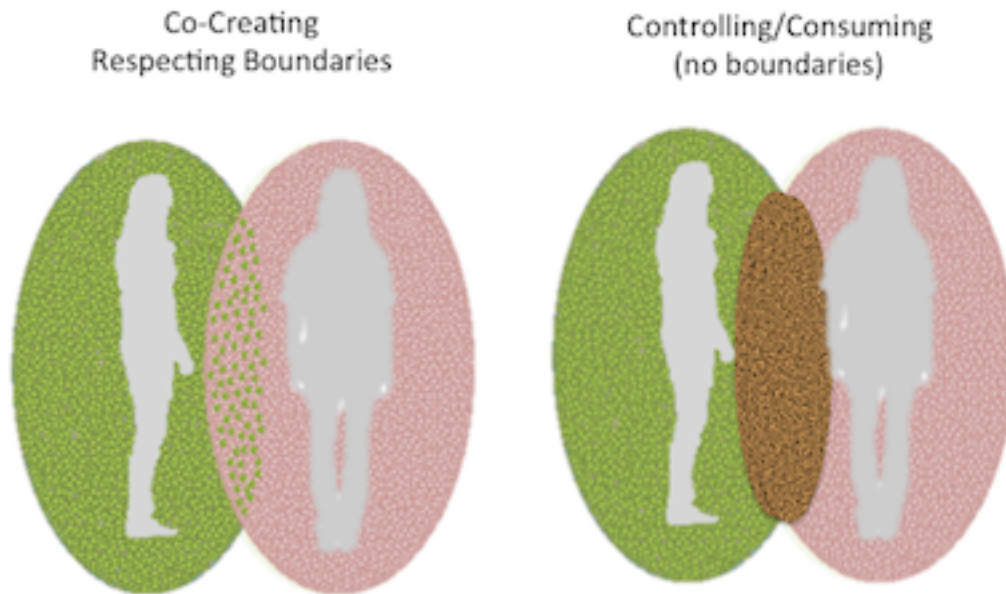
I asked my guides in meditation to clarify boundaries...so thank you to clients for asking me questions like "how can I not drown in my mom's emotions?" or "is there any way to not feel exhausted after a day with relatives?"

Here is what I now understand:

Spiritual teachings tend to define boundaries in terms of physical world forms...'a veil between the worlds', or 'the membrane of our aura'. My spiritual guides, on the other hand, define boundaries by the quality of things. The closest physical concept is what we know as vibration. We perceive, by hearing, musical notes differing from each other. Or colors; each with its own portion of the visible light spectrum.

In this fashion boundaries are made when each person generates their own quality of energy. Ideally other people, (places or situations) are generating their own unique quality of energy. Each has a unique vibration. A lack of boundaries is indicated when the qualities of energies merge; much like adding green paint into red paint yields brown paint. There is nothing wrong in this merging. It simply means the original colors are no longer vibrating at their original vibration.

The energetic parts of the green and red paints exist in physical reality, but our eyes perceive the color brown, not the green or red paints, in the areas where they overlap.



When we are clear about what we want, we can choose to blend a bit of our own color in with another color. As each of us becomes more adept at knowing who we are, we can choose to consciously blend a bit of our unique color with the equally unique color of another. Done consciously, we retain our ability to sense our unique energy or color within the mix, even after the colors or energies have blended. In this fashion both the green and red paints retain their unique vibrations. They dance with each other, rather than being consumed by each other.

When we unconsciously give our personal energy to a person or a situation, we can't see or perceive our unique energy within the mix. We see only the resulting brown paint. Often, out of the fear of drowning in other's energies or fearing being overpowered, we contract our aura, bringing our energy closer to our body. A few people will do the reverse and attempt to expand their aura to appear larger than they are energetically. No matter, in the end each person uses more of their own energy trying to control rather than co-create. When we are in control mode we our personal energy is consumed. When we respect others (or situations) our energy continues to vibrate as our unique color.

As we enter into this season of Holy Days, a Full Moon greets us both on Thanksgiving eve and during the week of the Winter Solstice/Christmas. My guides suggested that since the Full Moon tends to open and expand our ability to express emotions, this Holy Day season is especially ripe for seeing and exploring family dynamics.

So in short...

Full Moon + Emotions + Family + Thanksgiving = Spiritual Potential
My very human response? Oh sure....What could go wrong?

A reminder of how to clear energies you might pick up from others:

Ask every thought, every emotion, and every physical sensation if it is really yours. Is it really ALL yours? Is it really yours right now?

Include experiences such as:

- sudden onsets of 'sleepy-heavy' feelings (these are often emotions others are not wanting to process themselves, and the emotional energies tend to wander more easily when alcohol or marijuana is being consumed)
- agitation such as 'I have to do something about this'. Often you are judging someone/something, and your judgment opened the energetic doorway between both of you. Step back, breathe, and let yourself move into the bigger picture. Honor that each of you have a journey of learning, and only your Soul (and their Soul) knows that journey.
- headaches, tension between your shoulder blades, or a feeling of fullness or heaviness in the space behind your lower back are all classic physical responses to having someone's energies push into your personal aura. As you ask 'is this headache, or heaviness, or muscle tension really mine?' you give permission for their energies to move to wherever the energies need to go. As the energies move, the physical sensations will change as well. Don't send the energies. Just ask the question. Allow the energies to recognize they are not in tune with you.

Family patterns are the most deeply embedded patterns we have to work with as humans. They teach us the most. And they are the slowest, stickiest and most stubborn energetic aspects of each us...and every small wisdom we gain from address them yields

the greatest potential for personal transformation. May we each remember this potential throughout the next month.

Blessings to each of you on this opening salvo of the Holy Day Season.

-Norma

UPCOMING EVENTS

Private Healing Sessions

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

Sat, Dec 22

Winter Solstice - Candlelight Meditation Concert - Ann Arbor
Tickets online now

June 27 -30

Pranic Nourishment Retreat with Elitom, a breatharian of 18 years (Michigan, Song of the Morning)
Enrollment open - limit 50 participants

A tiny bio for those who do not yet know me:

I have always seen auras. As a psychic I 'see' how people connect to their guides, angels, and other people. Through channeled insights, intuitive ideas, energy healing and music I assist others in clearing accumulated cobwebs and awakening their innate creativity and healing potential. I believe that our world is healed as each person heals themselves.

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](#)

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 NEW online
course:
The
MerKaBa
Meditation
& Pranic
Nourishment



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

a
meditation
for
Balance

*with Norma
and her
guides
Archangel
Michael
and Thoth*

An
exceptionally
soothing
meditation
focusing on
drawing
healing
energies to
you so your
body can
feel safe,
whole and
grounded.
Archangel
Michael and
Thoth join
me, sharing
energies and
insights. Of
course there
is a
spontaneous
healing song
that came
through me
as well.



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](#)

Mystery

a healing song to

Cultivate

Compassion

as a response to fear

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. .



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

[Watch Video](#)

[Listen to Audio](#)

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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**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!

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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



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\$49

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