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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  
NEW ONLINE CLASS

Unique  
Energetic  
Opportunities  
of the  
SuperMoon  
Lunar  
Eclipse

Dear Friends,

Are events making you feel as if you are being squeezed and challenged then suddenly released and relieved? You are not alone! This weekend's Full SuperMoon, the Blood Wolf Moon, is bringing its unique energies into our world. This first of a series of three SuperMoons is nearly upon us. I am using the term 'Squeeze and Release' to define the energies associated with it and the Total Lunar Eclipse that comes with this Full SuperMoon. Here are a few ideas of what to expect, so you can take advantage of the energetic opportunities this next week offers.

### **The 'Squeeze and Release' Effect is Happening Now** **Unique Energetic Opportunities of the SuperMoon Lunar Eclipse**

Popular media will most likely give much more attention to February's Full SuperMoon, which will officially be the largest visually of the year. I am feeling that the March SuperMoon will potentially occur during a time of much upheaval, while this weekend's SuperMoon and eclipse are already bringing an energy that has us experiencing the extremes of polarization in our world in personal ways.

I am calling this weekend's SuperMoon/Eclipse combo the 'Squeeze and Release', because it invokes energies that alternately help us feel those constrictive beliefs that our life-force has been functioning through, then shows us a glimpse of the extreme expansion possible when we transmute these beliefs. Our energetic and emotional pendulum is swinging to both extremes while we are within the energies of this SuperMoon/Eclipse. Ultimately, neither extreme is sustainable. It is the middle point that each of us seeks; living neither in the constriction of beliefs that no longer serve to guide us, nor in the euphoria of possibilities that have no deep energetic basis, and therefore no means of growing in the reality of our life as we are now.

Details on this and other upcoming SuperMoons and eclipses are [here](#)

### Dealing with Extreme Expansion (ungrounded euphoria)

Knowing what it is that we are being called to do by Spirit is not always easy. Sometimes ideas pop into our head, and because they seem 'spiritual' or 'helpful' we assume that is what our Soul wants us to do. Over many decades of channeling information and energy healing, I can say that when ideas pop into our heads they are almost always limited and colored by our own beliefs.

During times of extreme energetic expansion, such as what is happening right now, you may have moments of Spiritual clarity as well as times of deep confusion. The trick is to recognize that the images or ideas that occur to you during the times of expansion are not exact and perfect interpretations of what your Soul (or guides and angels) are conveying to you.

Here's why:

When spiritual energies, such as your Soul/Guides/Angels communicate with you, they resonate up into your awareness whatever idea/image/experience you have in your mind that is closest to what they are trying to tell you. If something new is happening, you may not yet have had a similar experience they can bring into your mind. Likewise, you may not have the exact context for the knowledge that they are trying to convey. For example, if you do not know that chocolate exists as a type of pudding, you may 'see' an image of a melting chocolate bar. As you sit with the image, an additional sensation may come to you that 'there is more to this' and that you need to simply be open to receiving more information and allowing a deeper understanding to occur at some later point in time.

### Dealing with Constriction and Squeezing

Additionally, when you consider an issue/challenge/opportunity that you are facing in life, you most likely have a series of thoughts that you are accustomed to thinking. This series of thoughts relate to learned beliefs and reflect what is ready to clear. Many people don't allow themselves to think these thoughts because they feel negative. Which means that the thoughts cannot be adequately tagged, evaluated, and changed. Instead, they substitute thoughts that they have decided to think about instead. 'I feel overwhelmed' might be overwritten by 'my body feels great' even though your body doesn't feel remotely decent.

When we have ideas/images/information pop into our head, it is useful to consider if this is the start of a process that our guides/angels/Soul wants to investigate and learn more about. If so, this is going to be a step-by-step process. What seems to be negative thinking may be the action of our Soul, bringing into our awareness a starting point of change.

Whenever large cosmic events occur, their energies amplify those issues that our Soul wants to explore. This series of three SuperMoons opens possibilities and energetic doorways for us to step through and make new choices.

**My guides suggest these two questions are good to hold in meditation, as they promote grounding your body into your spiritual path. Do them in this order:**

*How does my Body want to be supported by my Soul?  
What is mine to do now?*

My blessing to each of you,  
-Norma (with a little help from Mary)

PS I do have some [Private Session](#) times available this weekend and early next week. If you feel called, you can email me to setup an appointment ([office@healingchants.com](mailto:office@healingchants.com)). You may also scroll down for more info on the sessions.

### UPCOMING EVENTS

#### Private Healing Sessions

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

#### Sound Healing Event TBA

June 27 -30

Pranic Nourishment Retreat with Elitom, a  
breatharian of 19 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 poeple. 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](mailto:office@healingchants.com) or 734-330-3997. [Read more about private healing sessions here](#)

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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.

**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](#).*

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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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I am on [Facebook](#) - come 'like' my page!**

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[http://www.healingchants.com/newsletter2018\\_09.html](http://www.healingchants.com/newsletter2018_09.html)**

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Dear Friends,

I am so excited to share with you a video from my developing 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](#)  
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MEDITATION  
**Tools for  
Multiple F**

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THIS MEDITA

- How a Narc  
Own Intuitio

- 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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