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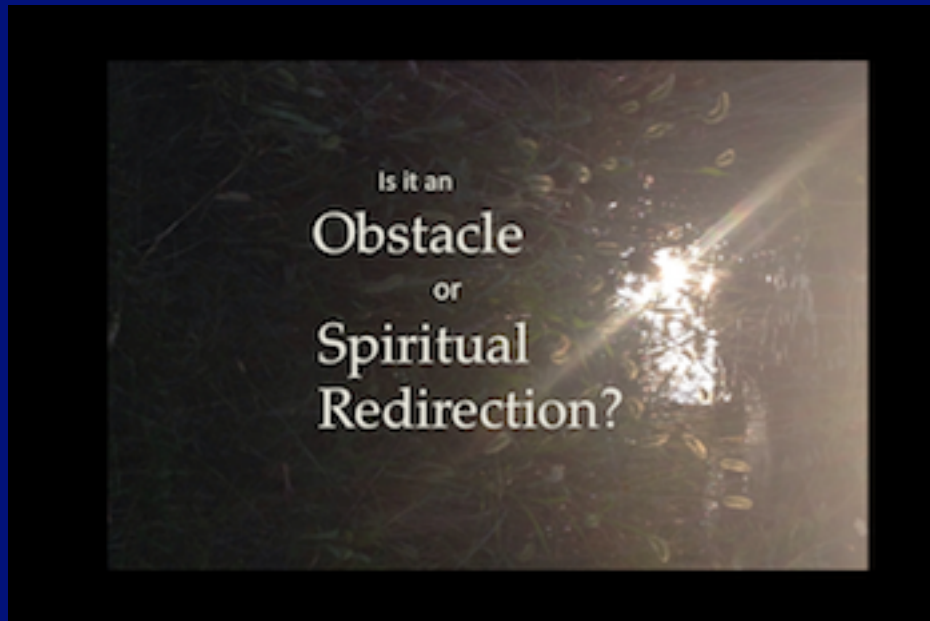
Re-Initializing Reiki

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
COMING 2020

How Healing Happens
and how to let it happen



Insights and an

upcoming
Free Healing
Meditation
(phone/online)

plus a healing
song

Dear Friends,

Mark your calendars and join me on Friday, Jan 10 at 9pm EST/6pm Pacific for a [meditative hour](#) of energy healing and insights during the Full Moon Lunar Eclipse Meditation. (phone and online). For those who seek an in-person nourishing experience, join me in my home near Ann Arbor for a [Day of Healing Meditation and Music](#) on Saturday, Feb 8.

Is the Challenging Issue in my Life an Obstacle to Overcome or a sign from Spirit to take a New Direction?

Having just had an abundant exposure to family dynamics, (as I bet many have had over the holidays), I am particularly aware of one of the wisdoms my guides share: Remember that what we see externally in others reflects some internal aspect of ourselves.

This includes things we are ready to change like behaviors, beliefs and structured responses. In some cases we can also be witnessing things in others that we have already changed or are in the midst of changing. This serves as a means of validating our ongoing internal process.

We also see those issues that we hide (even from ourselves), and those that we are being called to forgive or have a kinder and more compassionate approach towards. (This month's healing song, Tender Strength, reflects this). I notice that Spiritual guides and people's Angels urge compassionate self care far more often than self-critique or external action! It appears that compassion begins with oneself.

The overall energies that lead to this Full Moon Lunar Eclipse on January 10 have to do with handling restrictions and constrictions that we interpret as being placed upon us. Rather than seeing things as inhibiting our forward path, we have the opportunity to experience them as redirecting us to more fruitful and bountiful paths. This is particularly true in the weeks around the Full Moon.

Thus I offer [an hour of reflection with healing meditation](#) on Friday, Jan 10 at 9pm eastern, 6pm Pacific time.

The focus is forming around these three questions:

Are the issues in your life obstacles to overcome?
Or are they a Spiritual Redirection meant to point you onto a new path?
How do you know the difference?

As always, this meditation is available live by phone or online at the [Healing Chants Facebook](#) page and later as a podcast replay. Please join me! [Details on the Calendar page.](#)

If you prefer to connect personally I have Private Session times open this weekend and next week – email me office@healingchants.com

May the nurturing we enter into for ourselves during this season of Winter so fill us that our world becomes more verdant with the coming Spring

-Norma

Tender Strength

*a song and insight to empower the Sacred Masculine within each of us
(from the December Solstice Concert)*



[LISTEN TO THE SONG](#)

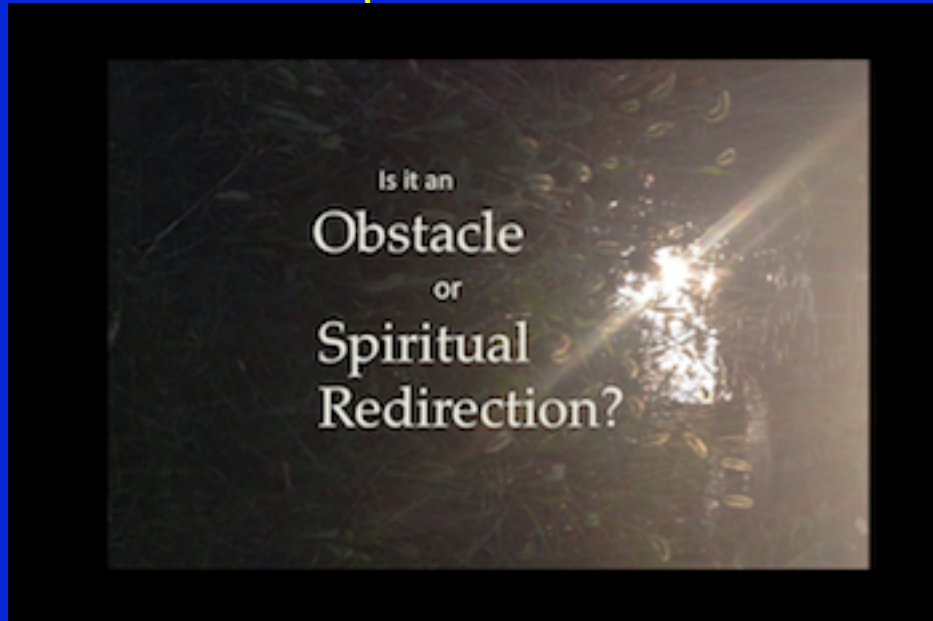
[Empowering our Expression of the Sacred Masculine](#)

Much has been spoken in the last few decades about the rising of the Divine Feminine, and now it is time for the Sacred Masculine to be afoot. It is available to each of us through the choices we express in daily life and living. Here we honor the

empowerment within that allows us to be present as a tender expression of the Sacred Masculine.

Friday, January 10 at 9 pm EDT / 7 pm PDT

Full Moon Lunar Eclipse Meditation



with Norma and her guides (usually Archangel Michael, Mary and the Hathor Atamira)

To Participate:

ONLINE: will be live streamed (audio and video) at the [HealingChants facebook page](#)

PHONE:
Access Code
654222#
United States
(712) 775-7031

[View Numbers for other countries](#)

[MORE INFO](#)

Saturday, February 8 from 10am-4pm near Ann Arbor



a day of nourishing Healing Music and Meditation

In the midst of winter I am drawn to times of deep quiet and nourishing gatherings - so I decided to create such a time in my home for whomever feels drawn to join me. . This is an easy and informal day. I expect to offer insights and songs from my guides (usually Archangel Michael, Mary and the Hathor I know as Atamira) as well as co-create sacred moments with those present in toning, meditation and chanting.

\$60 by Jan 20 / \$75 after

what you want to explore. I am glad to provide experiences and information that best serves those who come.

Here are some topics we may explore in our time together.

- Improve Your Voice
- Deepen your Breathing and Quality of Sound
- Grounding & Centering in Difficult Circumstnces
- Welcoming Nature & Earth Energies in Meditation

[Register Now](#)

HTMLDirect

(hidden)

HTMLDirect

(hidden)

\$60 by Jan 20 / \$75 after

gentle and
deeply
healing
energies

small
group

Yes, my music is on most streaming services.

Best Way to Purchase a CD or Download is through
CDBaby.com

[Not sure? Click here for more info](#)

UPCOMING EVENTS

Private Healing Sessions

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

January 10

Full Moon Meditation (phone/online)

February 8

a day of Healing Music and Meditation in my home

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. My healings assist in clearing accumulated cobwebs and awakening the innate creativity and healing potential within each person. I use my intuition, insights from your guides and angels, healing energies and music in this process. 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](#)

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

Meditation #60 from October 13, 2019

Your Wellspring of Being

Includes video excerpts and a healing song

[Apple
Music](#)

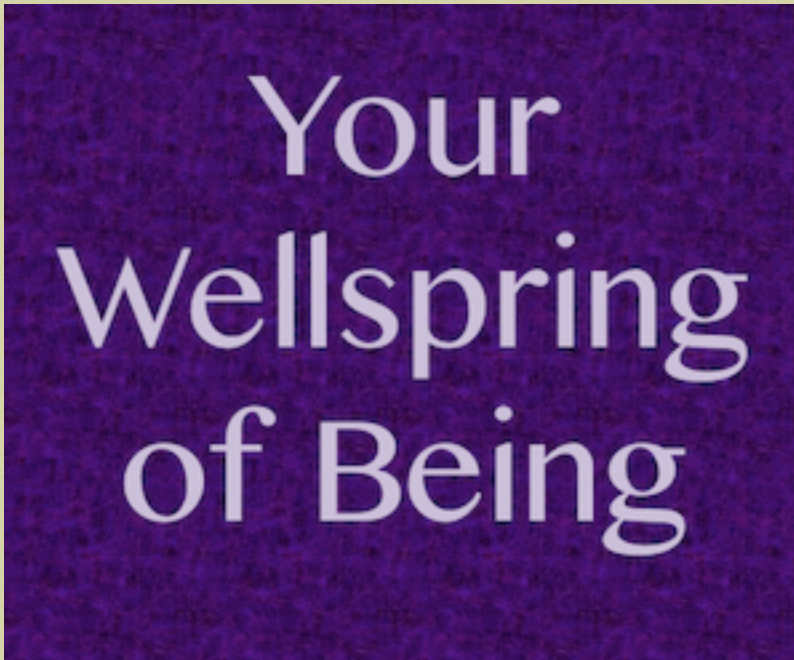
[Listen
to
mp3](#)

[Transcript
& more
information](#)

Great to induce a good night's sleep!

This meditation includes an extended clearing that you can repeat on your own, followed by a nourishing healing that is both spoken and sung.

During this meditation each person's body is encouraged to tap into its own innate



LISTEN TO THE SONG: [Resolving](#)

WATCH VIDEO EXCERPTS:

[Guides and Angels from the Past cause Issues in the Present](#)

[Healing Through our Imperfections](#)

[Meditation and Sound Healing: Tapping into Your Wellspring of Life](#)

Wellspring of Life.

INCLUDES:

- Recognizing how you are already connected to Archangel Michael
- Guides and Angels from the Past cause Issues in the Present
- Meditation (you can repeat) to Thoroughly Clear your Body and Aura (2-4-6 Meditation)
- Healing Through our Imperfections
- Meditation and Sound Healing: Tapping into Your Wellspring of Life
- Your second chakra determines the level of comfort that your Soul wants your body to experience in this lifetime.
- Releasing connections to Other People and Guides and Angels who have completed their task during this meditation

Norma's music is available on [Apple Music](#), [CDBaby](#), [Amazon](#) and most streaming services.



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.
(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
(pre-

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MEDITATION
**Tools for
Multiple F**

LISTEN NOW
Full Meditatio
(58 mins long)

SONG
Creating Cor
Song Only At

iTunes

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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