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## Explore Norma's Online Classes

### 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

## **Dancing Your Own Dance Dreaming Your Own Dreams**

a brief channeling from Mary,  
given in the evening of January 7, 2020

Dear Friends,

I share with you a brief message that came through just now. It seems timely...perhaps it will speak to you as it did to me.

*from Mary:*

Wounding of the Heart is a common theme. Whether it is from life circumstances, or long-ago acquired habits, a closed heart is seldom by design of the Soul. Rather, the human heart seeks to breathe with life and expand to love all that the human who serves as its host encounters.

What is it you most seek? It is what you most desire. Only when the heart is closed (even a little) do you seek for that which you do not truly desire. Seeking after what another finds pleasurable leads you not upon your own journey, but into a stray wilderness.

Even your spiritual or psychic visions in this wilderness reflect what is not truly within your heart. Gazing outside of yourself, you see only the goals and destinations that another's world seeks. This world would have you seek these goals only, as that is its purpose; to be in service to the Heart's journey (and human) who created it.

The heart, Your Heart, is the dissolver of other's images. The heart, Your Heart, is the bearer of Truth, and the See-er of Dreams. You Heart alone embraces your dreams. The heart of another sees only the other's dreams.

Be not swayed by the dreams of others. These are for you but fallacies. Allow them to pass by you like whispers on the wind.

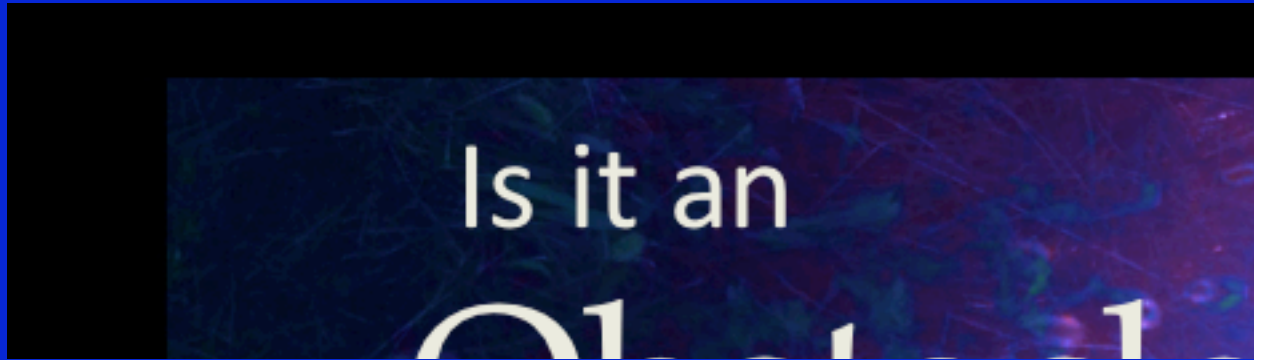
Why are you, any of you, here now?

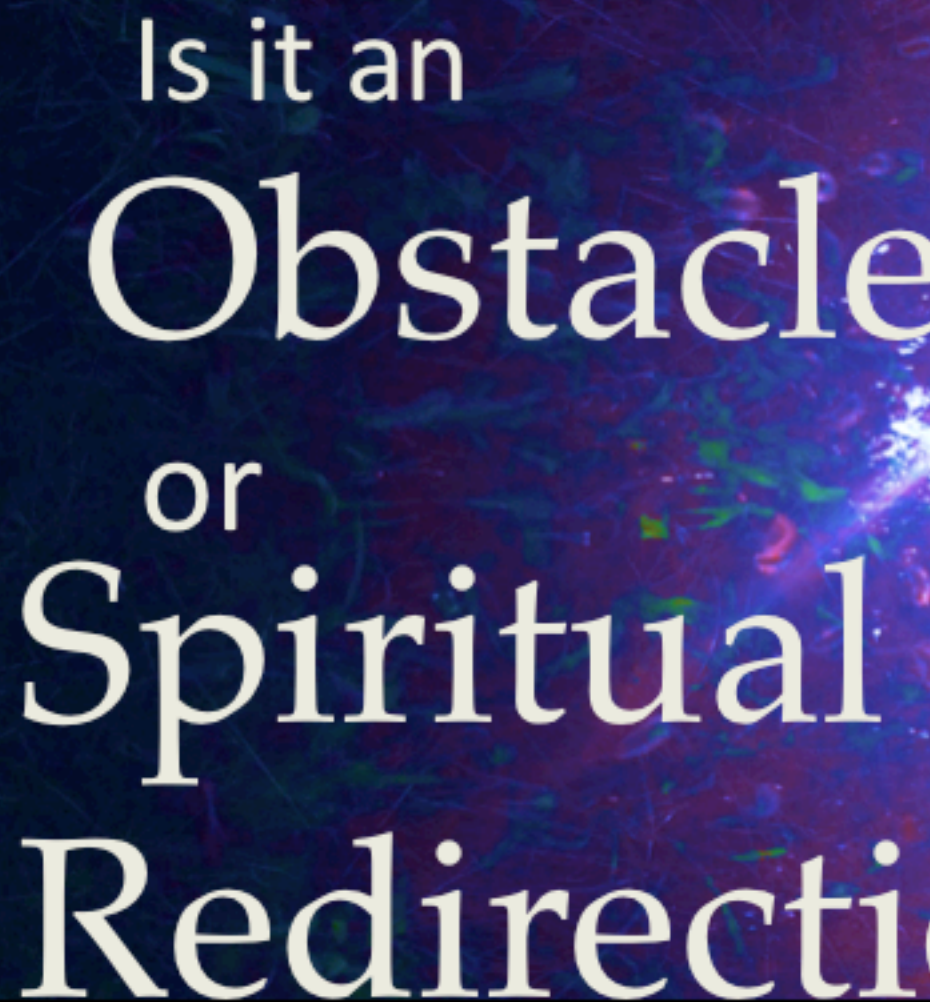
Not to dance within the wilderness or dreams of another. But to dance with ecstatic beauty within you to your own Heart's Creation.

Mary, through Norma  
January 7, 2020

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

**Full Moon Lunar Eclipse Meditation**





Is it an  
**Obstacle**  
or  
**Spiritual**  
**Redirecti**

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

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 barriers. We are invited to experience them as redirecting us to more fruitful and bountiful paths. This is particularly true in the weeks around the Full Moon.

I offer this meditation free to all. if you have the means and inclination, a donation is most appreciated. [paypal.me/healingchants](https://paypal.me/healingchants)

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! [Detail](#)

If you prefer to connect personally I have Private Session times open this week and next week - email me [office@healingchants.com](mailto:office@healingchants.com)

**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

This is a small group, and it is your time to ask questions and explore 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.

- Conveying Healing Energies when you Speak and Sing
- Applying Music/Toning to Reiki and Energy Healing
- Connect more Clearly to Your Guides & Angels
- Tapping into your own Pranic energy for physical regeneration
- Improve Your Voice
- Deepen your Breathing and Quality of Sound
- Grounding & Centering in Difficult Circumstances
- Welcoming Nature & Earth Energies in Meditation

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[Register Now](#)

HTMLDirect

HTMLDirect

\$60 by Jan 20 / \$75 after

gentle and  
deeply  
healing  
energies

small  
group

## Tender Strength

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

Empowering our Expression of the Sacred Masculine

# Tender Strength



**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.

Yes, my music is on most streaming services.

Best Way to Purchase a CD or Download is through  
[CDBaby.com](http://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**

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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](mailto:office@healingchants.com) or 734-330-3997. [Read more about private healing sessions here](#)

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*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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**Yes, please share these newsletters with your friends, your email circle and social media.  
I am on [Facebook](#) - come 'like' my page!**

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*Meditation #60 from October 13, 2019*

**Your Wellspring of Being**  
*Includes video excerpts and a healing song*

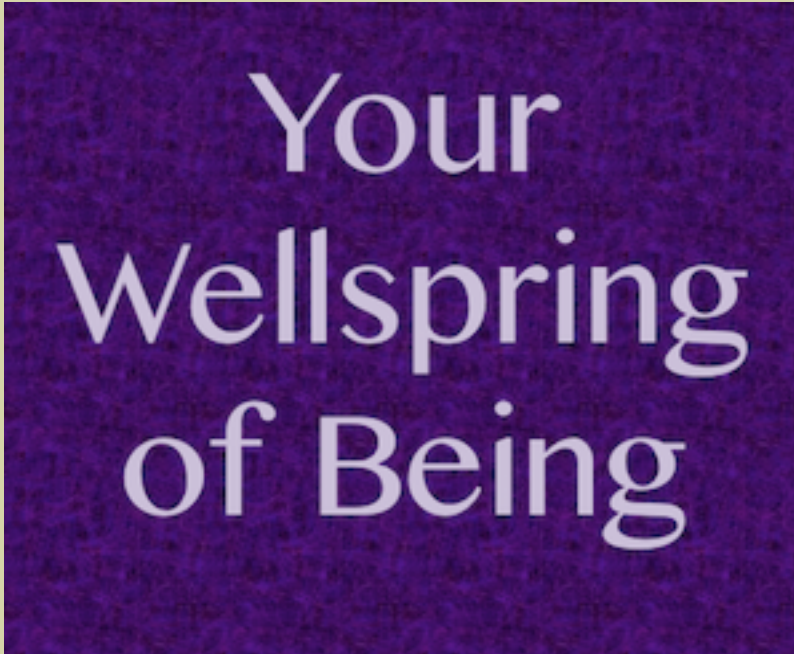
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**Great to induce a good night's sleep!**



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](#)

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 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



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Here are some additional free offerings.  
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Norma's Newsletter Sign-Up

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Submit

**Very Important:**

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