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How Healing Happens
and how to let it happen

from Toxicity to Transformation

The Role illness Plays in Transforming Human Consciousness

Will we shift
our focus
from
adoring
authority
figures
(profane
masculine)
to honoring
the
Sacredness
in our
World?

Dear Friends,

In meditation my guides are sharing insights about current world issues. I found these ideas helpful, and share them here with you. I offer a Healing Meditation this Thursday, March 19 at 10pm EDT / 7pm PDT by phone and online video. See my [Calendar](#) or the [Healing Chants Facebook Page](#).

Sometimes Spirit hides clues in obvious places. Consider this:

Corona means Crown: a Symbol of Authority
Corona: A Luminous Discharge of particles (the Sun's corona)

What if the Corona Virus were a representation of a radical shift in human consciousness? What if its appearance is an

opportunity to remove our worship of a crown sitting upon the head of any single human leader, and place our attention upon the Spiritual Crown that encircles all of humanity?

*Problems cannot be solved
at the same level of
awareness
that created them.*

- Albert Einstein

This comment attributed to Albert Einstein (from a book by Ram Dass and often referred to by Marianne Williamson) directly addresses to our situation. We are attempting to solve, out of panic, a situation brought about by decades of decisions made themselves out of fear and panic.

What is the larger issue? Environmental destruction, potential cataclysmic societal upheaval, emotional turmoil? No. These are all results. The larger issue is lodged deep within our (potentially transforming) human consciousness.

The solution is not found in external 'fixes' but in our internal reconnection. This is a process of transformation, not resolution.

As a child I was rewarded for solving problems quickly, and according to society's expectations. As an adult, I see our society's pattern to emphasize quick solutions. It is explained away as being human nature to choose to relieve pain with a instant albeit short term solution rather than to make a considered decision that brings about slow but sure transformation.

A considered decision arises from a combination of four elements; body intelligence, heart or emotional intelligence, mental perception, and what we know as our spiritual support system. When we make a decision with all four of these elements interlaced together, we may move in a direction that doesn't immediately seem to resolve the situation.

But upon stepping back and seeing a larger world view, our chosen movement will make sense in terms of the movements of other people in the world. Now, more than ever, we move as a group consciousness upon this Earth. And we have the power to transmute issues within this shared group consciousness.

Few of you reading this would argue that humans have been responsible for the growing toxicity in our physical world. My guides point out the relationship between our decision making process and the toxic environment we are growing accustomed to living in. Toxicities come in all forms; physical, mental and emotional. When we take an action towards a short term solution to any problem we don't really resolve the larger underlying fundamental issues that are causing the problem. We merely create a situation where the problem pours itself out as a different type of toxicity into our world.

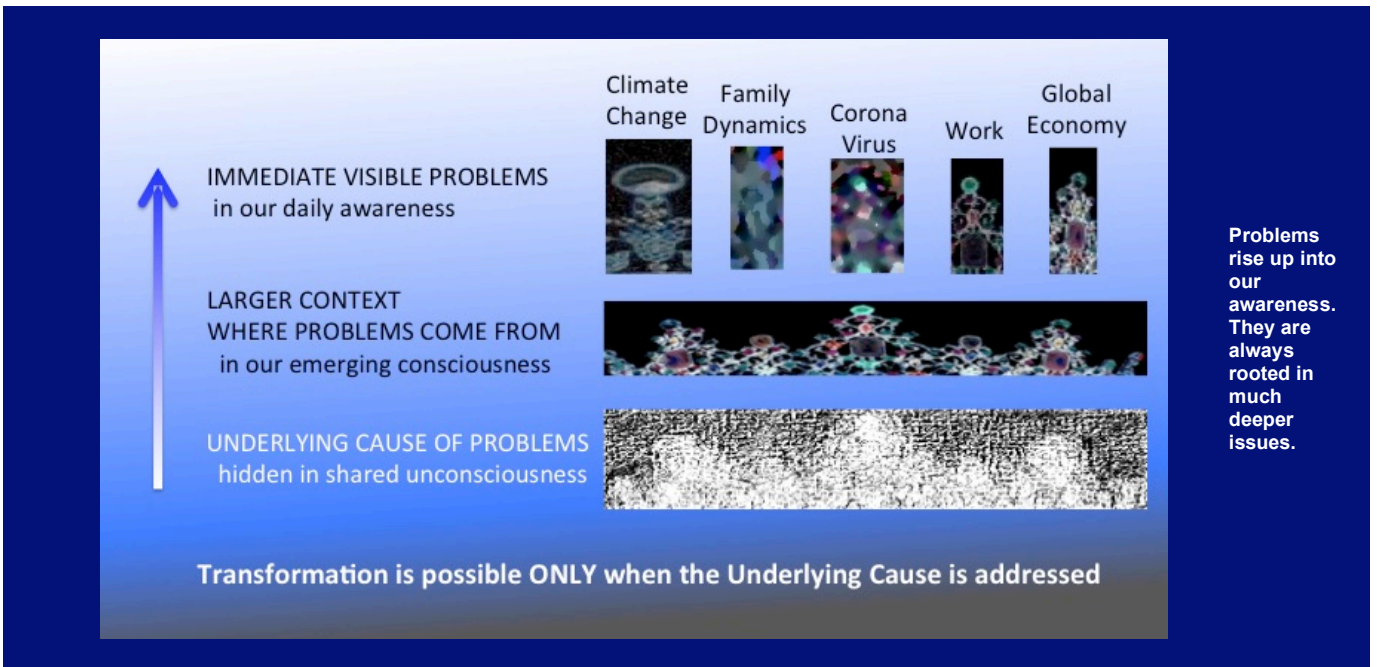
As a result we have corporations (i.e. medical practices) to alleviate the symptoms of mental, emotional and physical imbalances caused by living in this toxic stew. There is nothing wrong with having mental, emotional and physical illness. They are a sign that our world is toxic. Our hearts, minds and bodies are responding appropriately!

As we listen to our world, and our own personal piece of the Earth, (our bodies), we recognize that the quick solutions we are accustomed to applying are causing more and more pain. Few of us understand the undertaking that true healing and transmutation of any illness or imbalance is. The healing process of transmutation isn't linear. It isn't (usually) quick. And yet it happens. Usually when you least expect it. For myself, it is more like a journey than a place to arrive at.

One of my spiritual mentors wrote about journeying along the path of spiritual enlightenment. Walking upon this path, one could explore many different temples, and even build one's own. Many people find that they are content to settle down in a temple and cease traveling along the spiritual path. There is nothing wrong in that. The error comes in not recognizing that the path continues past each temple, and has endless potential. It is only when we forget that there are Spiritual potentials all around us that we lose sight of our transformational power.

When we make a decision or change out of panic or ungrounded unrealistic fear we crave an instant solution. Our medical system (and most of our systems) are geared towards rewarding instant progress or instant relief from some sort of pain or issue. We

simply don't have systems that identify the larger picture surrounding an issue, and then examine what is causing that larger picture. By not addressing the fundamental cause of this larger picture within which this one issue thrives, we are unable to step into the transformational process.



Each time we settle for a quick solution that addresses only the visible painful issue, we also create multiple toxicities in our world. For example, I love my iPhone, but the radiation it emits damages my body. I prefer to pay less for food, but chemicals in non-organic food damage the environment and my body. I enjoy being able to drive my car but the gasoline pollutes the air. Electric cars have electromagnetic fields that are harmful to living tissue. Their batteries and our computers rely on scarce and precious minerals that destroy the Earth when mined incorrectly.

Now, I don't mean to make it seem like there is no solution! There are solutions, but they are not simple and linear. Remember, we are in an age of transformation of human consciousness. This transformation will be reflected in our outer world. And the rules of resonance apply.

Transformation - Resonance and Healing

In physical terms our gut bacteria comprises much of our immune system. In energetic terms our immune system is largely based in our thymus gland. This is an unheralded gland that sits in the center of the chest, beneath a bump in the sternum. It is slightly above the physical heart and a few inches below where the neck and shoulders meet. This gland can be larger than the physical heart at birth, but it slowly shrinks throughout childhood until it becomes (physically) a walnut sized fatty tissue that is dormant in adults.

However, I recognize it as the true energetic core of our immune system. It is also where all the energies from our Traditional Heart Chakra are sorted out and assigned individual tasks. Each of these energetic tasks held within the thymus gland to us whatever it is that our Soul has designed for us to do now in life. When it is closed or clogged, we lose our gusto and are uninterested in focusing and working towards goals.

What helps keep the thymus energetically active is joy. Joy in the expression of who we are while doing what we love to do. As we express our passion, energies move through our body that also keep the liver in good health. The liver cleanses our lungs, blood, and part of our lymphatic system - thus eliminating toxins from our body, The liver's process supports our immune system so it can rev up when it needs to.

All this is to say that doing what you love to do and taking care of yourselves is the greatest thing you can do right now to keep your own immune system healthy and vibrant. In this way we each can continue to function well in this world. And as we each continue to function well in the world, our presence encourages others to express who they are and what they are here to do in this world.

Just as viruses can be transmitted from person to person almost through thin air. so too can an appropriate response to the situation be transferred via spiritual energetic resonance to other people. Since those of you reading this are most likely intuitive and in touch with your body, you already have recognized that you need to prioritize your own self-care. Continue your meditation practice, get outside into Nature, enjoy yourself and have fun! All of these activities opens your thymus gland chakra (the High Heart Chakra) and stimulates your immune system energetically.

As we each do this, there will be a natural tone, or energetic packet of information, available to the rest of the population. This information says "Yes, you know you could panic! Or you can just take a breath, find your body, feel your feet, and tune into what you need to do and what you don't need to do right now."

When we are in a state of panic or ungrounded fear our energy field contracts. So does our body. It is more difficult to 'hear' our guides and angels. Our aura has literally pulled away from the space they reside in around us. When we take a moment to breath and remember our roles as spiritual co-creators in this process of transforming human consciousness...well, it sort of puts things in perspective. When we move out of panic and fear, our aura expands, and our guides and angels can again easily communicate with us.

When we take an action based on this unified consensus of our spiritual support guides, our mind, our heart and our body's intelligence, we are taking an action that leads to expansion, not contraction, of our energy field and our life force. This decision leads to a sense of being fully present in our bodies and that presence resonates and is available for other people to remind them that they too can be fully present in their bodies. They need not focus on and react to external panic stimuli.

Join me for a meditation (this Thursday March 19 at 10pm EDT / 7pm PDT) to look at the underlying issues behind the current wave of fear and panic, while appreciating that this may be a part of how we transform human consciousness. For phone numbers see the [Calendar Page](#) of my website and I expect to stream it live on the [Healing Chants Facebook Page](#).

Thank you for reading this little missive, and I look forward to connecting with you all soon.

-Norma
(with ideas from Archangel Michael and Mary)

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](#).



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.

Yes, my music is on most streaming services.

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

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[UPCOMING EVENTS](#)

Private Healing Sessions

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

March 19
10pm EDT

**Healing Meditation with Norma and her guides
(Archangel Michael, Mary, and the Hathors)**

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



sample video

The Spiral and Linear Paths of Healing
from the online course: [Re-Initializing Reiki](#)

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](#).

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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.
Yes, please share these newsletters with your friends, your email circle and social media.

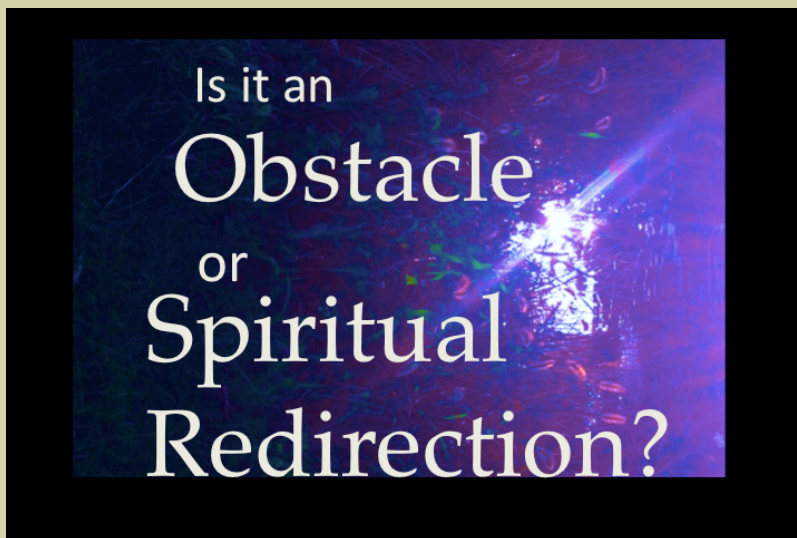
Norma's Audio Meditations are available as free podcasts at [Apple](#) and [Spotify](#) and wherever you get your podcasts. Subscribe today!

Meditation #61 from January 10, 2020

Is it an Obstacle or a Spiritual Redirection?

Includes the healing song Remembering Home

[Apple Music](#) [Listen to mp3](#) [Transcript](#)



Healing the Lower body helps us Find Our New Direction in Life.

While both an Obstacle and a Spiritual Redirection can feel restrictive and be constricting to our lives, we can better feel the difference between them when our lower body is freed from the energies of others.

As I psychic, I am aware that the low chakras of our bodies are just as sensitive and empathic as our head and heart chakras. But very often we don't recognize when information is coming into our bodies through these low chakras. (Especially our Navel Chakra and First Chakra)

Because of this, we end up trying to process energies that we pick up from others as if they were our own.

Here is an audio meditation to clear energies, especially from your low body and lower chakras, that you have taken on. As they leave, the issues that are truly yours to address and heal will be revealed.

LISTEN TO THE SONG: Remembering Home

Norma's music is available on Apple Music, CDbaby, Amazon and most streaming

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