

[Subscribe](#)  
to Norma's  
Newsletter

[read online](#)

[print PDF](#)

## 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



Singing Bowls, voice and piano interspersed with ideas to help cope with energetic currents in this time of transition.

Dear Friends,

I realize not everyone has an hour to listen to my musical mediation, Calming Chaos, so I am including one of the primary insights and some of the songs here in this newsletter. You can listen to the full meditation [here](#) and find an edited transcript and more info on the [Podcasts page](#) of my website

I want to share one of the concepts my guides shared through me during this musical meditation. As our world continues to change rapidly, I find it helpful to remember that the blur of information and experiences rushing past me is, for the most part, not mine to interact with. It is too easy to be caught up trying to heal what is external, rather than feeling the internal issues that are arising because of the external chaos.

### CHOOSING OUR PATH

Any part of healing must start with recognizing that there is a wound. It is not until we recognize what is not in balance, that we have an opportunity to do something about it. As long as we are saying 'no it's fine' or 'no, I don't think that is true', we can't really do anything about what we are denying exists. But the moment we are willing to see the imbalance in our life, we can address it and change it.

One of the things that I most note is how tepidness is often the façade or covering over something that isn't really 'in tune' with us. Instead of being clear about our stance in a situation we are encountering, we become a little vacant...a little tepid. 'Oh well, that's fine...Oh well, you know whatever...Oh, just bless them, that's fine.'

The reality is that inside we are not OK with it. We can feel some part of our body is not OK with it. We know with our mind, and our body, that something is amiss. At the same time our mind often judges the body's knowing-sense of something being amiss as itself being wrong. It is as if being 'spiritual' or a 'good person' means we shouldn't have bad feelings or a bad body-knowing-sensation about what is happening. Especially in situations that are viewed by others as spiritual or enlightening. This is a form of group gaslighting.

I think we are almost to the point where we can agree that this behavior isn't accurate. It is OK to not like something. It is absolutely OK. And it is OK to speak up in uncomfortable situations and point out the discomfort you are feeling.

Years ago my guides talked about the difference between the Traditional Heart Chakra versus our High Heart Chakra, which is based in our thymus gland. Traditional Heart Chakra reflects how our Soul enters our body. It generates the quality of energy that reflects the Soul's expression through our body, which is unconditional love for everyone everywhere.

The High Heart or thymus gland chakra is very different from our Traditional Heart Chakra. (The thymus gland, by the way, provides energetic oversight and organization to our immune system). Our Traditional Heart chakra generates unconditional love, which rises up and fills our thymus gland. And what does our thymus gland do with it?

I was taught that our thymus gland High Heart Chakra should express our unconditional love out into the world in constant and unceasing acts of unconditional love. But that is not really what it does. Rather, our High Heart Chakra says 'wow, I really don't like that!' In fact, it says 'I don't like a lot of things'. It says 'no' a lot.

But we have trained ourselves to not listen to it. Or, worse yet, to believe that what it is telling us isn't right, because it does not align with outer world spirituality or beliefs. Why is that?

My guides have shown me how our thymus gland acts like a prism. All the clear light of unconditional love that has risen up from the Traditional Heart Chakra is splayed out by the prism into a rainbow of colors. Our thymus gland then consults with our Soul and asks 'what one, two or three things do we need to be doing right now in life?' 'What skill sets do we need?' 'What interests do we need?' 'Who do we need to be with now?' 'What do we need to learn right now?'

And our thymus gland chooses pink and blue and purple, or green and yellow and red, or a little fuchsia and a little amber and a little of something else. It chooses those things for us to focus on in any and every point in our life. Thus it is OK for everything else to be a 'no'. It is appropriate for everything else to hit us as 'I don't like that', or 'I am not really interested in that.'

What we are drawn to do at every point in our lives is a direct result of how our thymus gland divides and amplifies the pure light of unconditional love and works with our Soul to choose the colors, the talents and people suitable for the tasks we have at hand.

We can feel what we like and don't like. This comes from our High Heart Chakra telling us what is within the colors of the prism that fit our life now.

There is a difference between being tepid or vacant towards something and feeling negative towards it. It is crucial that we allow ourselves to feel this clearly, so that we can proceed to our next step of utilization of the thymus gland and High Heart Chakra.

We are just beginning to discover how to differentiate between feeling tepid or vacuous towards a situation and how to be in a neutral feeling state towards it. Too often we are confusing 'disengaging' from a situation as being neutral in the situation. When we disengage we have no ability to change or heal the part of ourselves that drew the situation to us. And our energy remains looped into the situation.

True neutrality means none of our energy is engaged with the situation. Disengaging, or leaving something alone, means you are leaving some of your energy (in the form of judgment) in the situation and upon the people who are involved.

Giving yourself permission to feel whether you genuinely like or dislike a situation helps you 'hear' your body's wisdom. If you dislike something, perhaps it is because it is simply not where your energy needs to be right now. If you feel your dislike or discomfort is for another reason, perhaps there is an old wound that your Soul wishes to heal by engaging with the situation.

I honor that it may be uncomfortable for us not to engage with situations (due to pressure from others to judge it, fight it or fix it), and that it may be causing us or others discomfort. But in this part of our conscious awakening we are learning to let be what is not ours to engage with.

This is different from being vacant, tepid or vacuous towards it. Ideally, we observe a situation, recognize it as being pleasant or highly uncomfortable, and feel whether it is or isn't ours to engage with.

I find it imperative to remember this message from my guides: our Soul seeks out and draws to itself all experiences, both those that we find pleasant as well as those that are uncomfortable.

Whether we like it or not, every situation has the ability to move us forward into a new realization of others and ourselves. We clearly did not incarnate in order to be perfect! We incarnated because the perfection of the Soul was ready to experience something more. And that experience is often driven by discomfort. The deeper the Soul moves into discomfort, the more profoundly the Soul can move into pleasure.

And I have a meditation and some songs for this!

Here are a few songs from the audio mediation "Calming Chaos", available as a free podcast [here](#).

HINT: if you want to hear all the notes, LISTEN WITH HEADPHONES / EARBUDS)



(voice / piano)

The Challenge: Growing Beyond Who We Were

Who we are now and how we each express ourselves into the world is changing. The obstacles to doing things as we did them in the past can be guideposts for developing new talents and freeing our Soul to express itself in previously unimaginable ways. Let yourself wander through the notes of this song, and see how you feel when you emerge on the other side.



(voice / piano)

New Wonder: Beholding Opportunities

Where are these opportunities for change? When we see only mountainous obstacles engulfing us, it is impossible to imagine each as opportunities. Letting ourselves come first into a place of feeling vulnerable towards what we feel is overwhelming, allows us to recognize the possibility for change that already exists within the obstacles themselves. This change exists only when we ourselves are ready to step into a transformative stance. Here is a song to help you access your inner transformational ability. You can see the world anew.



(voice / singing bowls)

All is Sacred

Created by Humans and God, All is Sacred

Stillness is Sacred. Changing directions, whether it is while driving a car or in living our lives, is easy to do after coming to a full and complete stop. When life seems to come to a stop moment, it is not the end, it is a sharp turn. Where you have been and where you are going are part of the same path. You could not have gotten here unless you traveled the path you did up until this very moment. Judging the past, present or potential future as being 'wrong' is a very human way of measuring life by a yardstick built by western society. Who you are is always Sacred, Who you are now is Sacred. How you choose to move forward on your path is your Soul's Sacred Choice.



(solo piano)

Interlude

A moment of Reflection to clear the palate

---

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 by phone or Skype or Zoom)

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](#)

---

*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 a previous 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](http://CDBaby.com)

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

#### **UPCOMING EVENTS**

#### **Private Healing Sessions**

now available by phone / Zoom / Skype

#### **ONLINE STREAM**

TBA

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





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-

Here are some additional free offerings.  
Yes, please share these newsletters with your friends, your email circle and social media.





Norma's Newsletter Sign-Up

Submit

HTMLDirect

**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.