

[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



Listen to
one of the
songs
now:
Delving
Deep

Listen to
Meditation
Now

Dear Friends,

Within each cycle of creation there is a period of Renewal. During this time we acknowledge all the cycles initiated in the past, and know that we carry with us all that is coming from our past. In this moment we have the opportunity to identify and release what we do not need from the past and do not choose to carry into our future.

CLEARING OTHER PEOPLE'S GUIDES (RELEASING TENSION FROM YOUR NECK - HEAD - THIRD EYE)

There is a space in our head and neck region that a lot of people know because of the amount of tension we hold there. It isn't a place we can touch, but if you stick your fingers in your ears and draw a line straight through your head, it is there in the center of your head. Sometimes you will feel the tension as being just a tiny bit lower, or towards the front or back of the head. There are several glands nearby that generate large fields of Spiritual energy, including pineal and hypothalamus glands. Our body and Soul create a tension pattern here when we try to do what isn't ours to do or be who we really aren't.

When we look at the outer world through our Third Eye (related to the pituitary gland that sits behind our physical eyes) we see images and pictures from our outer world, our guides and angels, and from other people. One type of image that we see is what psychic teacher and author John Friedlander calls 'perfect pictures'. These images are ideals, they are not really achievable. They are perhaps a goal, but usually they are too bright and shiny and glossy for us to attain...we will never ever be that perfect! When we use an unrealistic image as a goal, we will always fail.

This is why so many people become discouraged when setting and working towards goals. And why my guides talk about looking for the next step on a staircase, pointing out that it is improbable and unhealthy for our physical bodies to leap up an entire flight of stairs. We are here to have experiences which can be shared with the greater Spiritual realm. Being perfect is something we have already achieved in that realm. Here we are meant to be imperfect and share the deeper understandings that each small step brings us.

Our Third Eye (pituitary gland) receives all sorts of different energy pictures. These images come from the world around us, from spiritual helpers, and from other people. We see the energy pictures that other people send us (or that we draw to ourselves) in order to achieve the ideals in the pictures. We can become wealthy, we can become skinny, we can somehow miraculously get everything done in a day that we need to get done and still get eight hours of sleep, have great sex and cook our own organic meals! At least that is what these 'perfect pictures' tell us.

UPDATING YOUR LIFE PLANS AND THE GUIDES/ANGELS THAT HELP YOU

If you have been able to work from home this past year, your life may have been easier but it may have been crazier. If you are a health care worker, I am sure that you have come to the end of it all at least once by now. Ditto for new parents. Taking care of ourselves when we are taking care of others leads to something known as 'compassion fatigue'. This happens when we can't get away, when we don't have respite and when we don't have a time to come into a deep space of silence and stillness where we can renew. We renew by building those energies that truly belong to us, and are therefore able to differentiate our energies from the energies of others around us. This takes a bit of practice.

Tension patterns build up in our body when we don't know the difference between us and everyone else...or our guides and other people's guides, or even guides and angels that helped us a few days or few years ago that are no longer helpful because where we thought we were going to be by now has changed.

What we thought was a linear line became a spiral. We are still moving, but we are moving in a spiral pattern, not in a direct line. So the guides and angels that helped us yesterday, because we are moving along on a spiral, are not necessarily exactly the same guides and angels that can help us today. Or at least not the exact same versions of the guides and angels.

Think of it as computer software – we have 10.1, 10.2, 10.3...so each day your guides and angels can do the same thing. You just need to ask them to shift a little bit to accommodate the external changes as well as your internal changes as you move along the spiral.

I mention this in hopes of freeing up some of the energies that might be locked in around the first, second or third cervical (the very top of your neck) and near the hypothalamus, in the center of your head. These tension patterns occur when our brain insists on following the linear instead of the spiral path. It is appropriate to release those guides and angels that were helping us to follow a path that no longer exists, and a way of living that no longer exists. As you do so you allow the new guides and the new angels that reflect your Soul legally incarnating as well as your body to step forward into your awareness.

Some of this comes from my audio meditation [Renewal](#), which you can listen to wherever you get podcasts or below.

Meditation #63 from January 1, 2021

Renewal

A time of Reflection with songs and insights from Archangel Michael, Mary and the Hathor Atamira..

[Apple Music](#)

[Listen to mp3](#)

[Transcript & more information](#)

Includes 4 new songs from spirit and these insights:

- Thoughts on the Healing Process
- Opening Your Energy Body to Deeper Healing
- Our Lower Chakras Follow Larger Creative Cycles
- Clearing Your Pelvis
- Releasing Tension by Clearing Other People's Guides (Neck - Head - Third Eye)
- Updating Your Life Plans (and the guides / angels to help you)
- Grounding into Your Own Energies within the Earth
- Illusionary goals vs Achievable Goal
- Resetting Third Eye for Clear Psychic Vision



Within each cycle of creation there is a period of Renewal. During this time we acknowledge all the cycles initiated in the past, and know that we carry with us all that is coming from our past. In this meditation you have the opportunity to identify and release what you do not need carry into the future.

Listen to one of the songs now [Delving Deep](#)

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

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



(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 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)*

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

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

UPCOMING EVENTS

December 31

[Online / Phone Meditation](#)

Private Healing Sessions
now available by phone / Zoom / Skype

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](#).

[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.

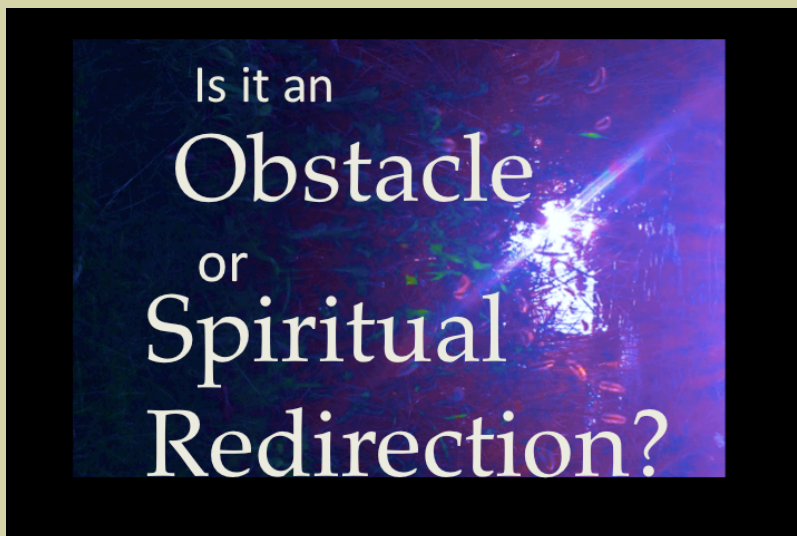
Norma's Audio Meditations are available as free podcasts at [Apple](#) and [Spotify](#) and wherever you get your podcasts. Subscribe today!

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

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

Subscribe to Norma's Newsletter Here

HTMLDirect HTMLDirect

Email	<input type="text"/>
HTMLDirect	<input type="text" value="(hidden)"/>
HTMLDirect	<input type="text" value="(hidden)"/>
HTMLDirect	<input type="text" value="(hidden)"/>
HTMLDirect	<input type="text" value="(hidden)"/>
HTMLDirect	<input type="text" value="(hidden)"/>
Norma's Newsletter Sign-Up	
<input type="submit" value="Submit"/>	
HTMLDirect	

Very Important:

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