

Insights and
Healing Meditation



Norma Gem

sound
shaman

[Home](#)

[Music CDs](#)

[Private
Healing
Sessions](#)

[Online
Video
Courses](#)

[YouTube](#)

[Podcasts](#)

[Calendar](#)

[Newsletters](#)

[Articles](#)

Explore Norma's Online Classes

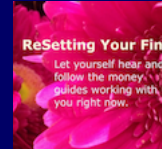
[Subscribe](#)
to
Norma's
New
sletter

[read
online](#)

[print
PDF](#)



**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
more

Opening to Deep Healing

Thoughts on the Healing Process
and Long Cycles of Creation

Dear Friends,
I wanted to share with you some insights that relate to this moment in time. Some of this is also in the recent audio meditation [Renewal](#)

THOUGHTS ON THE HEALING PROCESS

Engaging in any healing process isn't about *making* something happen, it is about *allowing* something to happen by releasing our control over it.

[Hildegard](#)

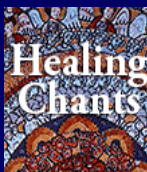
[Store](#)

[Press Kit
& Booking](#)

[Contact](#)

[Links](#)

[FAQ](#)



[Healing
Chants
Mobile
App](#)
Download
Now

Follow
Norma on



Especially when we are experiencing difficult situations or sensations that are uncomfortable, we need to remember that everything, even emotions and physical sensations, are fundamentally patterns of energy. And patterns of energy have consciousness within them. This consciousness is what defines and delineates each pattern of energy.

The consciousness within each energetic pattern makes it unique. Which means we can communicate with the energetic patterns in our lives contributing to physical, mental and emotional issues. Each issue is caused by a pattern of energy, and within each pattern of energy there is a consciousness. And that consciousness knows where it needs to be, when it is out-of-tune with someone, and how to go to where it needs to go now. That means we don't need to fix the energy before we release it!

We are learning to honor the consciousness within animals, plants and the planet. We are also called upon to honor the consciousness within the energetic patterns that may cause us discomfort. When we do so, Archangel Michael (or the energies of any healing guide/angel) have a greater capacity to work easily with us.

OPENING YOUR BODY TO DEEPER HEALING

In Western culture we think about Spiritual healing as coming from up above us, from Heaven. In shamanic studies, I found that these heavenly energies can be magnified by opening into the lower, or Spiritual Earth energies first. Clearing and resetting the lower chakras allows our body to have a complete flow of the energetic river from up above our head to down below our feet. And when that river flows completely, all the way up and down, moving easily, then we can access more energies.

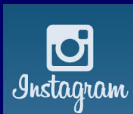
When the lower portion of our chakra system is closed, we can only bring in a limited quantity of energy before the flow of our entire energy system stops. Our First Chakra balloons out, full of energy, but unable to release it into the Earth. When there is no place for the energetic river to flow to, it just stops. That is one contributing factor to abdominal bloating and menstrual cycle pain.

I don't know about you, but I was never taught that putting my feet on the ground and letting my feet feel the ground (or the carpet or the floor) was a good thing. I was taught to put on my shoes each morning and get moving! In retrospect, this is a perfect way to have a child or adult constantly spring out of their body.

By taking a moment each day to let your feet and lower body chakras plug into the Earth, you are opening the lower portion of the energetic river so your system won't overflow...it will simply open. That is what we call grounding. As a result you will be able to have a larger and more consistent flow of energy all the way down and all the way up through your chakra system. Our bodies are conduits for Heaven to talk with Earth, and for Earth to speak with Heaven.

OUR LOWER CHAKRAS FOLLOW LARGER CREATIVE CYCLES

We plan to do so many things in life. Most of these plans come directly from



Norma's
music
is available
at



iTunes



Amazon



CDBaby

our brains. We seldom consult our body! Yet it is our body's telepathic lower chakras that inform us of what is happening in the physical world, and what choices are available to us. When we don't listen to our lower body chakras, we put things on our agenda to do, and then we can't get them done! And certainly this last year has taught us that having an agenda doesn't really mean anything. Our human (brain-derived) agendas simply did not happen!

There are larger cycles that we can follow and feel, especially in our low body. Using the low body as a barometer, we can feel a profound sense of stability within the Earth - an energy that I call the Pure Energy of Nature. It arises from within the Earth and is present within everything that is in form. Connecting into the Pure Energy of Nature brings us a sense of stillness, but not stuckness. This connection, which is innate within our body, allows us to find and feel the essence of ourselves that never changes. This is the essence of ourselves that continues throughout millennia.

If you would like more information, have a listen to the audio meditation [Renewal](#) below or in your favorite podcast app.

Meditation #63 from January 1, 2021

Renewal

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

[Ap
ple
Mu
sic](#) [Lis
ten
to
mp
3](#) [Trans
cript
& more
informa
tion](#)



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

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

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

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.

A TINY BIO

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)*



[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!

Dear
Friends,

I am so
excited
to share
with
you a
video
from my
develop
ing
online
course,
Re-
Initializi
ng
Reiki.
Please
have a
look,
and feel
free to
share
with
others.

The
world
has
change
d
You
have
change
d
Reiki
has
change
d

Why
wait?
Step
into



sample video

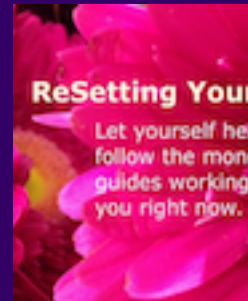
The Spiral and Linear Paths of Healing
from the online course: Re-Initializing Reiki

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 yourself hear and follow the money guides working with you right now (pre-release price)

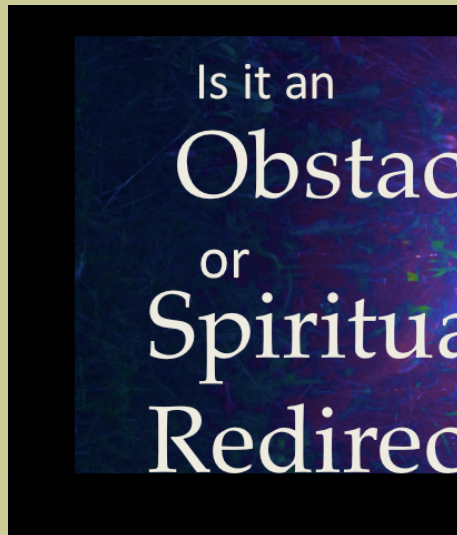
Here are some additional free offerings.
Yes, please share these newsletters with your friends, your email circle and social media.

**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*



LISTEN TO THE SONG:
Remembering Home

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

Ap Lis Tran
ple ten scrip
Mu to t
sic mp
3

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.

Subscribe to Norma's Newsletter Here

Email

Norma's Newsletter Sign-Up

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.

