

Dear Friends,

These next few weeks offer us a special opportunity. This is when we realize WHAT it is that we need to change most in our lives.

My guides put it to me this way; "It is easy to change what you KNOW you need to change. We leave that up to you. What we can help you with is changing those things that you do NOT YET KNOW that you need to change. For without knowing what you need to change, you flail about changing the minutia in your life, and then blame yourself for not having the results you desire. (And we desire successful results for you)

Changing what you do not know you need to change begins with listening.

The stillness of a cocoon is exactly where we are in this time between Solstice and Lunar New Year. Not quite ready to emerge, it is a perfect time to turn inward, feel the presence of Spirit, and listen.

"Changing what you do not know you need to change" is the theme right now. My guides point out that our hardships result from not understanding when Spirit and our Soul have planned a change in our life-path, but we don't see it yet. Our insistence on doing what we believe we OUGHT to do blinds us to what we are being CALLED to do.

This time, from December's Solstice until the end of January, is the perfect time to listen to our inner guidance, and seek out assistance in hearing it more clearly. Please be in touch if you feel drawn to a Private Session with me this week or next. It is during these times of stillness that changes, including releasing past emotions and behaviors, can be completed most easily.

I offer a song for this purpose. I call it Waiting. Not because we are ever really waiting for Spirit to bring us change, but rather because Spirit is waiting for us to stop looking around for answers, and simply listen.

May you easily find the Blessings that Spirit lays upon your path, in this coming calendar year.

-Norma

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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.