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Re-Initializing Reiki

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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

Covid After Effects

Treatments & Ideas

I am offering healing sessions specifically to clear and reset the areas most often effected by and susceptible to Covid.

These include the nervous system, head & neck, navel chakra (will center to get things done) and grounding.

People report feeling like themselves again, but even better...clearer, smoother and capable of making decisions. Please read below for more information.

Dear Friends,

I have had a wave of clients seeking Covid and after-Covid 'clean-up' healing energy sessions. I thought it might be helpful to share the most common issues and ideas you can use for yourself. Please feel free to share this newsletter with others.

NOTE: my guides indicate that the SARS-CoV-2 virus, which in turn causes a wide range of infections labeled Covid-19, is pushing us to see lifestyle and cultural imbalances we have accepted as 'just the way things are' and choose to change them. Change starts at the personal level. This brings about change at the world level. So let's start with addressing what we ourselves need today.

The SARS / Covid virus group tends to burrow into parts of our physical and energetic bodies that we seldom pay attention to. Likewise, illness, caused by imbalances, usually begins and flourishes

in areas of our bodies that we seldom pay attention to. For this reason, SARS and other viruses, bacteria and imbalances will grow unnoticed and undealt with over long periods of time before they seemingly erupt in noticeable symptoms.

SARS is especially good at nesting within our bodies and energy systems long after our symptoms have ceased. Within the spectrum of energy that I perceive, SARS / Covid feels like a zingy fast pulsing in the nervous system. It is constant, meaning that our brain will cease to bring it to our attention after a while. You might notice that you aren't falling asleep or maintaining sleep. It also causes a background sense of uneasiness.

This is almost always accompanied by a loss of connection to the lower body, or difficulty perceiving the lower body, and a lack of grounding fully. The navel chakra is usually blocked deep within the physical body, and there can be a sense of overall 'fog'.

I have been helping people clear during and after Covid since this all started. As a result I have a pretty good 'feel' for where it goes and what it does. And I have two major things you can do:

1. Adopt and maintain a robust immune system and healthy lifestyle. Prevention is everything.
2. If you do get Covid, or any illness, watch and actively care for yourself AFTER symptoms subside.

While the principle symptoms fade (or may never present themselves in asymptomatic cases) the after effects are clear. SARS / Covid, like many viruses, sequesters itself into the recesses of our bodies and energy fields. Over time it re-orders whatever systems it touches. For this reason it is very important to continue to treat Covid long after the symptoms have receded.

When I was debating whether or not to share this information, my guides shared with me a thought. They pressed me to observe how the government in China is dealing with Covid. Their zero tolerance policy seems absurd to most of us. However, since it seems an accepted fact that the virus arose from the Wuhan laboratory, I wonder if China doesn't know more about the long term effects of SARS / Covid than we do?

Right now I am offering sessions specifically to clear and reset the nervous system along the spine, open and relax the head-neck area, and help the body reconnect to its innate grounding. It usually can be done in 1-2 sessions. Most people report feeling like themselves again. And in some ways better. Interestingly, many people report feeling even clearer, internally smoother, and more confident of their choices than BEFORE the Covid infection.

I believe that COVID / Sars offers us the opportunity to enter into crevices of our body, psyche and energy body that we haven't yet fully inhabited. And clear out not just the COVID / Sars, but related emotional, mental and energetic issues. Then, as we fully inhabit this area of our body, there is no room for any other energies, thoughts or emotions. We become more whole.

If this resonates with you, please be in touch. I continue to work by phone / Skype / etc. More information on my energy healing technique can be found under Private Sessions on my website.

May these ideas be a blessing to each of you,
-Norma (with Archangel Michael and Mary)

Coming SOON a Newsletter focused on SLEEP (insights, info and a new meditation)
I am creating a special audio meditation to help you fall asleep. About 20 minutes in length, this

meditation includes a spoken energy process to release energies and a Good-Night Lullaby with Tibetan Singing Bowls and my singing to ease you into a deeply nourishing sleep.

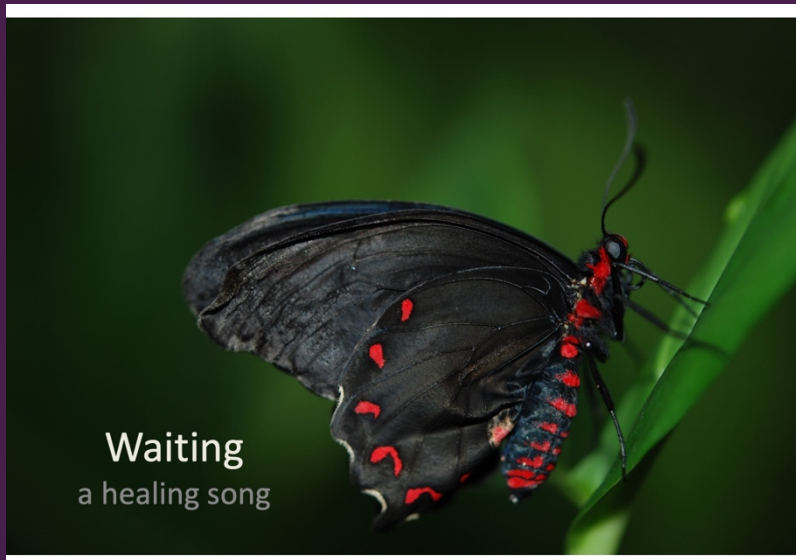
If you feel you received something of value from this newsletter, please consider [a small monthly donation](#). This helps me tremendously to have the time and hire support staff to edit, post and help me record music and meditations to benefit everyone. Thank you.

If you are seeing this newsletter because a friend sent it to you, you can subscribe and see past newsletters [here](#).

Waiting

a healing song

(from the December Solstice Concert)



[audio](#) / [video](#)

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A monthly donation lets me create the healing songs, these newsletters, online concerts and supports my monthly offerings

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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.

Private Healing Sessions

(offered by phone or Skype or FaceTime)

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 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](#)