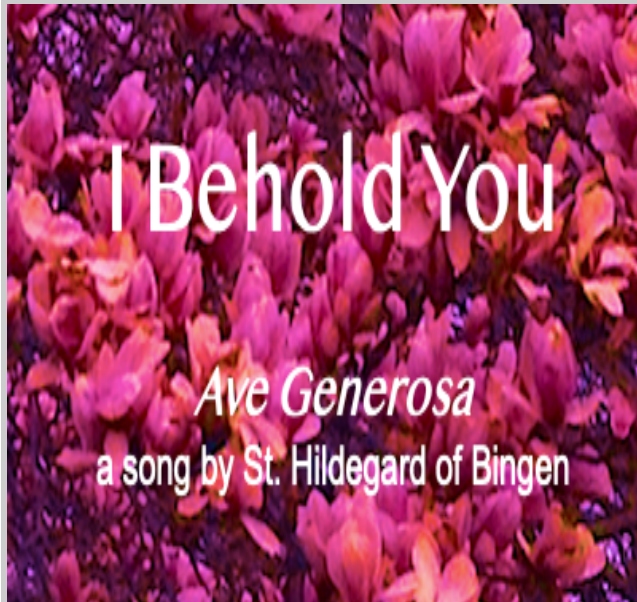


Wisdom - a healing song

[Read](#) an ongoing series of health and Covid essays



[Listen Here](#)

I continue to offer 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 a weight has lifted from them. They feel more like themselves again, but even better...clearer, smoother and capable of makingdecisions. Please read my [Private Healing Sessions](#) page for more information.

Dear Friends,

Today marks the passing of St. Hildegard into Spirit, and is also the closing of an astrological doorway that bathes Earth with specific Sacred Energies that we experience as having masculine traits. I offer a song which invokes the Divine Feminine chalice into which these Sacred Masculine energies come to rest. As each of us cultivates this chalice, we are able to more fully utilize these Masculine energies to interact with elements of our world in a Sacred, rather than profane manner.

Sophia, an aspect of the Divine Feminine also known as Wisdom, allows us to see clearly from within the world of Spirit that which our outer world most needs to receive from us. Trusting our own clarity of vision allows us to express the wisdom of Sophia through acts of compassion, self-forgiveness, and an engaged heart. This song, written nearly a thousand years ago by St. Hildegard of Bingen, draws out of us our own ability to embody Wisdom.

[LISTEN NOW](#) or get it on my album [Unfurling Love's Creation](#)

May your journey in this time be a blessing to all,
-Norma