

## Vibration and Creation (essay)

What if not just humanity, but Earth herself were also undergoing a process of Spiritual Ascension? (read more below)

a new video

## Transmuting the Physical into the Spiritual

with spoken insights from Norma and a healing song



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 making decisions. Please read my [Private Healing Sessions](#) page for more information.

Dear Friends,

Clearly our world continues to change, and we along with it. Below is a brief written insight (with the help of Archangel Michael) and a related video. The video includes additional spoken insights and a healing song (Kyrie) written 900-years-ago by Hildegard of Bingen. As always, feel free to share this with others.

Please join me for an in-person [Healing Heart Gathering](#) on Saturday May 13 in Lansing, MI. This will not be live streamed. I will be joined by other musicians in this interactive and experiential time. The room is very large and we can easily spread out. There is an outdoor labyrinth as well. More info [HERE](#)

## Vibration and Creation

What if not just humanity, but Earth herself were also undergoing a process of Spiritual Ascension?

Raising your Vibration, Healing, Releasing the Past, Transforming...all these are common phrases in Spiritual Energy Healing and the awakening process. And I have heard them often! Yet, I don't think I've ever heard them applied to the physical Earth.

Just as we humans are changing, so is our planet. It's not just Climate Change. Something more is happening. Articles ([here](#) and [here](#)) citing the slowing rotation of Earth's inner core are appearing in mainstream news, and the long-anticipated swapping of the magnetic North and South Poles has begun. I believe that this normal rhythmic cycle is difficult, but it is being made more challenging by human activity.

The good news is that our human energetic consciousness is integrated into this process.

Just as human consciousness evolves, so too the consciousness within everything in our physical reality is evolving. The consciousness within crystals, plants, animals, stars and our own Earth share this journey of awakening alongside humanity. We influence them, and their ability to hold fast and reflect unconditional love to us helps steady humanity while navigating these turbulent times.

Most importantly, we share this journey of awakening with Gaia, the soul who clothed herself not in human garb, but dresses herself as our planet Earth. Thus, she shares this journey of evolution with humanity. Our fates are bound together.

So too the *quality of consciousness* behind each choice we make impacts the consciousness within everything in our physical reality. Trees, animals, crystals...even the consciousness of the oxygen molecules in the air we breathe. We are all bound together by the *quality* of consciousness we humans use as a basis for our choices.

Whenever one of us chooses to step into a more loving, compassionate or tender relationship with oneself or someone or something around us, that same quality of compassion and tenderness is awakened within that someone or something we are in relationship with as well. What is external to ourselves may or may not choose to reflect the vibration of compassion or tenderness. This vibration is an offering, just like true healing.

Our interconnectedness allows humanity to be supported by the consciousness of those with whom we share this physical and energetic reality. For example, the consciousness of Nature reminds our bodies to return to a healthy balance and well-being when we tune into Nature's version of unconditional love. That is why I invoke it in healing sessions. And our human consciousness reminds other beings of consciousness (such

as Guides and Angels) of the power of choice and Free Will when we *choose* to express unconditional love through our actions.

This video includes my insights about the physical process of ascension, and I would encourage you to listen all the way through to the healing song at the end.

I offer the video below as a means for you to remember and deepen into your own expression of unconditional love and compassion, so that you might draw it out of all that surrounds you each day.

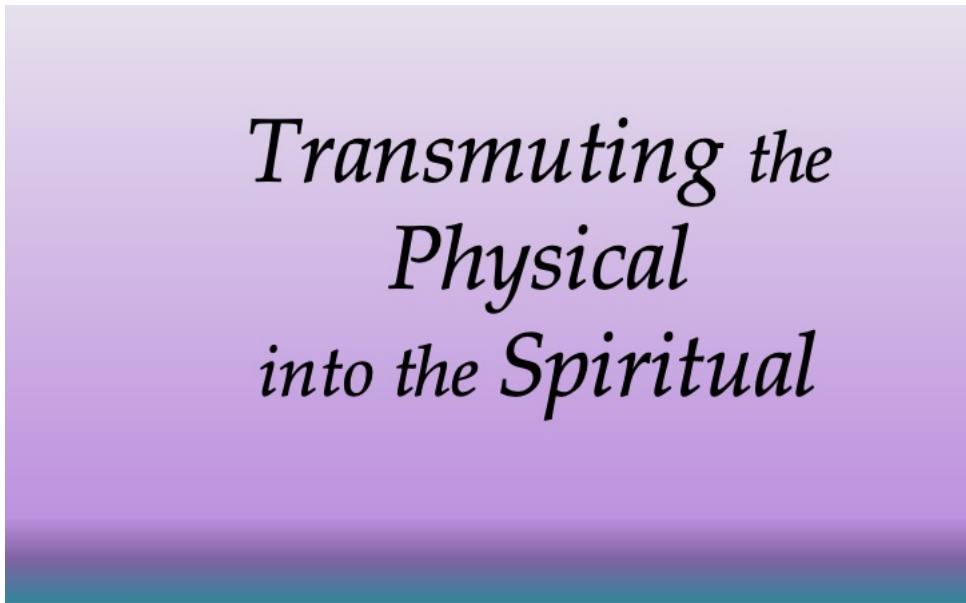
Many blessing to each of you,

-Norma (with a little help from Archangel Michael)

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## Transmuting the Physical into the Spiritual

with spoken insights from Norma and a healing song by Hildegard of Bingen



Notes on this video

The song Kyrie Eleison was composed by St. Hildegard of Bingen (1098-1179) and translates as:

Kyrie = Creator (the origin of the word predates written history)

Eleison =  
Compassi  
on (from  
Latin)

Translation  
by Peter  
Dronke =  
Creator,  
draw  
compassio  
n from us.

The full song Kyrie Eleison is on my album "[Meditation Chants](#)" and can be streamed or downloaded [here](#)

Video Credits: This was recorded live and is an excerpt from the Sunday Celebration service at [Interfaith Center for Spiritual Growth](#). Thank you for having me as your guest on the day celebrated as Easter.