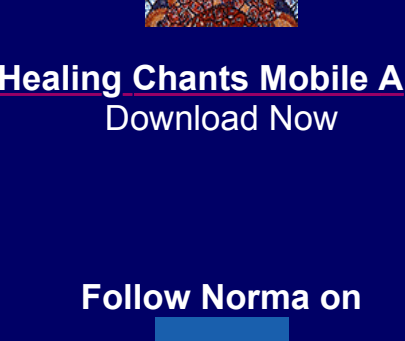
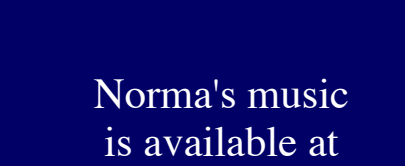




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COVID as a means of Quickening Evolutionary Changes needed for our Spiritual Process

Our DNA is now part of COVID's DNA

It's not about getting COVID. It's about how you take care of yourself before and after.

new audio meditation
[Create Ease, Not Effort - Resting into Healing](#)
is now available wherever you get podcasts

Dear Friends,

Below are two essay insights from Archangel Michael and a new group who identify themselves as the Beings of Light...and some practical points about dealing with the COVID, given to me by my own guides when I got a recent variant.

Let's start with some practical COVID information.
Here is what Archangel Michael and Mary offered to me when I asked how to deal with my own COVID infection.

- STOP what you are doing. Will the Earth implode if you stop working?
- DROP into your bed. Let yourself be cared for exquisitely well.
- ROLL with the phases of the virus. Change supplants and treatments as the disease progresses. Your body does not interact in the same way with the acute phase and longer lasting fatigue/congestion phase. This latter phase is your time to meditate, reflect and re-prioritize.
- AVOID LONG COVID Sleep and rest deeply long past the acute stage. You may need extra care for many weeks. The fatigue phase means the COVID spike protein is still floating around your body. Be aware of how you are healing yourself. Receive what you love rather than what is 'good enough'.

Long COVID happens when the spike proteins of the COVID virus remain in active circulation in the body after the acute phase has passed. Between 1 in 3 and 1 in 5 people who get COVID (with or without symptoms) will not clear the virus immediately after the acute phase and will have symptoms for months or years after infection.

In some cases Long COVID starts months after people assume they have recovered from the infection. This is why my guides are focused on the new fall 2023 - winter 2024 variants as being agents of evolutionary change. We will learn to live in greater balance (caring for ourselves and the planet) because we must STOP, DROP and ROLL with this virus.

The essays below contain many spiritual insights which may help you find greater natural ease and love in your life.

Covid as a means of quickening evolutionary changes needed for our spiritual process
- from The Beings of Light

It's not about getting COVID. It's about how you take care of yourself before and after.

Most of you are decent at slowing down and resting during the highly-symptomatic or acute stage of an illness. Coughing, fever and your ability to spread germs tends to keep you at home and caring for yourselves. But the moment you start to feel better, you push (or are pushed) back out into the world and expected to function as if nothing had happened.

This behavior is leading to many people never fully recovering from an illness. And it is more than just not recovering. Each time you are sick (or injured) your enteric energy field has a chance to be re-set itself. Not to the way it was before you got sick, but to a new pattern, based (potentially) on new opportunities that are present in the world. And your Soul wants to explore these new options.

Re-setting yourself after being ill is about letting your body heal in a new way. In a way that honors your Soul's new choices, and allows your body to become what and how it needs to be in order to engage with these new choices.

COVID is not a mistake. It was agreed upon by a council of all Beings interacting with your region of space. This virus is a way to quickly change your bodies and step humanity into a new consciousness.

COVID allows for a very fast re-set of the human body. That which is not in balance is magnified in order for the human to feel, know and accommodate the changes that are now needed. Overlooking change is a very human habit. Why address something that is unpleasant when it is not currently causing pain? COVID slides into these quiet crevices that the human personality has chosen to overlook, and tickles the physical body in a way that ignites the related issue.

Remember, every physical issue has corresponding beliefs, habits, emotions and behaviors. These all become available for the human to change once the physical body issue has been magnified or ignited by the COVID virus.

Thinking of illness, or in this case COVID, as something that one must fight against causes a ceaseless war of energy. And the human personality and body will always loose. Rather than fighting the virus, work with it.

What if the role of COVID was to transform your world? What if its spread throughout the globe was meant to ignite a spiritual revelation? How would that look in your life? How might that look in the world at large?

All physical matter associated with Earth has consciousness, so all must move in unison towards stepping into this new vibrational consciousness.

In order for this region of space to shift vibration (consciousness) your Earth and all beings (people, animals, Nature, stones, soil) must shift. And we can say that you are lingering and causing a bit of a tardiness for all of us who inhabit / have relationship to this region of space.

COVID will allow for the human body to quickly adopt and change in only a few human generations. What in the past would have taken tens of thousands of years over hundreds of generations will be accomplished within two or three generations. Rather than resisting, we encourage you to embrace a new reality and use it to see, heal and emerge into a new version of you.

-Beings of Light (through Norma Gentle)

Our DNA is now Part of COVID's DNA
based on insights shared with me by Archangel Michael and The Beings of Light

Let's start with the basics and do a quick refresher...

SARS-CoV-2, the virus that causes COVID-19, mutated and it's variants were given other names and numbers, including Delta and Omicron. The new variant of concern / variant of interest is BA.2.86. "Coronavirologist Dr Pavithra Venkatagopalan says that Pirola or BA.2.86 variant has as many changes as Omicron had from Delta."(1) WebMD currently agrees, stating that "BA.2.86 is a subvariant of Omicron, but according to reports from the CDC, the strain has many more mutations than the ones that came before it."

You may recall that subvariants labeled as BA.2 have been referred to as stealth Omicron. The original Omicron variant was distinguishable from the previous Delta variant using PCR tests. But the genetic mutations in the BA.2 subvariants make it harder to distinguish Omicron BA.2 from the Delta variant using PCR tests.

Why does this matter?

When a virus enters into our body, it interacts with our DNA. The virus is slightly altered with every human that it enters into. When the virus that causes COVID, SARS-CoV-2, is transmitted between people it contains a tiny bit of the previous host's DNA. And all the hosts before them. The COVID variants that we are exposed to contain the DNA of every person that has ever hosted the virus.

Think of it like a family tree. The original COVID sits up top, and every time it moved from one person to another it interacted and accumulated a bit of each person's DNA. Energetically, the virus now contains much more human DNA than the first original SARS-CoV-2.

For me, this explains why the new variants seem much more natural. Energetically they look like a dense cold. Whatever the virus started as (probably an unintended lab leak) it has not kept that form. Between the normal variations that happen during DNA replication, and the changes occurring due to its interaction with humans, what we are now exposed to reflects our natural world and our human body.

This process is also bringing us into contact with the DNA of hundreds of people who have previously had the virus that we become infected with. What an interesting way to link humanity. The virus now passes from one infected person to infect about 10 other people now.(2) During the original virus one infected person would infect on average just 2.3 other people.(3) When our guides and Angels speak of the interconnectedness of humanity, this is one aspect. Each of us in 2023 is hosting a few hundred other people's DNA! While the quantity of other people's DNA is negligible, the energies that link us to all those who had this lineage of the virus is not.

My guides have stated that in order to awaken humanity we all agreed, albeit reluctantly, to allow this process to occur. It is one way of very quickly creating an energetic web between all humans. This web may serve to change humanity's consciousness in a way that previous events have not been able to do.

Blessings to each who reads this,
-Norma

FOOTNOTES
1 HindustanTimes <https://www.hindustantimes.com/lifestyle/health/new-covid-19-variant-pirola-or-ba-2-86-is-different-from-others-coronavirologist-shares-5-important-facts-101693297084570.html>
2 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8992231>
3 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7126544/>

Meditation #65 from June 20, 2023

Create Ease, Not Effort
Learning to rest more fully into healing

[Apple Music](#) [Listen to mp3](#) [Transcript & more information](#)

Great to induce a good night's sleep!

A deeply restful healing meditation from Archangel Michael and Norm, speaking through Norma. let yourself lie down, close your eyes, and come to rest into those natural processes that surround and support you.

Energies may assist to release pain and discomfort in your legs and lower body. The soft tender tissue behind your knees, the spherical chakras at the ankles and the chakras on the bottom of your feet are included in this healing meditation.

Opening the lower portion of your body allows congested stuck energies to flow more easily throughout your body. This will help with headaches and sinus issues.



Falling asleep is a known side-effect of listening to this meditation. Be in a quiet place where you can listen and not be disturbed.

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

in case you missed it...

Spiritual Energetics and Insights into Long Covid
for ourselves and our world

The 3 types of Long COVID I am seeing now whose symptoms are being overlooked, discounted, or assigned to other diseases. Is this you or someone you know?

with Inspiration from Archangel Michael, Mary, and the Beings of Light

[PART 1](#)
[PART 2](#)

Private Healing Sessions
(offered by phone or Skype)

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 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](#)

Please consider a Donation
A monthly donation lets me create healing songs and videos, these newsletters, online concerts, and audio meditations. Your support allows me to hire and pay professionals for editing, recording and various online services. Thank you!

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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.

A song to find the stillness within you from which Rebirth arises.

Rebirthing Yourself from Spirit after trauma
a song and insights to find the stillness within you

The song in this video, O_Rubor_Sanguinis, is a medieval healing chant by St Hildegard of Bingen (1098-1179). I sing it in its original language which is Latin. You can find it on my albums [Unfurling Love's Creation](#) and [Songs of Spirit](#)

Yes, my music and meditation podcasts are on most streaming services.
And I have CDs!

Yes, I still have music on physical CDs.
Best Way to Purchase a physical CD is [Here through my website](#)

UPCOMING EVENTS

- Sunday, Oct 22 at 4pm ET: **Private Healing Sessions** available by phone / Skype by appointment
- Sat Dec 2 at 4pm ET: **Meditation with Norma and her guides, usually Archangel Michael, Mary and the Hathor Atamira.** Join me In Person (Ann Arbor - limit 20) or Online Suggested Donation \$20.
- Sat Dec 2 at 4pm ET: **Songs of Starlight**; a musical meditation concert. Online and In-Person (Ann Arbor)

an online course for all levels and lineages

Re-Initializing Reiki

Dear Friends,

I am so excited to share with you a video from my developing online course, [Re-Initializing Reiki](#). Please have a look, and feel free to share with others.

The world has changed
You have changed
Reiki has changed

Why wait?
Step into your new connection with Reiki and your healing guides and angels [now](#).

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

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**
- Re-Initializing Reiki** (for all levels and lineages)
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
- Resetting Your Financial Guides**
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.

Meditation #63 from January 1, 2021

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

[Apple Music](#) [Listen to mp3](#) [Transcript & more information](#)

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 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.

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

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

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