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February, 2009 email Newsletter

A new cycle of Courage

First a note for the Spanish Speakers. Please scroll down for the English.

Muy Queridos Amigos,

Me alegre que finalmente podre compartir mis articulos en espanol! Empezando con la edicion del marzo, la revista electronica www.spiritofmaat.com aparecera en espanol e ingles. Es gratis, y ademas de los articulos (y cantos para sanacion) mios, se puede leer articulos de mucha gente. Este es el sitio asociado con Drunvalo Melchizedek, autor de Flor de la Vida y la meditacion Mer-Ka-Ba.

Hasta entonces, se puede escuchar mis cantos sanativos del sonido (sound healings) de las meses pasadas. Estan puesto en esta revista electronica cada mes. Hay alrededor de 15 cantos para sanar ya puesto.

Busquelos asi---

www.spiritofmaat.com / haz click para Spirit of Maat Magazine / haz click en qualquier mes. Los cantos aparecen al lado derecho (con un flor lotus) del pagina principal de cada mes. Claro es, que la musica habla del Corazon, y asi no se trata de comprender ni el ingles ni mi castellano! Es perfecto dirigir otra gente a este sito tambien. Aqui se venden mi nuevo CD, Songs of Spirit internacionalmente.

Enviare otra nota en marzo, una vez que el articulo ha salido en espanol. Y si, estoy hablando con gente sobre la posibilidad de venir a Espana a dar conciertos y cursillos. Si tenga interes de participar o ayudar, escribame, porfavor.

Ofrezco unos abrazos de amore a todos!

-Norma

Dear Friends,

I'm excited about a few things that I see arising from the ashes of fear. I keep reminding myself that fear can be either my own sense of disconnection from Spirit, or my own body telling me that something is very wrong and needs to be addressed. I have been finding a bit of both happening lately.

As you may suspect, I do live in this world. I make monthly mortgage payments. I have an electric bill. My aura may glow in candlelight, but I need more than that to power my computer! Perhaps you will not find it odd then that I had a strong encounter with the fear that is permeating the world, especially around money, right now.

One morning I was awoken with a sensation of a spear penetrating my third chakra. Asking, in only a moderately awake state, if it was really mine, I felt a strong "yes". At that very moment a particular credit card came to mind, and I knew something was very wrong. I dragged myself out of bed and logged into the website for the card. Indeed, I nearly fell out of my little computer chair when I saw the monthly payment suddenly equaled my mortgage payment.

I had officially joined the ranks of people whose credit ceiling on home equity dropped and whose interest rates soared; despite having done everything right! It took me a few minutes to re-enter my body (literally, shock will cause your emotional body to rise up and away from the physical body). I could have easily channeled the victim / victimizer energies that were being offered to me. I could blame the company. I could be angry with the company. I could be angry with myself. After I did all of that and a bit more, I felt my spiritual guidance opening back up to me. Once I was integrated and felt all of myself grounding back into my body, I meditated, and knew what to do. I had to make a motion of stepping forward boldly. I called the company.

Despite being told there was nothing to be done, I persisted. I could have easily channeled the victim / victimizer energies that were being offered to me by the service representative. She was firmly locked into them. But that is the old pattern. Moving out of fear means moving into new patterns. I kept feeling my lower body and breathing into my hara and navel chakra. They remained firmly set to my newfound energy of boldness. And in this case, the new pattern was also one of questioning, listening, and asking more questions. And then I asked to speak with a manager. At that higher level, the credit problem was clarified and resolved.

Looking back, this situation gave me two gifts. The first was to encounter and experience the expression of my own courage and boldness. The second was to remind me that a problem cannot be resolved by diving down into the mud and muck that it is creating. I cannot clean up a mess by swirling my hands around in the dirt that is the mess itself. I need to bring a tool from outside the mess, and keep my vision broad, so I can see the entire situation that needs attention, and direct my efforts accordingly. I can reach down to clean up the mess, but I must keep my attention on the larger picture.

As we move through this month we will move out of a window of astrological influences that has been magnifying violence, anger and fear in the world. For the most part our fear comes because of the intensified energies moving through our body's endocrine system. Anger arises because we know that we can no longer control our world the way we used to. This is our nervous system on overload, trying to "keep it all together" when we know we cannot. Violence is our inner child, unable to cope, raging against inevitable change. For most of us that rage turns inward and flows through the meridians, causing organs to miss cue each other.

Again, I live in this world too. I have found a renewed sense of clarity around what activities, places and nourishment serves my new cycle, because the old way of doing things just doesn't work well.

The additional energetic flow of our current astrological situation is showing where we need to clarify our lives and our systems of functioning. Think of it as a black light, illuminating what cannot be seen under normal light. It will fade, and it is up to us to remember what we have experienced and what we ourselves know, deep down within our own beings, is ours to change.

And as I was reminded tonight while cleaning...beginning a new cycle means taking some time to complete the old cycle. This is also a window of completion, amidst the birth into form of new cycles. You may notice an urge to clean out the closet because you have already purchased things you need to put in it! This part of the cycle is difficult, as most of us would rather toss everything out of the closet into the garage, to deal with it all later, and enjoy our new stuff now. But putting off the sorting and completing of cycles means your energies are still wrapped up in those old cycles and around the people or things that pertain to that past cycle. We will need all of our energies to step fully into these new cycles. Whatever you have been putting off completing, the time is now. Whatever issues are hanging, tie them up.

And as I was finishing, I felt the presence of the Three Marys behind me. Here is what I was given to share:

The heart is a tender instrument, designed not only for love but to carry the power of the universe into the human form. Know that we imbue these words with our own power, that all who read this may know and remember that we stand with each of you. Your very cells vibrate with the remembrance of your angelic ancestry. We live with you in the space between your breaths. We embrace you in your empty places. We know you as our own.

Blessings to all,

-Norma

New Reiki Re-initialization Workshop

For many years I have seen the various lineages of Reiki has having beautiful light. But often that light seems constricted. As a flexible channel, I often pick up on other people's guides (really handy during healings, not so great in a tightly packed airplane). A group of guides associated with Reiki connected with me, and showed me how my talents at seeing 'the big picture' outside of someone's body lets me see energies that constrict or dull the light of Reiki.

As a result, I developed a workshop that is a series of meditations, led by these Reiki guides and your own Reiki or healing guides, to free up the Reiki light and re-tune it according to your own soul and the vibration of your consciousness now. Healers who have done this process with me say they feel much more power in their Reiki, and deep clarity in their own energy fields.

I'm offering this in [Ann Arbor, MI on Feb 28](#), in [Atlanta Georgia on May 9](#), and probably in a few more towns this spring. Please register on my [Itinerary Page](#). If your Reiki group is interested, please be in touch with me about scheduling a workshop for your area.

~~~~~NORMA'S EVENTS~~~~~

#### **Private Healing Sessions**

available in SE Michigan in person or by phone to other locations

#### **World Wide Web Radio**

Tuesday, February 10 from noon-3pm EST (New York City Time)

repeats Saturday, February 14 from 9 - 11am EST

Interview on [Going Beyond Medicine](#)

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#### **ANN ARBOR**

Sat Feb 28

[Re-initializing Reiki Workshop](#) - for all lineages and levels.

\$35 by Feb 20, \$45 after. .

Sun March 15 [Interfaith Center for Spiritual Growth](#) 10:45am

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#### **RICHMOND, VA**

Sat-Sun April 25-26, 10am-5pm each day

## HEALER INTENSIVE

a weekend workshop for practitioners, performers and advance students

[Download Flyer Here](#)

[Workshop WebPage Here](#)

### Private Healing Sessions

in Richmond, VA - Mon-Tues April 27-28

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### ATLANTA

Fri, May 8 at 8pm

#### Meditation Concert of Healing Chants

featuring medieval chants by Hildegard of Bingen and spontaneous songs from Spirit, accompanied by Candace Keach on Tibetan Flute, harmonic toning, a choir of Tibetan Singing Bowls, and more.

[Ticket Info Here](#)

THIS CONCERT TAKES PLACE IN THE INTIMACY OF COMPLETE CANDLELIGHT Location: [Unitarian Universalist](#) 1911 Cliff Valley Way NE, Atlanta, GA 30329

Sat, May 9 from 1:30-4:30pm

[Re-Initializing Reiki](#) A forum for all lineages and levels

A group of guides associated with Reiki connected with me last fall and showed me how my talents at seeing 'the big picture' outside of someone's body lets me see energies that constrict or dull the light of Reiki. You can [register](#) and [read](#) more of what I'm noticing [here](#). Limited Class Size. \$35 before May2, \$45 later Location: [Harmony Learning Center](#) Williamsburg Professional Center, 1989 N. Williamsburg Dr., Suite F, Decatur, 30033

Sun-Mon May 10-11

#### Private Healing Sessions

Sessions include both information and energy healing around your current issues, and can be extremely effective on chronic and deeply rooted issues. Sessions are one hour and are recorded for you, and cost \$185. To schedule an appointment time please email [norma@healingchants.com](mailto:norma@healingchants.com) or call 734-330-3997.

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Coming Soon

Portland and Eugene OR

Tucson AZ

Spain?

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**Meditation Chants - CD is [HERE!](#) and mp3 download**

My CD Meditation Chants of Hildegard has arrived! You can purchase either the old-fashioned CD or download the nifty mp3 version at my [website](#) or amazon.com or iTunes or CD Baby. This was originally recorded in the 1990's, and has been out of circulation for several years. It is a live concert recording that clears the chakras and body of emotional energies. It also helps infants and young children fall asleep.

OR mail a check, payable to Healing Chants for \$18.50 to Healing Chants, PO Box 971020, Ypsilanti, MI 48107

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### **Norma's other offerings**

#### SPOKEN MEDITATION CDs and PODCASTS

The newest Meditation CD, **[Generating Stillness, Meditations for Peace](#)** is ready for download or as a CD. Meditation CDs are one for \$9.99 or any three Meidation CDs for \$25, plus postage/handling. Order online now: [www.healingchants.com/podcasts](http://www.healingchants.com/podcasts)

#### WATCH HEALING CHANTS ONLINE

You can see my **[Healing Meditation Concert online](#)** now at YouTube  
You'll find three healing chants, some by Hildegard, others my guides singing through me, and be able to see me playing the large Tibetan Singing Bowl with two of them.

#### MONTHLY FREE ONLINE SOUND HEALINGS and ARTICLES

**en espanol - articulos y cantos - gratis - empezando en marzo**

sponsored by [Spirit of Maat](#)

<http://www.spiritofmaat.com>

My thanks to Spirit of Maat e-zine for publishing my monthly sound healings and articles on-line. These are separate from the monthly newsletter, which you are reading now.

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### **Do you buy books or CDs and such from amazon.com or amazon.ca?**

If so, you can [CLICK HERE](#) and click on the amazon.com or amazon.ca logo at the top of the Store Page of my website to send 5% of your purchase back to HealingChants.com to support the free newsletter, free podcasts and free soundhealings offered each month. Thank you! And yes, my CDs are available at amazon as well.

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YES please pass this email onto anyone you think would be interested. Just be sure to include my contact info.

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