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early June 2009 email Newsletter

## **Divine Grace and Courage**

from Archangel Michael  
([version espanola](#))

Dear Friends,

A short message from Archangel Michael and a note on two upcoming summer events:

- June 21 Solstice Telephone Meditation (free to all, donations welcome)
- July 22-24 Private Sessions in New York City
- July 25-26 Hudson River Swim (see below about sacred water)
- June sound healing posted now at [www.spiritofmaat.com](http://www.spiritofmaat.com)

All around me I'm seeing signs that we are turning a corner. And it is happening quickly. Too quickly for some people to comprehend. And for others, like myself, the pace of the world feels like it might finally be moving along at the rate and style that suits me.

My heart is gladdened by the speaking of Truth and the facing of Fear. As hard as it is to do, the moment we decide to turn and face our fear, it no longer holds power over us.

Let me explain....or rather, let Archangel Michael.

It is one thing to know *what* it is that you fear. The courage is applied not after you know what it is that you fear, but in the moment *when* you know you are fearful. In this moment, which can last seconds or years or even lifetimes...in this moment of knowing you are in fear, it is your very own courage that brings you to chose to turn and face the fear.

This courage is also a type of divine Grace. It comes not from your personality nor from your physical form. It is an impulse that comes through your heart from Spirit. This impulse of Grace reminds you that you are not more lowly than that which you fear.

Grace reminds you of the sensation in your heart that comes from those who love you. That interconnected web of love is bouyant enough to hold you above your human emotion of fear for a brief moment. And in that moment, your soul expresses courage.

That courage manifests itself as the determination to turn and face fear. And so, in the moment of deciding to face the fear, your courage has already defeated the fear. Because when you chose to turn and face fear, you chose to experience yourself as no longer being its servant.

May the glory and new shining light of courage bath each of your hearts.  
-Archangel Michael

Please consider joining me, and those guides such as Archangel Michael, Mary and others in a [Solstice Telephone Meditation](#) on June 21. **Taking the Corner in 3rd -- Keeping your feet on the Ground while turning the corners of Spiritual Change.** ([click for more](#))

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[HUDSON RIVER SWIM](#)

I have always felt like a land-bound fish. Yes, I can walk, I can do yoga, and on good days I can even chew gum. But I love to swim. Water clears the aura and enlivens the pranic channels in the body. The sacredness of water, and our physical body's need for water, is clear to me. As a native of Michigan, the state surrounded by and touching 4 of the 5 Great Lakes, my state government holds in trust the largest amount of fresh water to be found anywhere on the planet.

My sister (who wrote the piece on how the successful water landing in the Hudson re-wrote people's perception of 9/11) and I will be doing the mile-long swim this summer. It brings money to research and production of River Pools - literally the floating edges of a swimming pool placed into natural rivers and lakes - which allows these natural waters to be used instead of chlorine swimming pools.

Much like other fundraisers, I pledge to swim across the river (with a few hundred other swimmers) and invite anyone who feels drawn to support this with a donation. [My official Hudson River Swim page](#) has more on why I'm swimming in the Hudson, the sacredness of this water, and how to donate.

I'm also offering **Private Healing Sessions while I'm in New York City** July 22-24 on Wednesday evening, Thursday (day and eve) and Friday morning. I'll be near Amsterdam on 57th. Please email me to setup an appointment time.

I thank each of you for your time and participation in this newsletter. I hope to see some of you this summer.

My best to you,

-Norma

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a little more about  
**Private Healing Sessions**  
**(offered in person or by phone)**

I am very good at helping to lift off heavy energies and get chronic issues to begin to move. Any energy released goes home, to follow its own growth and evolution. This means that what is released does not return. And it means that those energies with awareness know that I mean to help them. In this way your agreement to "keep them safe" is brought to completion, because they are released with honor and respect onto their next step. This is true of all energies, big or small, that your soul and body are ready to release.

Remember that any energy in your body or aura that is not in time or in tune with you will cause a slow, steady draining of your vitality. This leads to larger issues arising in the physical body, emotional overwhelm, and psychic cloudiness. A complete "deep cleaning" regularly can help you find, address, and release what is no longer yours to carry. This frees you up to engage fully with your own life's issues. (and yes, we can address life issues as well in the session).

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 \$185 and last about an hour. Please be in touch with me to secure an appointment time. [norma@healingchants.com](mailto:norma@healingchants.com) or 734-330-3997. Attending the concert or workshop helps to loosen up the energies from your aura before the session, so please plan to attend at least one event if you can prior to your individual healing time. [Read more about private healing sessions here](#)

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

June 21 at 1pm-2pm Eastern Daylight Savings Time (same as New York City time)

**TELECONFERENCE MEDITATION**

Taking the Corner in 3rd -- Keeping your feet on the Ground while turning the corners of Spiritual Change.

As a teenager, I was given a VW Bug for my first car. I learned to drive in it, and eventually I learned to shift gears in it too. One day, with my mother in the passenger seat, I drove into a new part of town. As a traffic light threatened its ominous yellow glare, I opted to turn the corner, rather than wait for the next cycle of the light to turn green. I followed my father's advice perfectly "always speed up into and through a turn". He was, after all, an ex-motorcycle racer. What I forgot to do was to slow down before I started the turn. As the little VW Bug rounded the 90-degree corner, its weight shifted and I could feel the wheels underneath me nearly leave the ground. "Well", my mother said, after her hands left the roof of the car's interior, "you can take a corner on two wheels, but it is safer to keep all four wheels on the ground."

At that point I realized I was still in 3rd gear. I've taken more than a few spiritual corners going a bit too fast in my life, and just as I learned to slow down and navigate a car into a four wheel turn, I've figured out ways to keep my feet, my body and my emotions balanced during major spiritual and energetic transitions.

Please join me for a series of meditations and information meant to help you do the same in your life. Whoever is part of the teleconference is part of the energetic pool from which the information will come. I am asking that those who feel drawn to participate register in advance. If possible, a donation of \$10 or more helps me cover the costs incurred. Please know that your very presence, your prayer time and meditation place your energy into the shared pool. And your contribution can be this energy, or this energy and money.

To Participate:

Call 641-715-3200, enter access code 555220# (be sure to enter the pound sign).

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**NEW YORK CITY July 22-24**

**Private Healing Sessions**

Sessions will be at: Holiday Inn 440 West 57th St. New York City NY 10019 Hotel phone:1-212-5818100. Times available: Wednesday eve, Thursday day and eve, Friday morning. Please email norma@healingchants.com or call 734-330-3997.

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**FALL 2009 EVENTS**

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ATLANTA -- -- --- **Flyer Here**

October 9-11 (Fri 7-9pm, Sat 10am-6pm, Sun 10am-1pm)

**Sound Healing Intensive Workshop**

for Practitioners, Performers and Advanced Students

October 12-13 **Private Healing Sessions**

in the Perimeter Mall area of Atlanta

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**TUCSON AZ**

**Saturday Nov 7 at 8pm**

[Meditation Concert of Healing Chants](#)

featuring medieval chants by Hildegard of Bingen and spontaneous songs from Spirit, accompanied by harmonic toning, and a choir of Tibetan Singing Bowls. Sponsored by Grace St. Paul

**Sunday Nov 8**

**Sacred Sound / Sacred Healing Workshop** Sponsored by Grace St. Paul

**Monday-Wednesday Nov 9-11**

[Private Healing Sessions](#)

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[PORTLAND \(Oregon\)](#)

**Fri, December 4th at 8pm**

[Meditation Concert of Healing Chants](#)

The Old Church, complete candlelight, overtone chant and meditative instruments with Hildegard's medieval songs.

**Sat, Dec 5 (probably 10:30am-1pm)**

[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 [read](#) more of what I'm noticing. Limited Class Size.

**Sat Dec 5th 7-9pm**

**Sacred Sound / Sacred Healing**

An exploration and workshop of energy, chant and meditation.

**Sun-Mon Dec 6-7**

[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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**Norma's other offerings**

SPOKEN MEDITATION CDs and PODCASTS

(meditations and information, available as a CD or download)

The newest Meditation CD, **Honoring our Ancestors and our Inner Spirit** is ready for download or as a CD. Meditation CDs are one for \$9.99 or any three Meidtation CDs for \$25, plus postage/handling. Order online now: [www.healingchants.com/podcasts.html](http://www.healingchants.com/podcasts.html)

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:

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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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.com 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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