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May 2009 email Newsletter

## **Chaos and Healing: Generating Spiritual Energies in Your Life**

from Norma, the Hathor Atamira and Archangel Michael  
(version en espanol vendra,, lee abajo)

A quick note in Spanish, and the English follows. Be sure to let your friends know that I will be in Atlanta this weekend for a Meditation Concert, Re-setting Reiki and Financial guides Workshop, and Private Sessions.

**Hola a todos!** Por fin tengo ensayos y esta nota mensuale en espanol. Para apuntarse a la nota mensuale en espanol, porfavor vayase [AQUI](http://www.healingchants.com/cgi-bin/dada/mail.cgi). <http://www.healingchants.com/cgi-bin/dada/mail.cgi> Alli hay una ventana en que se puede empujar. La version espanol es debajo del version ingles. Muchas gracias a Mayte Abad Morente (8Mayte@gmail.com) por su trabajo a traducir mis ensayos!

If you know of anyone who would like to receive this newsletter in Spanish, please forward the paragraph above to them so that they may sign themselves up.

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### **Upcoming Events**

Atlanta	Fri, May 8	Meditation Concert
	Sat, May 9	Workshop and private sessions
	Tues-Thurs, May 12-14	private sessions

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My guides, particularly Archangel Michael and the Hathor Atamira shared with me an overview of how our human built structures are crumbling, so that we may rebuild them. They suggest looking at these as being a trinity of inner-connecting structures. Revealing a weakness in one also reveals weaknesses in the others.

- 1 Agriculture
2. Finance
3. Personal Health

The "Big Picture" view is a simple one. As we become more integrated as Spirit in Form, we are expected to behave as Spirit in Form.

The vibrational surround in which we live, and that would include our entire galaxy, is quickly moving into a higher level of conscious vibration. This is somewhat like graduating from one grade level into the next. We are being given amazing and fun new energy tools, psychic abilities, and their related responsibilities. Just as we have greater and greater access into our vibratory surround of spiritual energies for healing, what we do in the physical world of our day-to-day lives passes back into these same spiritual energies which provide the vibratory surround in our galaxy.

It is a two way street between our actions and the spiritual energies that surround us. What we do generates energies that impact the spiritual energies around us. And that includes where we invest our money and where we spend our money. This also includes the food we purchase and ingest into our bodies.

Do you see the cycle?

Just as the financial world is falling apart in order to rebuild itself upon new ethics and ideals, the worlds of Agriculture and Personal Health will do the same. All are linked. In fact, Agriculture began to crumble noticeably decades ago (why do you think you are hearing about the GMOs and Monsanto? It is because it is so very out-of-tune with the quality of consciousness that humanity is holding agricultural standards at now, and so it is very visible).

The Financial tower is falling, and being rebuilt. My guides say to watch not the Dow Industrial, but the new green companies (I think there is a green Dow index, but that does not include the most newly formed companies, as most are still in private, perhaps not even incorporated situations).

Living as I do near Detroit, Michigan, I am perched on the edge of the Crater of the Big Three auto companies. I know a number of people who have left their steady employment with one of these auto companies (willingly and a bit less willingly) and are now working collaboratively with others on projects and research that was not supported by their previous employers. And even from small workshops and garages prototype motors, vehicles and ideas are being brought into physical form. My friends report feelings of "freedom" and "excitement" in their daily lives.

Doing what you love = Personal Health

The immune system in our human bodies responds strongly to the food we eat, the quality of air we breath, and our stress level. Obviously, living in joy and making decisions out of our inner integrity decreases stress. And opens our hearts!

My training and personal experience is that there are actually two heart chakras, and both are part of creating our joy. Most esoteric traditions put the traditional heart chakra in the chest between the nipples of the breasts. Obviously the drawings are made for and by men! For women, imagine floating in water, and where your breasts are most comfortable. That is where your traditional heart chakra lies!

The High Heart chakra is above that. The easiest way to locate it is to place the thumb of your right hand against your upper chest. Let the tip of your thumb touch the notch in the sternal bone, just below your neck. Bring your hand perpendicular to your chest, so that the outside of your thumb lines up and presses against your sternal bone. Rock your hand gently against your chest. You will find that the sternal bone is not even. There is a bump at the very bottom of your hand. Underneath that bump is your thymus gland. The bump indicates the position of your High Heart chakra.

This High Heart chakra, relating to the thymus gland, focuses into a little laser beam all of the unconditional love of your traditional heart chakra, located at the nipple line. As a result, whatever your soul has planned for its journey here on earth will be provided energy through the focused laser beam of the High Heart chakra.

Our principle problem is that we tend to try to override this, and give our energy to every need we see! Which means there is either not enough energy for us, or our ability to utilize this energy simply turns itself off. Either way, we end up feeling unclear about what is ours to do or not to do, and we feel unable to bring the energy needed into our life.

Curiously enough, this same high heart chakra, based at the thymus gland, is also the center of our physical immune system. Those of you with medical experience know that it is the thymus gland that fills the chest cavity in a newborn baby, not the heart. Over time the thymus gland grows smaller, and in adults most of the literature I've read feels it is useless. But in esoteric traditions there are multiple practices of gently tapping or stroking the upper sternum, just above where the thymus gland lies, in order to awaken its sleeping potential. Like a hibernating grizzly bear, the thymus gland can indeed be reinvigorated.

One of the most powerful ways to awaken your immune system is to do what you love to do. I know, that sounds so simple. But when you follow your soul, you are doing what you have come here to do. You may not find it easy or as nice as having lunch outside with friends on a sunny day, but it will feel right to you. And as you do that, the upper High Heart chakra opens. This in turn pulses spiritual energies through the thymus gland itself.

Remember I said that we now live in a situation where Spiritual energies move into support us, and our actions also go back out into these same spiritual energies? This means that as you take actions in your life to follow your soul's path, you are bringing these spiritual energies through your body. And as you generate energies here on earth based on what you do, you are offering these energies back out into Spirit.

As you do this the quality of energies surrounding you, and to some extent the world, reflect what you are doing. Assuming that in following your soul's journey you are happier, the energies you are offering back to Spirit will be happier. Or at least not as heavy as what you would generate if you were doing what you felt you weren't supposed to be doing, and hating it!

Just imagine the difference in the quality of energies generated by these two different styles of living. As our paradigm shifts moving into and through 2012, the clarity of each soul's purpose will be increased. As a result our abilities, individually and collectively, to understand that we are creating what has never been created before, will increase. Once the Golden Mean (61.8%) of the population realizes that we are no longer trying to save or rebuild the old ways, we will all be free to move into creating whatever our new paradigm might be.

So take a deep breath, and know that the quality with which you smile, dance, love, laugh and type into your computer today will sprout a daisy or wilt a tulip somewhere in our shared galaxy. Just by being who you truly are, you are enhancing our shared spiritual surround.

My blessings to each of you,  
Norma, with the Hathor Atamir

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### **New Reiki Re-initialization Workshop (Atlanta May 9)**

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.

[Read more here.](#) If your Reiki group is interested, please be in touch with me about scheduling a workshop for your area.

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### **Private Healing Sessions are offered in person or by phone.**

While I am in Atlanta (Perimeter Mall area) sessions are available Tuesday- Thursday May 12-14. Sessions are also available by phone on other days.

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](#)

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

### 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.

**Tickets \$25**

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. 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 (Perimeter Mall area)**

#### **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.

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.

HTMLDirect  HTMLDirect

To Participate:

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

### **NEW YORK CITY**

I will be participating in the Hudson River Swim, an open water swim of the river on the weekend of July 25-26. I'm glad to offer Private Sessions in the week before. If you have an interest in a session, please let me know.

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Coming Soon  
Portland OR December 2009  
Tucson AZ fall 2009

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**Meditation Chants - CD and mp3 download**

Pre-Release copies of my CD Meditation Chants are arriving in four weeks. You can purchase these early copies, and have me autograph them for you (include spelling clearly in email). 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.

**TO ORDER with credit card online now**  
or listen and see the CD Go to:  
[www.healingchants.com/recordings\\_mc.html](http://www.healingchants.com/recordings_mc.html)

OR mail a check, payable to Healing Chants  
Healing Chants, PO Box 971020, Ypsilanti, MI 48107

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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)  
<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 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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