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**Re-Initializing
Reiki**

Update your
personal
connection to
Reiki and your
healing guides.
**(intro price of
\$49 includes
\$20 off a
private session
with Norma)**

Remembering an Inner Connection to Who You Truly Are

New Healings Songs, Insights and Spoken Meditation

Dear Friends,

Below is an **NEW AUDIO MEDITATION** with **NEW SONGS**. This meditation includes ideas to help with overwhelm and addresses how bullies/narcissists 'send' energies and how to not have them end up in your Third Eye or aura. You may especially enjoy the section entitled "New Ways of Grounding to avoid letting another's psychic energy pictures enter into your aura and overwhelm you."

I am also offering a **FREE PHONE MEDITATION** on Friday, August 4 at 9pm EST / 6pm PST. Scroll down for phone numbers and online options. All are welcome to participate, and yes, you can invite friends too!



Remembering an Inner Connection
to Who You Truly Are

Revealing Truth

Listen to the healing songs now:

1. Ubi Caritas

Where there is charity, compassion and love, God abides.

2. Blessing and Nourishing Your Body

More of Norma's healing songs, along with videos, can be found under [Sound Healings](#) and [Recordings](#). Her albums are available on [iTunes](#) and at [Amazon](#)

Meditation #53

Revealing Truth

Remembering an
Inner Connection to
Who You Truly Are

[Listen to mp3
Transcript & More
Info
iTunes \(all
meditations\)](#)

Includes insights and
healing meditations
for:

**Psychic Energy: Is it
Communication or
Overwhelm?** Narcissists
know how to overwhelm our
6th chakra/3rd eye and
create 'alternate truths' that
are difficult to ignore. This is
happening right now. It can
happen during
Performances, Political
Rallies, while watching
Movies and TV shows,
especially news..

**Identifying and Releasing
Psychic Energy Pictures
given to us as Babies from
our lower body** (your needs
are inappropriate, you are
not good enough...)

**New Ways of Grounding to
avoid letting another's
psychic energy pictures
enter into your aura and
overwhelm you.**

**Invoking Sacred Space:
Finding the Truth that lies
within Stillness
Avoiding Distractions of
the outer world**

Please join me for this online/phone meditation,
and feel free to invite others as well.

from Archangel Michael:

"The Divine Feminine and Sacred Masculine are both contained within each of you, no matter the gender of your physical body. Each of you has a unique expression of the Sacred Masculine. You have each incarnated at this time in order to experience the process of birthing the Sacred Masculine into your physical world. That is an agreement your soul made with all the other souls now incarnating.

"In the chaos of your world all that is transpiring sets up the greatest number of opportunities for each of you to transform the learned patterns, behaviors and emotions of the non-sacred masculine, and begin to express your true Sacred Masculine."

-Archangel Michael, through Norma

The annual Sirian Portal (July 23-Sept17) bathes us in Sacred Masculine energies as our solar system aligns itself with the Sirian system. During this time frame our experiences are heightened, new opportunities emerge and life seems to speed up. But the intensity of this energy, and our inability to masterfully engage with it, leads most of us to feeling burnt out and exhausted as we reach its end in September. My guides remind me that Sacred Masculine energy must be received into the Divine Feminine Chalice in order to be efficiently and appropriately used in our world. Even the spiritual beings who support us benefit when we embrace these incoming Sacred Masculine energies with great care.

Isn't it interesting, that in this year, right in the middle of this influx of Sacred Masculine energy, a Full Moon Lunar Eclipse on August 7 opens the way for the August 21 Solar Eclipse which passes over the United States, centering in Kentucky.

I can't imagine the cosmos setting up a more stressful, chaotic and potentially amazing healing scenario than this. How shall we assist in transmuting the non-sacred masculine energies of our world, especially those embodied in the US culture, into the Sacred Masculine qualities of consciousness that are ready to be embraced by each of us?

Let's find out! Please join me in this time of meditation, purposefully set just as all these energies come into contact with each other and ourselves.

**Entering
Into the
Sacred**
(thru the
doorway
of chaos)

**A FREE
MEDITATION**
(by phone
and online
streaming
video)

**with
sound
shaman**

654222#

[See here for
International
phone
numbers and
more info](#)

Yes, please share these newsletters with your friends, your email circle and social media.

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 \$215 and 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](#)

[Download PDF](#)

UPCOMING EVENTS

Private Healing Sessions

by phone or in person in SE Michigan July 5 - Aug 3

Aug 4

[Phone / online Meditation](#)

Dec 3

[Candlelight Meditation Concert](#) Ann Arbor, MI

Revealing Peace

A healing song
invoking your
unique connection
to Archangel Michael

Invoking
Your
Connection
to
Archangel
Michael

[video](#)
[audio only](#)

This is
excerpted
from my
online
course
[Reinitializing
Reiki](#)

New Online Video Courses!

(special early-bird pricing and a coupon for \$20 off a
[Private Session](#))

Re-Initializing Reiki

Update your personal connection to Reiki and your healing guides.
\$49 (pre-release price)

How Healing Happens

Insights and meditations to help you get out of the way of your own healing process. FREE

Let yourself hear and follow the money guides you right now

\$49 (pre-release price)

Yes, please share these newsletters with your friends, your email circle and social media.



Dear Friends,

I am so excited to share with you a video from my new 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

Norma's Audio Meditations (available as free podcasts at [iTunes](#))

Feeling Safe in a Turbulent World

Resetting the Spiritual pattern of our lower body chakras



*Meditation #50
from September
16, 2016*

Our lower chakras are underdeveloped and so not able to convey to us the psychic information that our body naturally receives. We have lost our ability to correctly interpret what our body is actually experiencing. In order to feel safe, we fall into habits that limit our expression out into our world. Fear, distrust, and



Listen to excerpts now:

1. [When the Body's Rivers of Energy Open](#)
2. [Engaging with Comfort](#)

[iTunes](#)

[Listen to mp3 directly](#)

[Transcript
& more information](#)

This meditation includes [Ave Generosa](#), a song written in the 12 century by St. Hildegard of Bingen. More of Norma's healing songs, along with videos, can be found under [Sound Healings](#) and [Recordings](#). Her albums are available on [iTunes](#) and at [Amazon](#).

distrust, and not being able to make decisions are some ways that this manifests. This meditation offers you an opportunity to clear and reset your lower chakras, allowing your body to more easily connect into the nourishing energies and loving experiences that are possible in your life.

This meditation is about letting go of our brain's need to control, and learning to trust that what is around us supports us. Even when it feels uncomfortable to us, whatever engages with us in some way serves the journey of our body and soul. Our personality's insistence that something is wrong (or right) and must (or must not) happen is what moves us into polarity.

When we are functioning in this polarized state, it is very difficult to see options besides doing something, or doing its opposite.

There is an intelligence deep within our lower body's chakras that does not

function in a polarized manner. I see it as a unique quality of psychic perception lying primarily in the navel, 2nd chakra, and enteric nervous system.

When we are able to engage with it, information received by this psychic (or Spiritual) intelligence is able to move out of our lower body and reach our heart and mind. We oftentimes have clarity about deep-seated issues when the information that has been received by our lower chakras is able to be transmitted to our heart and mind. For example, we can see options that were hidden from us when our only view was through the polarized lens of our overly busy brain. And because we perceive more options in a situation, we are able to address life issues in a very different manner.

These meditations are very similar to what I offer in my [Private Healing Sessions](#). If you are drawn to this idea, read more about my healing sessions [here](#).



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