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## Explore Norma's Spiritual Courses

### Re-Initializing Reiki

Update your personal connection to Reiki and your healing guides.

Let yourself hear and follow the Spiritual Beings working with money, ease and living well.

The longest lunar eclipse of the century helps us to

# Cultivate Compassion

as a response to fear

The 3 New SuperMoons and 3 Eclipses we are experiencing this Summer work together, reminding us to cultivate much needed Spiritual Principles

**COMPASSION**  
in response to Fear  
Total Lunar Eclipse July 27 (Africa/Asia) Full Moon

PEACE in response to Anger  
Partial Solar Eclipse July 13 (water/SE Australia) New SuperMoon

Partial Solar Eclipse Aug 11 (Northern Europe/SE Asia) New SuperMoon

## Letting the Wall Fall

Fear builds Walls -- Compassion melts them  
*Insights from a spiritual energy perspective*

Dear Friends,

Too often society teaches us to address issues by patching them over. We can no longer do that.

The wall we have built around ourselves, whether to keep something out or to keep us safe, are cracking. These cracks represent the issues that we need to address in our lives. We have the opportunity to understand why something makes us feel unsafe or unstable. We are learning to define boundaries, rather than build walls. When we recognize how we create boundaries with our own Spiritual energy, we won't need these now crumbling artificial walls built from our fears to keep us safe.

The wall represents beliefs and behaviors that inhibit us from expressing and doing that which we are meant to do now. As we allow the wall to be broken down, we allow the related beliefs and behaviors to come into our awareness. Once in our awareness, we can question and change these beliefs and behaviors.

Some issues and beliefs that are being acted upon energetically now:

- Our ability to honor ourselves and others; finding our self-worth internally, no matter the external setting of family / work.

- Revealing our uniqueness, no matter the pressure to conform.

- Sensing our inner power, and using it to empower others.

- Recognizing anger as a call for inner action before taking outer action.



The 'tiny and mighty' New SuperMoon eclipse of July 13 honed the tip of the Spiritual needle so that the life-issues each of us most needs to address right now are being pinpointed. These issues, like the cracks in our wall, are visible to us, but we may not yet understand them fully. These issues are now being worked upon by the past eclipse and the upcoming Lunar Eclipse on the Full Moon (July 27). We are in that mid-point, where both eclipses are acting upon us!

The past Solar Eclipse (July 13) brought events into our lives so that we would notice that there are many cracks in our wall of beliefs. Some people will try valiantly to cover over the cracks, but not address why the wall is cracking. Some people will think to look behind the wall, to see what is causing it to crack, and recognize that the wall will eventually give way.

Those who seek to maintain the wall are unable to look beyond their fear. They will repeatedly attempt to hold back what is behind the wall. Each of us may have one or two issues that we will try to patch, hoping that we won't have to deal with whatever it is quit yet. But at some point the amount of energy we expend trying to patch even one crack in the wall will overwhelm us. Giving into change will be our only choice.

As a practical observation, I note that when I am trying to patch a crack, meaning hold onto a behavior or belief about myself and my world, I do so because I am convinced that it is imperative to keep the behavior or belief. I expend more and more of my life force, time, and money trying to maintain something because I fear what might happen. My attention (and life force) is on the wall; I am trying to keep myself and my world safe. From experience, I realize more and more quickly the quality of my mindset when I am doing this, and recognize that the task is impossible. I must turn around. And when I do, I see what other options are right there, waiting for me to see them.

We all do this! Patching those issues in our lives we know need to change keeps our attention on the wall. We are giving our

energy to the past; to the wall built by fear from old beliefs and our old ways of being. We are missing what it is that is coming over the top of the wall and will (potentially) engulf us. Or heal us.

Fear built and maintains the wall, which symbolizes the old profane masculine beliefs that western society is changing. The water represents the unceasing flow of spiritual potential through the expression of compassion, especially from our Divine Feminine. Whether the wall comes down easily, or whether the waves must become quite large in our lives, is up to each of us.

The group of energies relating to the Lunar Eclipse (July 27) are like waves coming over the top of the wall. These energies allow us to bathe within a quality of compassion that opens deep places within our hearts. We can't hold these energies back. They symbolize our spiritual movement out of



polarity.

Our response to the energies of these next few weeks will set the tone for how we are either engulfed by new life options or embrace these new opportunities. To the extent we fear anything, we unground ourselves, and block ourselves from change. That can be very uncomfortable! As we allow ourselves to take actions toward new ways of being, we have access to all those sacred energies in the Earth that nourish our bodies and make change an enjoyable adventure.

My gratitude extends to all of you who read these little musings on our shared world,

-Norma

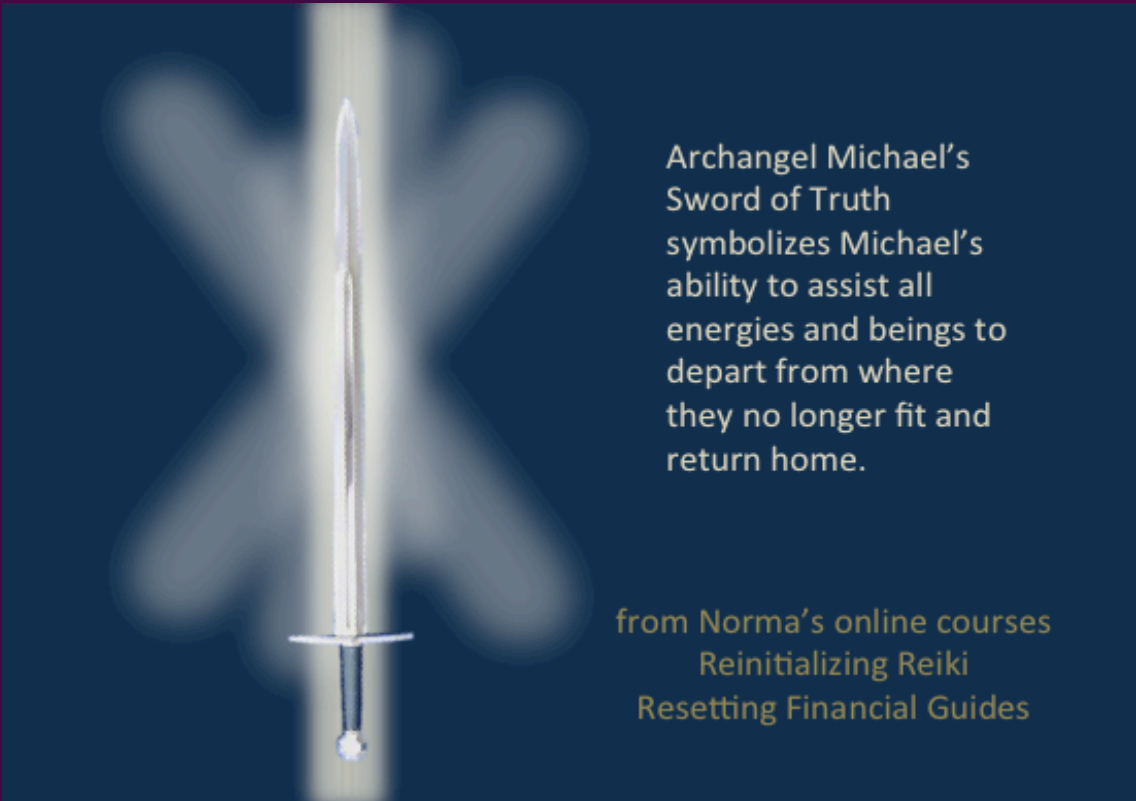
PS This cycle continues through mid-September, as we have another eclipse, SuperMoon and the annual Sirian Portal bringing us accelerated energies until then. And I do have [Private Healing Sessions](#) available for you during this time. ([office@healingchants.com](mailto:office@healingchants.com))

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*I am preparing a sound healing meditation video around these topics to be released via this newsletter in a few days. If you are seeing this newsletter because a friend sent it to you, you can subscribe and see past newsletters [here](#).*

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I offer a song, [Inner Truth](#), to assist in finding your place of inner Truth and Knowing.



Archangel Michael's  
Sword of Truth  
symbolizes Michael's  
ability to assist all  
energies and beings to  
depart from where  
they no longer fit and  
return home.

from Norma's online courses  
Reinitializing Reiki  
Resetting Financial Guides

[A  
Healing  
Song](#)  
to find  
your  
place of  
[Inner  
Truth  
and  
Knowin](#)



## Private Healing Sessions

(offered in person or by phone)

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 \$215 and last about an hour. Please be in touch with me to secure an appointment time. [office@healingchants.com](mailto:office@healingchants.com) or 734-330-3997. [Read more about private healing sessions here](#)

Here is a simple video, excerpted from one of my online courses. Oddly enough, it was originally intended as only an audio meditation. I decided to add pictures to clarify some of the ideas. And it turned out to be a nice mix of information and healing meditations. You can go to [Resetting Your Financial Guides](#) and check out the other sections of the course that are offered freely, and enroll now, at the discounted price. That price also includes a \$20 discount on a [private session](#) with me. .



[Watch Video](#)

[Listen to Audio](#)

**This meditation includes:**

**Losing stuff in order to save your Life-force**

**How we value Big more than Comfort**

**Maybe striving for more doesn't serve you**

**You are Enough (from Mary)**

**A healing song to create comfort in your life**

This meditation includes insights and energy healing around financial disempowerment; focusing on releasing energies that cause us to feel over-whelmed and to over-work. It includes a healing song, as well as a spoken channeling from Mary (You are Enough), and a healing song..

One of the most interesting sections (to me) looks at how we use our personal energy to 'tune' our possessions. This allows us to define our 'stuff', but may also limit what we allow ourselves to receive in life,

I believe that what is happening in the external world always resonates our own inner issues up and out into our conscious

awareness so that we might address them. As we understand more deeply our own wounds, we can more easily have compassion towards the wounds of others.

May what has been offered assist you in your journey,  
Norma

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**UPCOMING EVENTS**

**Private Healing Sessions**

now available by phone world-wide or in person in SE Michigan

Winter Solstice

**Meditation Concert - Ann Arbor**

Fall

**Sound and Healing Workshop - Ann Arbor**

August

**Meditation by Phone/Online**

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To share via email: copy & paste this URL into your email to them:  
[http://www.healingchants.com/newsletter2018\\_06c.html](http://www.healingchants.com/newsletter2018_06c.html)

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sample video

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

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

angels\_now.

**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



created for  
today's online  
world

**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 y  
you r  
\$49

Here are some additional free offerings.  
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THIS MEDITA

- How a Narc  
Own Intuio

- How much  
does Your S  
Body?  
-

This meditation includes insights from myself and my guides Archangel Michael and Mary, along with healing energies to easily open your body's natural connection to it's own Earth energies (also known as 'grounding'), while clearing old patterns that block your Soul's desire for you to create and manifest easily in your lifetime. I include a meditative song (Creating Comfort) near the meditation's end for use whenever you feel 'off' and the world feels 'off' and it's just too weird to put into words. Because when realities overlap and merge, our logical brains are pretty useless!

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](#)

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 s

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