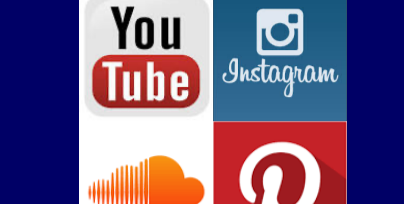
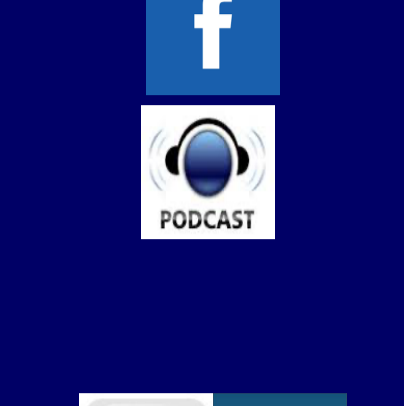


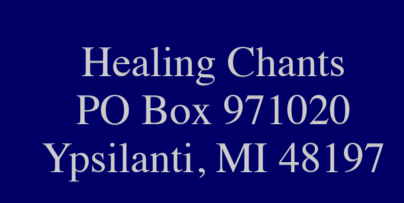


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Norma's music is available at



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PO Box 971020
Ypsilanti, MI 48197

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Podcast Listen Here (or where you get podcasts)
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meditation from Sunday, Nov 3
Meeting the Unknown:
Compassion as a Response to Trauma

An hour of insights, healing energies and meditation from Norma and her guides

Includes new improvised channeled songs from Norma's Hathor guide Atamira

Listen to one song now

<input type="checkbox"/>	Resolve and release old patterns around polarities like victim / victimizer
<input type="checkbox"/>	Tune your body's lower chakras to who you are now
<input type="checkbox"/>	Adjust your grounding
<input type="checkbox"/>	Let your body nourish itself from Spiritual energies deep within the Earth
<input type="checkbox"/>	Rest into deep stillness

Our world is built upon polarity. This is not a bad or good thing. It simply is the basis for our reality. My sense is that when humanity decided to incarnate into physical form, we did so in order to explore how we might create in new ways. As a group, humanity chose to create using polarization. Tension and release, good and bad, night and day...all reflect our choice eons ago to live and create in our own Free Will Zone.

Now, this time of polarity is coming to a close. Just one more lesson, one more exploration, one more insight...what more can the collective consciousness of humanity accomplish before the energies that opened and allowed us to play in polarity recede?

This is the backstory, and the reason for the rise of the profane masculine in the guise of authoritarianism, dictatorships, and hoarders of wealth. It is not just playing out in American politics, but throughout human consciousness.

We have viewed polarity as being two positions opposing each other. Many New Agers think that joining at a point in the center, into what they call 'unity', is moving out of polarity. But that doesn't resolve the energies held at the extreme ends of our polarized consciousness. Remember, it is the extreme ends of polarity that have allowed us to function in a uniquely creative manner.

Podcast Listen Here (or where you get podcasts)
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May we each listen to Spirit and deepen into our own awareness,

-Norma

Being, then Doing
(a healing song for Balance)
an improvised sound healing, drawn through Norma from Spirit. Accompanied by a Tibetan Singing Bowl.

This song contains very low undertones and harmonic overtones. These are best experienced with headphones or earbuds.

edited for earbuds, larger speakers
edited for cellphone, computer speakers

mp3 listen now original

As you listen to this simple song be aware of your breath. For many of us, breathing is an entry point into meditation.

You are hearing a large Tibetan bowl being rung, and I am using my voice to create different intervals around its steady note. In the background a kitchen clock is marking the passage of time. This gentle rhythmic pulsation underscores the aspect of 'doing' in life. The long sustained notes create doorways through which you may step. Each note that I sing creates a different interval with the steadfast note that the bowl emits. Each of these intervals is a doorway into a different quality of your 'being'. At some point you may feel as if you enter inside of the notes. As you do so, time is suspended. This is both a natural occurrence and a psychic phenomenon.

As I sing, I allow myself to move inside of the note I am singing. When I do this I know that the quality of consciousness I am experiencing is traveling on the sound waves to whomever is listening. With each note I rest more and more deeply into Spirit. As you listen, this invitation to rest into your guides, angels, Higher Self and Spirit is offered to you.

Doing is what happens after we have spent time Being. It is not the reverse!

Private Healing Sessions
(offered by phone or Skype)

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 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

Safe Space
A song to help you remember

Listen or Watch Video

Chaos is merely the presence of noise within an otherwise quiet and tranquil landscape.

You can hear the noise, and know that it only exists as splatters of paint upon the larger canvas of Life.

Feeling safe comes from a restful Heart

SAVE THE DATE! Please join me for a Healing Meditation Concert of Sacred Songs and Healing Chants which will take place on the Full Moon, Sunday December 15 at 4pm ET / 1pm PT. It is going to be in-person at the Interfaith Center for Spiritual Growth in Ann Arbor and streamed online via zoom and the Healing Chants Facebook Page.

Have you listened to this podcast meditation?
Want to read the updated insights from Archangel Michael and Thoth?

Meditation #64 from August 22, 2021

New Goals for New Paths
The way we were creating reality, as well as the path and the goals of that reality, have changed.

Great to release trepidation, fear around changes in the world and your own life.

New Goals for New Paths

For Best Results: Be in a quiet place where you can lie down and not be disturbed.

Norma's music and meditations are available on Apple Music, Amazon and most streaming services.

A Series of Healing Meditations Tuning Your Body to your New Path and New Goals

Apple Music Listen to mp3 Transcript & more information

Feeling stuck, or heavy or unable to follow through with your plans? You may be tied to parts of a past reality. Here is a meditation to help you step into the new reality that our world, and your Soul is choosing for you now.

New beliefs, habits, and behaviors that we started in this last year or even within the last few months may not serve us anymore. The way we were creating reality, as well as the path and the goals of that reality, have changed. New options are available and for most of us, our Souls have decided that we want to investigate and pursue those new options.

Even the guides and angels that were helping us achieve those old goals can now release, allowing our intuition to open more fully to the guides and angels that reflect our new reality and are meant to help us right now.

Includes two new songs for deepening your Soul's connection to your body.

- Safe Space for Healing (release old patterns, beliefs)
- Resting Heart

How to Stop someone's energy from Influencing you
How Psychic Energy from others Clogs your Intuition
Why and How Narcissists and their Reality Collapses
How Guides and Angels are Meant to Work with Us
Improve Your Intuition by Updating Connections to Guides and Angels

Norma's Meditations are freely available as podcasts or HERE on her website.

Meditation #67 from February 4, 2024

Compassionate Transformation
Releasing what Wounds and Loving what Remains

GASLIGHTING
How it works
How to identify it
How to intuitively 'see' beyond it

Gaslighting
How it Works
How to Release It

To fully benefit from this meditation be in a quiet place where you can listen and not be disturbed.

New Healing Songs
Norma's Hathor guide Atamira blends with a Divine Buddhist Being to lay their energies into these songs. This was not planned in advance. These songs are improvised in the moment to reflect the energetic context and healing possibilities of those listening.

Norma's music and podcast meditations are available on Apple Music, Amazon and most streaming services.

Apple Music Listen to mp3 Transcript

GASLIGHTING as PSYCHIC MANIPULATION

We each have the ability to see psychically what others want us to see, and then we have the ability to **see** whatever it is that they want us to see, and see with our own intuition. This lets us see our own truth about what our Soul wants us to see, know and do in life.

When we are not able to remove the psychic images, emotions and beliefs that another wants us to see, our own intuition is blocked by their energetic will. (gaslighting)

Your Psychic Intuitive Compass has 3 Locations in Your Body. Let's Clear Them!

Insights from Archangel Michael and Mary

- Why (sometimes) we can't heal ourselves
- Are you micro-managing healing energies?
- Our Soul may create pain to direct our choices
- We can release energies from infancy that block us from feeling safe as adults

This meditation will Relax your Body, bring Ease to Personal Expression, and Clear your Thoughts.

Meditation #66 from October 22, 2023

Entering Peace
Identifying and Releasing Old Emotions and Beliefs Held in Your Low Body. Hint: most of what you experience isn't yours.

A song and message from Mary, drawn through me during this live healing meditation.

A Song and a Message from Mary

Listen or Watch

Apple Music Listen to mp3 Transcript & more information

- Insights from Archangel Michael and Mary

Our lower chakras are just as energetically and psychically sensitive as our Third Eye (6th chakra) and Heart Chakra. Emotional energies held in our low body are often from infancy or early childhood, and take extra care and patience to understand, transmute and release.

Four Healing Songs from Spirit
Norma's Hathor guide Atamira lays her energies into these songs, improvised in the moment to reflect the energetic context and healing possibilities of those listening.

- Resolving Restlessness
- Clearing Pain
- Lava me / Wash Me in the Sea of Tranquility
- Kyrie Eleison / Creator Compassion

in case you missed it...

Spiritual Energetics and Insights into Long Covid
for ourselves and our world

The 3 types of Long COVID I am seeing now, with prevention, treatment and spiritual insights. with *Inspiration from Archangel Michael, Mary, and the Beings of Light*

PART 1
PART 2

Please consider a Monthly Donation

A monthly donation lets me create healing songs and videos, these newsletters, online concerts, and audio meditations. Your support allows me to hire and pay professionals for editing, recording and various online services. Thank you!

Click Here to DONATE

or use the QR Code

more donation options here

If you are seeing this newsletter because a friend sent it to you, you can subscribe and see past newsletters here.

ATINY BIO
I have always seen auras. As a psychic I 'see' how people connect to their guides, angels, and other people. My healings assist in clearing accumulated cobwebs and awakening the innate creativity and healing potential within each person. I use my intuition, insights from your guides and angels, healing energies and music in this process. I believe that our world is healed as each person heals themselves.

A song to find the stillness within you from which Rebirth arises.

Rebirthing Yourself from Spirit after trauma
a song and insights to find the stillness within you

The song in this video, O Rubor Sanguinis, is a medieval healing chant by St Hildegard of Bingen (1098-1179). I sing it in its original language which is Latin. You can find it on my albums Unfurling Love's Creation and Songs of Spirit

Yes, my music and meditation podcasts are on most streaming services.
And I have CDs!

Yes, I still have music on physical CDs.

Best Way to Purchase a physical CD is Here through my website

UPCOMING EVENTS

Sun Nov 3
at 7pm ET / 3pm PT
Meditation Streaming Online

Dec 15 at 4pm ET / 1pm PT
Winter Solstice Meditation Concert
streaming live and in person (Ann Arbor)

Private Healing Sessions available by phone / Skype by appointment

an online course for all levels and lineages

Re-Initializing Reiki

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

Dear Friends,

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

New Online Video Courses! (special early-bird pricing and a coupon for \$20 off a Private Session)

<p>Spiritual courses in Healing, Sound and Energy Awareness</p> <p>created for today's online world</p>	<p>Re-Initializing Reiki Update your personal connection to Reiki and your healing guides. (pre-release price)</p>	<p>How Healing Happens Insights and meditations to help you get out of the way of your own healing process. FREE</p>	<p>Let yourself hear and follow the money guides working with you right now (pre-release price)</p>
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Here are some additional free offerings.
Yes, please share these newsletters with your friends, your email circle and social media.

Norma's Audio Meditations are available as free podcasts at Apple and Spotify and wherever you get your podcasts.

Meditation #63 from January 1, 2021

Renewal
A time of Reflection with songs and insights from Archangel Michael, Mary and the Hathor Atamira.

Apple Music Listen to mp3 Transcript & more information

Includes 4 new songs from spirit and these insights:

- Thoughts on the Healing Process
- Opening Your Energy Body to Deeper Healing
- Our Lower Chakras Follow Larger Creative Cycles
- Clearing Your Pelvis
- Releasing Tension by Clearing Other People's Guides (Neck - Head - Third Eye)
- Updating Your Life Plans (and the guides / angels to help you)
- Grounding into Your Own Energies within the Earth
- Illusionary goals vs Achievable Goal
- Resetting Third Eye for Clear Psychic Vision

Within each cycle of the cycles there is a period of renewal. During this time we acknowledge all the creation initiated in the past, and know that we carry with us all that is coming from our past. In this meditation you have the opportunity to identify and release what you do not need carry into the future.

Listen to one of the songs now **Delving Deep**

Norma's music is available on Apple Music, CDbaby, Amazon and most streaming services.