

Lorna's December 2019 Newsletter

Sending you blessings and joy!

Dear Friends,

I wish that you have had a wonderful and fruitful year, walking your path and remembering and being the highest expression, highest vibration of who you are.

Having just had a birthday I tuned in and asked Source, 'what is your divine will for me now?' I received a clear answer; 'it is time to be organised and communicate with folks in a regular and helpful way. Share what is coming up for you and share ways to work with the energies of consciousness around us all.' So I would like to welcome to my first newsletter!

I received a beautiful newsletter from Diana Cooper which arrived at the perfect time (no surprise there!) to give me inspiration...may I share her words with you;

According to Diana Cooper:

"2019 has been a year to prepare yourself for the big one – 2020! A huge wave of ascension energy will flow in heralding big opportunities for spiritual growth. There will be challenges and trials, but the higher light will enable you to rise above them.

2020 is a 4 year, i.e. 2+2. 4 is the vibration of stability, practicality, and dependability so we will be building a solid foundation. 2020 also resonates with the master number 22 which is the powerful master builder."

I love Diana's positive messages. My sense is that in 2020 foundations of every kind will be tested. Are our own foundations strong? Are our foundations aligned with our highest vibration? Have we aligned our field with the timeline that is perfect for us? Are we standing strong and clear in our pillar of light? Are we radiating clearly our highest vibration?

We are all remembering how to be a multi-dimensional being in a multi-verse while practically navigating the duality of 3D. I've put together some energetic suggestions which I wish will be helpful for you now:

Helping your Relationships – Uncording

If your relationships feel stifling, tangled or difficult, try uncording. This simple and very powerful exercise removes the energetic cords that pull and push people around, cause friction or bind them together in an unhealthy way. Unconditional love does not form cords, so only

difficult attachments are removed, and this improves most relationships, sometimes dramatically – or you may find yourself set free. Please do this exercise only with adults. It is possible to work with cords that you have with children but not using this method.

1. Picture or sense yourself sitting in your pillar of light. Notice that your pillar of light goes all the way to Source above you and to infinity through Mother Earth and the Cosmic Heart below you. Call in your team of the highest light and resonance and ask them to surround you with their cosmic love. Feel the flow surround you and then picture another pillar of light in front of you, with the flow surrounding it. The flow might look like a figure of eight. The other pillar is hollow. Vertical. Straight. No top. No bottom. Call the person you want to work with into the other pillar of light.
2. Tell them you want to cut away all the energetic attachments between you that are no longer serving your relationship. See the unnecessary attachments as bright red cords, chains or threads.
3. Set your intention, 'I ask for all cords with this person that no longer serve to be released and dissolved with unconditional love. I release them and let them go. So be it.' You may feel or see this happening but don't worry if you don't see it. Your intention works.
4. Now ask: 'I seal my field and ask for the purest rainbow light to fill my field, top down, all levels, all dimensions and fill any gaps with the purest light.'
5. Accept and allow the rainbow light to gently with ease and grace remove all energy from your field which no longer serves you. Breathe out anything that no longer serves or is not your energy. Ask for any of the energy of the other that is in your field to be returned to them with love. Visualise yourself enjoying a new relationship with the other person.
6. Ask; 'Please pour the purest rainbow light over the other person in their pillar of light if this is perfect for them.' See the other person happy and relaxed in their divine perfection. Then ask them to step out of the pillar of light.
7. Thank your team of the highest light and resonance. Ask them to release the figure of eight flow from around you and the other pillar. Ask your team to continue to help you.

What would love do?

I have been listening to some wonderful videos by Matt Khan lately which I have recommended to some of you.

These videos contain helpful messages from Matt:

I AM THAT I AM <https://www.youtube.com/watch?v=L8tbrqlpPOQ>

WHAT WOULD LOVE DO https://youtu.be/IRXD_brYxiw

We can always choose to help others. People often behave poorly because they are hurting or don't feel worthy or confident. We may wonder what they need to make them feel happy. Bless them with that quality. You can do this with your intention (which is all you need) by asking Source to 'place a cloud of golden light filled with the energy of joy, the energy of harmony, (or gratitude, compassion, tolerance or what is perfect for them in every NOW moment) around them.'

If someone keeps complaining they don't have any money, bless them with abundance – and picture them being surrounded with a silver cloud full of the energy of abundance.

When you bless others remember that everything you send to others comes back to you.

As suggested by Matt Khan, I added this into my daily practice ***'I send blessings to all other beings, may they be blessed with all the joy, love, health and abundance their hearts desire. I trust Source that it is so.'***

Being a magnet for love and happiness

We attract every energy we send out, so every thought and emotion you have creates a magnet to bring people and situations into your life.

If you wish to have a happy, love filled existence, you may wish to take a few minutes each day to do this exercise.

1. Sit quietly. Seal your field. Go to the place that brings your pure joy. Or be in your pillar of light.
2. With each in breath imagine you are breathing in from a rosy golden cloud around your pillar of light/field. Breathe this golden light into every part of your field, every level, every dimension.
3. With each out breath, picture a golden rosy glow filling your pillar of light/field.
4. Then sit in your golden rosy light for a few minutes visualising your joyous, love filled pillar of light/field reaching out and touching people.
5. Call in the cloud of rosy golden light whenever you wish to radiate happiness and love.
6. People will sense your loving, happy pink and gold energy and respond to it.
7. Radiate love and happiness.

Being strong and courageous

If you have difficult situations or people to face you will need extra strength and courage. Your team of the highest light and resonance will always help you. Or you may ask Archangel Michael to help you (you may also ask Archangel Michael to help others, your children or anyone else). He will if you ask him to.

1. Think or say aloud, 'Please team of the highest light and resonance (or Archangel Michael), please come and help me now.'
2. Visualise a bubble/cloud of electric blue light round you to protect you totally.
3. Imagine other people's comments or challenges bouncing off the bubble, like arrows bouncing off against a wall.
4. Then ask your team (or Archangel Michael) to stand beside you and help you when you need to be strong. Know that they are there whether you can see them or not, so stand tall, knowing you have extra, very powerful support.
5. Thank your team (or Archangel Michael) for their help.

Opening to new information

I'm not usually one to give gifting advice however I have read some wonderful books this year. I mention them because you might also enjoy them:

[The Gene Keys: Unlocking the Higher Purpose Hidden in Your DNA, by Richard Rudd](#), teacher and mystic. I found this to be an amazing multi-dimensional book. It is based around the I Ching and helps you to navigate purpose and meaning in a new and integrated way. Really love it!

[The Return of the Feminine and the World Soul by Llewellyn Vaughan-Lee](#), a Sufi mystic. Llewellyn suggests that "without the feminine nothing new can be born, nothing new can come into existence and we will remain caught in the materialistic images of life that are polluting our planet and desecrating our souls. We need to return to the core of our being, to where the sacred comes into existence. And the mystical feminine holds the key to this work of redemption and transformation." I found in this book a very relevant energy for the work I have been doing with the divine feminine this year.

Finally, [The Sophia Code, by Kaia Ra](#). Another channelled book which is 'a living transmission encoded with direct revelations to activate your important role as a revolutionary way-shower for humanity's awakening.' This is one to experience. A little like [Initiation](#) by Elizabeth Haich, in that you live it as much as read it. I also found Initiation an extremely powerful book and was surprised that it received a 4.31 rating on Goodreads!

I'm grateful for our connection. And grateful if you find anything in this newsletter to assist you.

Blessings and light always,

Thank you for being here.

Lorna