

January 2020 Newsletter

Wishing you every blessing and joy for 2020!

Dear Friends,

As Christmas and New Year's begins to fade into a memory, the days of winter continue to lengthen. I am ever welcoming of the light. May your 2020 be full of Light!

Radiating our light seems to be a current theme. Every newsletter and circular I have read or received recently seems to highlight this topic.

I felt called to share this excerpt from a recent Matt Khan email:

As the light of Creation, you are invited to be smarter than the most insidious acts of unconsciousness. This occurs by responding to unconscious behavior in the personal, cultural, political, or collective sectors of reality with the opposite vibration in view. If people are negative, send them well wishes. If someone you know is down on their luck, visualize them thriving and shining in radiant glory. If countries are in turmoil, send healing energy to each region. If people accuse you of being too passive a participant in global change when anchoring the light necessary to allow change to manifest-- thank them for being an important part of your day.

*This will not make sense to many rational minds, which maintain a program of placing ideas into separate opposing categories and treating things according to their imagined conclusions. Thankfully, what your mind cannot comprehend is nothing short of the highest skill set your heart has already mastered. When nourished by the authentic presence of your own unconditional love, your heart remembers how safe it is to open up and send in any direction of darkness -- **the light that liberates all.***

Join Project Resolution this Thursday, January 9th as we unite in love to anchor this glorious light of liberation... if you'd like to join this powerful free series, please [click here](#) to sign up.

Divine Blast!

I am grateful to Jane Redpath for sign posting me to this Facebook post which describes one healing activity that requires our Divine Blast of light in order to activate:

<https://www.facebook.com/607564234/posts/10158121300859235/?d=n>

Every one of us is divine light. And it is so simple for us to radiate. We may set our intention to align our light with any activity we wish to, be it activating world chakras as in the Facebook post or helping to relieve the bush fires in Australia for the benefit of all beings or helping to resolve the tensions in the Middle East.



Some of you will be familiar with the **Seven Rays of God**. The conflict in the world right now might well be being influenced by the energy of the 4th Ray, Harmony through Conflict.

This information from the Lucis Trust:

https://www.lucistrust.org/arcane_school/talks_and_articles/the_science_the_seven_rays

*The **Fourth Ray** is an influence that's known as **Harmony through Conflict**. It is the energy of Beauty and the ability to see things in their natural harmonious state. It is the ability of right relationship in life to be able to see and experience love, feel the happiness, joy and the harmony moving through -- just like sitting out in nature. On the opposite side, it is worry and frustration often so suppressed and depressed inside that we can't notice nature and don't feel love as it comes towards us - instead experiencing paranoia. The fourth ray is located at the base center. Our root chakra or base center is the home of our energetic Earth belonging. Its energy is Earth element. It's associated with the feeling of safety and grounding and is a foundation for energetic expansion.*

The first chakra, base center or root chakra is located at the base of the spine. The corresponding body locations are the perineum, along the first three vertebrae, at the pelvic plexus. This chakra is often represented as a cone of energy starting at the base of the spine and going out and downward.

The first chakra is associated with the following functions or behavioral characteristics:

- Security, safety
- Survival
- Basic needs (food, sleep, shelter, self-preservation, etc.)
- Physicality, physical identity and aspects of self
- Grounding
- Support and foundation for living our lives

If our home or safety is threatened, or we are dislocated, as humans and animals are currently in Australia or as refugees around the world are, or even if we simply move to a new house, our individual field and even collective fields can be thrown out of an anchored state and out of alignment.

I recommend watching this video from Matt Khan, 'The most important spiritual decision,' if you feel really lost about what to do to align yourself and if none of your usual tools are working:

https://youtu.be/4_whyEe7ddk



Your true self and the land are One!

Our connection to our base location, by this I mean our connection to our place of dwelling here on Earth, has also been highlighted to me recently from several sources.

My many thanks to Malcolm Lewis for bringing to my attention another great book by R.J. Stewart, [The Way of Merlin: Prophet, the Goddess and the Land](#). This book looks at the three phases of Merlin's life - innocent, prophetic youth, madman and hermit, wiseman and elder – which, according to Stewart, are the basic modes and stages of consciousness which lead to enlightenment and spiritual awakening. This book is a practical workbook for the 20th-century individual who hopes to attain enlightenment by using Merlin as a guide.

Reading this book linked things nicely together to help me make sense of the importance of connecting deeply to the Earth in my new locale, in my back garden!

[The Ancient Paths by Graham Robb](#), is about discovering the Lost Map of Celtic Europe. My reading of it resonated because it highlights the energetic connection that the ancients had to their home on Earth. Having recently moved to a new home, I was curious about who else had 'walked upon these lands.' Knowing that where we live and breathe has been lived in before got me thinking about the energy of those here in other times. What did those others worship? What did they believe in and connect with?

'In the Greek mysteries, Gaia or Gaea is a name of the Divine Mother. Gaia is Mother Nature, or the planet Earth. This symbol has a deep spiritual significance, with many levels of meaning. Gaia does not merely represent the literal, physical planet. Gaia represents forces of nature: laws and intelligences that function on every level of the cosmos. Gaia is the one who aids us, helps us, guides us, and provides us with everything that we need in order to achieve our goal of spiritual development. Gaia is our Divine Mother.' Excerpt from [Gnostic Teaching](#)

The solstitial alignments described as being present in the land by Robb belong to the common intellectual currency of the ancient world yet bear no relation to 'ley lines' which he argues were the creation of twentieth-century mysticism. I loved this unveiling of past patterns of sacred behaviour and action which appear to be in intimate harmony with Gaia.

My many thanks to Claire Lewis for recommending [Pilgrimage of Iona by Claire Nahmad](#), discovering the Ancient Secrets of the Sacred Isle. This book describes itself as a revelatory journey detailing Iona's history, magic and significance. This information stood out, but there's lots more in there!

Roslyn Chapel was constructed with the utmost care and attention to detail, instructions taken directly and verbatim from the Temple scrolls and a secret book, over 200 years old, to be a resonance chamber based on the ancient concept [of the Holy Mountain](#).

The Holy Mountain (Mount Heredom) also incorporated harmonics expressed by the 'rose line' of the planet Venus. Observed from Earth, Venus tracks a pentacle pattern in the figure of a perfect rose in the sky every eight years. The name Roslin, 'Roseline,' signifies geometry and physics of resonance as expressed in the harmonic science present within the design of the chapel. The orbital pattern of Venus in the heavens every eight years makes a perfect rose... the supreme symbol of the Sacred Feminine!



Awakening Light Body

I am grateful for the time I had available during the Christmas season to complete an online course in Awakening Your Light Body offered by Duane Packer, DaBen. For those of you who are interested in experiencing expanded states of consciousness I have found his courses to be very helpful. More information is available at www.orindaben.com.

During the holidays I revisited three very powerful and helpful meditations, all are available for download on the orindaben website. I can highly recommend them to you for helping to realign and anchor and develop your light body, they are:

LB005 Creating Flow

LB006 Becoming Light

LB007 Increasing Your Radiance

These single meditations are available to purchase and download here:

https://www.orindaben.com/catalog/singles_downloads/

The Gene Keys

I am so very grateful to Robin Groeneveld for signposting me to [The Gene Keys](#) which is a magical book, a synthesis of practical wisdom by Richard Rudd. There is much in this book to absorb. Right now I'm using it as a resource to dip in and out of as I am called to... the book has strong divinatory energy.

As stated on its website; at the core of the Gene Keys is the principle of Synarchy – the self-organising evolutionary impulse that forges us into a collective consciousness by encouraging individual genius. Synarchy is our society of the future, based on the frequency of love, wisdom and truth working in harmony.

Meditations/Videos – from Matt Khan:

These videos have come up lately as useful for others, I offer them if they resonate for you;

A message to all lightworkers:

<https://youtu.be/WHithNSYWl4>

The most important spiritual decision

https://youtu.be/4_whyEe7ddk



Activities:

Below are my offerings and more will be forthcoming on Living the Being, 1 day courses for transformation held in the UK and Netherlands and on zoom sessions.

NEW - [free online sessions](#) working with the [Master your Energy cards](#)

[Living the Being: A practical programme for mastery, guidance and connectivity in all dimensions.](#)

Again, may I wish you every blessing for 2020,

Lorna

