

Lorna's July Newsletter 2020

Your frequency matters!

Hello again dear ones,

Well what a month that was! June 2020 will not soon be forgotten by many.

I wish that this delayed and shortened newsletter serves you in a way that is appropriate for you at this time.

May every blessing be yours,

Lorna

PS: Every resource and item I share with you in this newsletter are ones that I have worked with and checked for purity. That said my usual health notice applies, if it resonates with you, great! If it does not, grand! Please, always, always, always follow your heart-centred intuition and guidance.

Suggestions to Enhance Your Practice

This past month I have been encouraged to practice figure of eight breathing, focusing on the pause between breathes to allow the connection to the zero point to deepen.

It is also called Lazy 8 breathing! Any way my guides suggest to focus on the pause, the crossover point of the energy loops when you are in the heart.

Here is a video which explains this breath.

<https://www.youtube.com/watch?v=CtYxhIH9Yc>

Usual guidance applies here...and if you have any kind of lung or physical limitation then use your judgement and take it easy...easy 8!

Energy Symptoms

In the last newsletter I provided some guidance about physical ascension symptoms. Here is a link to an extensive discussion of these by Lorie Ladd.

<https://www.youtube.com/watch?v=wZ6zPKSxLi0>

Your Body Elemental

In my June newsletter I shared with you a way to connect to your Body Elemental. Further to this sharing I am guided to suggest that you may wish to discuss anchoring and grounding with your Body Elemental as well.

Furthermore, there are a number of evolution points that require the changing over from one consciousness of Body Elemental to another. Work with your team in spirit of the highest light on this one. I'm not saying that you are ready for

a change over, simply that if you are experiencing ascension symptoms or little niggles, it may be time to consider changing to a different cohort of your Body Elemental.

Here, again, is how to connect to your Body Elemental...

Connecting to your Body Elemental

A way to connect with your Body Elemental is to first take your awareness into your heart, call on your team in spirit of the highest light and resonance to be with you. Ask the light of the Universe to assist you.

Imagine you are standing in the center of your Pillar of Light, with your spine aligned along your laser hara line (the intense thread or tube of light in the center of your Pillar of Light).

Take a few cleansing and clearing breaths. Wait for your shift in consciousness to occur.

Now ask for your Body Elemental Master to come into your awareness. Your Body Elemental Master may appear as a lightbody, light, an angel, an person or a shape or colour. Allow the conscious connection to form between your (higher self) consciousness state and the consciousness of your Body Elemental. Give connecting patience in the first instance.

Allow this connection to deepen. This may take more than 1 attempt. Stay with it. Once you are comfortable with the connection ask for assistance or guidance regarding your physical body. If the guidance isn't clear to you. Ask that it be made clearer.

Ask if any aspect of your Body Elemental requires any healing. Ask your team in spirit of the highest light and resonance to assist. Follow guidance from your team in spirit of the highest light and resonance.

At the end of your connection, thank your Body Elemental Master and your team in spirit of the highest light and resonance. Wish, 'Peace be upon you.'

I also recommend this video meditation from Steve Nobel which works with the Body Elemental:

<https://www.youtube.com/watch?v=zTCDfMBLaf0&t=372s>

Views about current energy and how to navigate it

I've been listening regularly to **Lorie Ladd** and her latest videos are spot on for explaining and providing perspective.

Here is Lorie Ladd's latest update – lots of purging going on in July and learn to love purging. In fact my new mantra for July is – I love the purge! Like Matt Khan says, love everything that arises!

<https://www.youtube.com/watch?v=5YCR4pWdsJE>

You might also resonate with **Lee Harris** who has a regular energy update. I listened to this and the tiredness and exhaustion certainly resonated. At least a few times in June I 'turned off' during the day, plugged in and downloaded lots. And when not downloading I sensed my system was been cleaned – and factory reset!

<https://www.youtube.com/watch?v=sltStyMxXZc&t=206s>

Further viewpoint from **Martin Buchner**:

After some customers and friends have asked us about our perceptions of the current, global events, we would like to provide you with the following impressions and perceptions with the hope that it could be useful for the whole:

At the beginning of this year, some said, "I have such a great feeling this year, this will be my year", some even used this statement as a slogan in their advertising and now it seems that it will come true in a completely different way than originally thought. The circumstances around us force us to withdraw internally, to travel inside ourselves (first to lock us in our home),

to confront us with ourselves and with our relationship with the planet and the world. It shows the possibility to find a way back into our basic trust (the opposite of fear), into the very own connection to ourselves, to our life, to nature, to our planet, in the trust that we are taken care of, that this planet with all its beauty and wealth cares for us. We are already starting to release the artificially constructed security systems around us, which helps us to arrive in our inside. "This is my year" will have a different meaning.

It seems as if the divine-creative impulses suddenly no longer come to us from the cosmic-spiritual space, but from our planet, from the earth, from the nature, from matter. If that were true, it would mean an incredible, profound paradigm shift within our millennial Christian culture. The antithesis of the divine and matter, celebrated for millennia, would dissolve, the divine origin of everything that exists, could be recognised, so that it would be no longer a matter of subjugating the earth in the Old Testament's sense, or to put it more contemporary, to use and exploit the planet with all available means as much as ever possible. It is about to recognise the holiness of everything, that surrounds us even seeing, experiencing, respecting and celebrating the holiness within ourselves.

At the same time, it seems that - on the energetic levels - the crystalline structure of our planet is getting renewed in a fascinating way at the moment, so that it is raised to a completely new frequency level. This is a breathtaking process that will have an effect right down to the physical structure of our bodies. It looks like that the standstill of human activities caused by the virus and the associated reduction of the negative impact on the health of our planet are necessary as an inevitable precondition to allow this deep, healing transformation process.

It is a profound system change in which the consciousness of everything which exists will change.

Now, when we meditate in soulful contact with the earthly body and its newly developing crystalline structure, when we consider its effect on the renewal of our physical crystalline structure and actively support this process, something absolutely amazing happens. The virus loses its power and dissolves because it has served its purpose.

What happens to us at the moment is not the greatest misfortune in our eyes, but the greatest happiness on earth - in the truest sense of the words.

We love you.

Martin Buchner

May Carro Cabaleiro

March 20th, 2020

7 steps to Speaking Your Truth – channeled by Lorie Ladd

So relevant at this time ...and so I share this lovely clear guidance from Lorie Ladd about the steps we can take to practice speaking our truth. So many of us have done massive work to shift and unblock our throat chakras and find our authentic voice.

1. Becoming the Observer and neutral perspective. Remember that you are the observer. You are observing yourself speaking your truth or listening to others who are speaking their truth. Neutrality means that you hold a truth from a neutral perspective and allow others to hold their truth.
2. All truths are real. All truths are truths for those vibrating at that frequency.
3. My truth is valid.

4. Truths are based on frequency. It's not human against human. It is density alchemizing into light.
5. No frequency is wrong. No truth is wrong.
6. You are shifting the collective by speaking your truth from your aligned state.
7. Open your heart center, feel love, feel compassion, feel empathy when you are speaking your truth. Align with compassion, open heart, empathy and speak your truth.

Pay attention to what actually is your truth and not what you have programmed to believe blindly is your truth. FEEL the authenticity of your truth.

This video gives Lorie's message in full more detail:

<https://www.youtube.com/watch?v=VYwh6iwKk5M&t=1236s>

For those of you who resonate with sound and if you have never tried working with your own sound to release your truth and throat chakra, then these may assist you.

There are many videos which can assist to shift energy within the body. The sound Om is powerful so listening to it will help...you may wish to sound along.

<https://www.youtube.com/watch?v=9MMD5JevYf0>

Healing individual chakras is also always helpful if you sense a block or need for alignment. This series I have found very powerful:

<https://www.youtube.com/watch?v=VRGs0GiR-QY>

There is a whole series of Healing Camp with individual chakras which I have found helpful for focusing on particular chakra blockages.

<https://www.youtube.com/watch?v=JTqktSAmG30&list=PLsuCfYXzi5DKGUUQgu7nHAPmSJLpM3RM0>

Just mentioning these because purging and clearing is going to be big for the remainder of the year...so levels of clearing which we can tune into and working with our spirit teams. You may have the experience of 'I've cleared this already!' and you may well have, however there are many dimensions in our multi-dimensional being...352 or so I'm told! We are complete. Yes, we focus on the completeness of our being and if necessary, we clear what no longer serves us as we evolve.

Video's – Matt Khan

I've placed a few new audio files from Matt Khans Project Resolution calls in this folder. His energetic transmissions are very powerful so check if they resonate before listening. Expect some integration time after listening.

<https://drive.google.com/drive/folders/1A-zFyyeRLbrQTsjpwZJ7By1K1yrx0frq?usp=sharing>

Additional audio files are here, also from Matt Khan, his Angel Academy 1 transmissions. Always very high vibration healing in these transmissions.

<https://www.youtube.com/watch?v=JTqktSAmG30&list=PLsuCfYXzi5DKGUUQgu7nHAPmSJLpM3RM0>

Diana Cooper

In her latest series of videos Diana Cooper has been giving short exercises to connect with Archangels and Ascended Masters. I found these powerful and very healing so here are some suggestions:

Dolphins and the High Priest Hermes

https://www.youtube.com/watch?v=2XZim_WahqU

Divine Heart Healing

https://www.youtube.com/watch?v=Ky_BRHzhbks

Well that's all for this newsletter. I wish that you remain safe and well and stay ALIGNED and connected to your team in spirit of the highest light and resonance who love and support you always.

Eternal blessings, love and light,

Lorna

FREE ENERGETIC CHECK-IN: <https://calendly.com/lorna-collins/catch-up>

'GROUNDING YOUR BEING' – DAY 1 – courses online via zoom – JULY, AUGUST, SEPTEMBER 2020
[Living the Being: A practical programme for mastery, guidance and connectivity in all dimensions.](#)

