

Lorna's June Newsletter 2020

Hello again dear ones,

As I prepare this month's newsletter the rains have come to Herefordshire. Thank you, Source for this. The parched fields and wilting trees are no doubt grateful as am I. The rain provides relief and keeps the tadpoles and froglets which fill our pond refreshed and growing.

My experience of the past month has been very blessed. Keeping close to home, enjoying and creating in the garden has been a blessing.

The sounds of nature have been louder, clearer and deeply nurturing. The vibration of our Earth seems clearer and purer to me and I am aware of the joyfulness of all living things in my garden. Heaven on Earth. Yet not all the world is so blessed.

I have this morning taken a moment of silence to intend peace and infuse peace into all countries and places on Earth, whether or not there are protests going on, to intend that there is peace, understanding and unconditional love and acceptance for all beings, everywhere.

I do not seek to offer opinions about what is happening in 3D. I seek to serve divine will by anchoring and radiating light to all.

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.

Suggestions to Enhance Your Practice

Breathing through the 12 5D chakras – Diana Cooper.

I tried this practice and found it very restful and calming. Perhaps for those of you who are experiencing many light body upgrades, this may soothe things

<https://www.youtube.com/watch?v=zdDUCS3FNpw>

Breath is life, breath is god! Or so the saying goes. Becoming aware of your breathing is becoming aware of God.

Simple practice is to spend a few minutes each day consciously breathing. There are many ways to do this and many books given over to the subject.

This is a simple and clear video with no music – for those who are beginning in this practice.

<https://www.youtube.com/watch?v=zPgwQFU1Cwc>

Breathing exercise with music – guided.

<https://www.youtube.com/watch?v=F28MGLlpP90>

Breathing exercises guided – for stress and anxiety relief

<https://www.youtube.com/watch?v=Mlr3RsUWrdo>

<https://www.youtube.com/watch?v=F28MGLlpP90&t=47s>

Light Body Symptoms

Transitioning to a Higher Vibrational Frequency

Many of you have reported that you are experiencing light body symptoms. Light Body symptoms are manifestations of energetic changes that are being created in our bodies as we absorb more spirit light into our beings. Some people use the term 'ascension symptoms' to describe this phenomenon.

The Earth's vibrational field is transforming and absorbing higher light, becoming less dense and less separated from the higher dimensions of creation. Higher frequencies of light are infusing all atoms, electrons and particles which comprise the energy of our being. This infusion of light is creating large scale purification and transmutation for the Earth and is affecting all of us, since we are all ONE.

As light/energy moves through our bodies, it charges the electrons of our cells and catalyzes a process of healing and purification which causes the tissues to release denser energies or unbalanced energies. We may experience aches, pains, feelings, or memories rising into our consciousness as these are released or transmuted by the higher frequencies. Some light body symptoms come and go quickly, some are more long-lived.

You may already have had the experience of developing mysterious ailments which come and go. As we enter more fully into the 5D and an aligned spiritual life, release ourselves from old emotional pain, and create a more purified and sanctified life, we will experience transformation on many levels of our being. The electrons in our bodies begin to change, sometimes quickly or unexpectedly. We can develop strange new symptoms, or a resurgence of old symptoms that we thought had ended.

You may go to your doctor or health professional, and they can find nothing wrong with you! All your tests come back normal. You may even get second or third opinions, and yet to medical eyes you are fine. You may even have all the classic symptoms of a particular ailment, but if you try to address your symptoms with the usual remedies, you may find that the condition does not get better, or even gets worse.

Light Body Symptoms?

There are no medical tests or objective measures that will let us know when we have an ailment that is light body related so all evidence offered is anecdotal and experiential. If you are experiencing unusual physical symptoms that are alarming, incapacitating or that you feel concerned about, it is important to first consult with a conventional or alternative medical or health care professional.

Even if your ailment has been diagnosed as a medical condition, the effects of expanding light spirit may be playing a part in the manifestation of your symptoms. It is important to pay attention to your inner guidance and trust your intuition.

Common Light Body Symptoms

Each person's light body experience is completely unique, and yet there are a few light body symptoms that seem to be more common. Some of these symptoms listed below can also be indicators of physical structural illness so please always consult with a trusted health professional if you are concerned about what you are experiencing in your body.

- Headaches
- Dizziness
- Exhaustion
- Unusual aches and pains
- Back and neck spasms
- Inflammations, rashes and eruptions
- Intense emotions
- Digestive disturbances
- Sensitivities to energies
- Sensitivities to environmental toxins
- New experiences orienting to time and space
- Strong reactions to herbs
- Fragrance sensitivity

Dealing with Light Body Symptoms

I am aware that it is not always possible to know what is happening in my body at any given time. Often, I am asked to trust my Source, and be willing to meditate and ask for inner guidance about how to address the symptoms I am experiencing.

Some body symptoms can create fear or worry, and so it is important to find a way to stay connected with inner guidance and one's inner experience of God.

To be attuned to our inner guidance, I have found it helpful to develop a healthy relationship with my body. Some of us have learned to ignore our bodies, to feel ashamed of our bodies or to overly identify with our bodies. Over many years I have learned to love my body and even my hair, which for many years I hated due to its independent nature and willingness to grow in an uncontrollable manner!

We may or may not like how our physical bodies look and feel, and many of us may have little experience in getting to know our bodies. Our bodies are a sacred creation, a miracle of God's manifestation, a gift to be appreciated and loved.

Though we may or may not remember our soul's purpose in being here on the Earth at this time, our soul is always with us and calling us to our highest potential. Our bodies were created by God to manifest our soul's purpose, and even the limitations and difficulties of our bodies have a learning, a blessing and a purpose.

Our bodies are sacred, and it is important that we develop a relationship with this part of ourselves that is embodied on the Earth. Our bodies are created by our Source, and talk to us each day, via our Body Elemental who offers information and guidance to us. As we listen and grow in light, our bodies become clearer and purified, and more aligned with our soul's divine purpose. Our Body Elemental is the consciousness which has been with us since our genesis, our beginning in spirit into matter. Connecting to our Body Elemental, treating it with respect and reverence can help us to navigate our developing light body awareness.

Relieving Light Body Symptoms

Each of us is unique, and with a specific divine purpose that is being actualized by our physical bodies and our light bodies.

As we transform, there are times when the process of purification can be quite arduous and challenging. Some of the mysterious ailments that may come and go can be uncomfortable or may even require intervention from a health practitioner.

As our light bodies develop, we become more sensitive to medicines, herbs, essential oils or even homeopathic medicines. How do we know what to do?

The two most important things that I am aware of are:

1. To focus on **remaining connected with my own inner experience of my Source**. We all have this part of us that naturally trusts and knows that we are One. When symptoms are intense, or require more intense interventions, you may have to work to release yourself from energies of fear, shame or guilt. Or you may be called upon to accept and allow to flow over and around energies, not identifying with them in any way.
2. From a place of faith (trusting in your Source) and calm, **ask for guidance**. When I sincerely ask my Source for help, I always receive a response. It may not be right away, or in the way I might want or think I need but it always comes!

We each have a unique and precious attunement to our soul, Higher Self, and our Source. This is always present and guiding us, even when cannot perceive this.

If you are having light body symptoms, seek inner guidance about how to proceed.

Make Time Each Day for your Light Body

Setting some time aside each day to sit quietly, or in meditation, even for a few minutes can be very helpful in developing a more conscious relationship with your body. Get to know what your body needs and how it feels.

Here is a beautiful simple meditation for working to bring in more light into your body:

<http://www.oneworldmeditations.org/Practice-of-Alignment-Video.html>

I also find this book very helpful to address light body symptoms:

<https://www.amazon.co.uk/Lightbody-revised-expanded-Tashira-Tachi-Ren/dp/096272095X>

The Body Elemental

The Body Elemental is a collective of all body intelligence consciousnesses responsible for physical maintenance and upkeep of the physical and energetic form. This consciousness enters the new body along the Life Thread energy before birth and after conception and is present during gestation and normally stays with the body for the lifetime. The placenta is the vehicle for the body elemental while the body forms during pregnancy. After the birth, the body elemental stays with the body, but in an energetic form only. The dragon body is one energetic form comprising the Body Elemental. After birth, the body elemental resides in the auric energy field of the being.

The Body Elemental has resided with you since your spirit came into being. The same Body Elemental exists with you in all incarnations in all times space. It is, therefore, highly intelligent, and wise. And it is, of course, a group consciousness which is the repository of all knowledge regarding the physical human and any other body!

The Most Important Relationship in Your Life

The Body Elemental interacts with the energy field of your body to align the electrons which comprise your physical structure (bones, blood, organs and systems) with Divine structure (divine blueprint or template). The relationship between the Body Elemental and your physical structure is a key component for optimal healing. The physical body can heal itself. However, the Body Elemental is responsible for the movement of energy through it, and to heal, the physical body requires clear and clean energy flow.

How well the Body Elemental and the physical form coordinate efforts affects receptivity to healing work, the potency of light medicines, and ability to expand into higher states of experience. Reverence, innocence, authenticity, and devotion work together to support the most loving union between the Body Elemental, the physical form, and the indweller.

How Does the Body Elemental Work?

Think of yourself as enveloped by a field of intelligent consciousness which is dedicated to your wellbeing, optimal health, and success in reaching your spiritual goals in this lifetime. The Body Elemental assumes specific resonances (or impulses) of consciousness. The physical body exists within this sheath of consciousness. This sheath can take on any resonance or energy frequency which you need to heal and step forward on your evolutionary path.

For those of you familiar with the Pillar of Light structure, the consciousness of your Body Elemental (and there are many levels/resonances to your Body Elemental) resides within this structure and so also within your auric field.

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, a 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 energies

Todd Medina and Sandra Walter talking about the energies of the time and changes happening within our world:

<https://www.youtube.com/watch?v=PdNDCYdEUG8&t=849s>

<http://www.sandrawalter.com/triple-eclipse-gateway-of-2020/>

Video – Matt Khan

What it means to be conscious by Matt Khan:

https://www.youtube.com/watch?v=_mKqFDsJmQ&t=425s

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

Eternal blessings and love,

Lorna

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

NEW ONE DAY COURSES ONLINE VIA ZOOM – MAY, JUNE, AUGUST, SEPTEMBER 2020

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

For client session bookings via my online calendar please click [here](#)

I'd love to connect. [Here's my calendar link](#) to make finding time easy.

