

## Lorna Collins's March 2020 Newsletter

Dear Friends,

Every blessing to you and yours!

This is a different type of newsletter. I am called to offer something slightly different this month.

I have been experiencing a very different state of Being lately. I have been seeking within for guidance and am guided to share my experience.

I sense that the old way of operating in 3D just is no longer working and I am being challenged to let go of these old ways. There is something new emerging and I was grateful for Sandra Walker's explanation, reprinted below, as it resonated for me. We are learning how to experience full embodiment in a non-linear state. Well this may be the case, yet my question to Source was, 'what is the way we can navigate this new non-linear state'? The answer was that the new state is to be experienced and observed. There is no need to attach to anything, remain aligned with the eternal peace within and without.

### How do I remain aligned with eternal peace within and without?

This is my challenge for the coming time, to remain aligned with divine peace both within and without. I am grateful to also know that remaining aligned within and without is a process so a gradual or not so gradual movement/realization of the state of divine equanimity.

This call to remain aligned with peace made me question again 'How do I do this'? How do I remain in peace when things pull me out of that place of peace?

I asked the universe of light for clarity on this question. An email from [Sounds True](#) appeared in my inbox with this interview with Michael Singer, author of [The Untethered Soul](#), a book I read a while ago but which resonated at the time very powerfully.

In his recent interview Michael with Tami Simon on Sounds True, he gave an explanation which served as a reminder to me – here is an excerpt from the interview:

*"You wake up and you realize, "I'm not doing any of this. I didn't make my body. I didn't make my mind think. I don't make my heartbeat. I don't make my breath breathe, etc, etc, yet I have this notion that I have to make things happen. Yet, all throughout the universe, things are happening everywhere and I'm not doing them, so why exactly am I the one that's in charge of what's unfolding in front of me?"*

*What you realize at some point is that you're not; that the moment in front of you that's unfolding is no different than all the zillions of other moments that aren't in front of you that are unfolding in accordance to the laws of nature, the laws of creation. You start to practice saying, "I don't*



want to check inside of me first to see what I want and what I don't want. I want to pay attention to what the universe is creating in front of me just like it's creating everywhere were I'm not, and let me see how I can participate in that, be part of that instead of interfering with it with my desires and my fears." That's living from a place of surrender.

**TS:** I want to ask you some questions about the practical application of that viewpoint. I noticed when I was reading *The Surrender Experiment*, the question that kept coming up for me is so many people, as representatives of the universe and the moment want something from you, I imagine. I know in my own life, lots of people seem to want things from me and if I just surrendered and said, "I surrender to your request to do this or that," I would be so overbooked. Don't I have to check in and say, "Hmm, does this work for me? Does it not work for me?"

**MS:** That's a beautiful question. It has nothing to do with that. It's a whole paradigm shift. It's not a question that as the universe unfolds in front of you, including people—like if a lion jumps at you, do I just surrender and let him eat me? That's not what it's saying. What it's saying is you check outside first. You look with a place of clarity, and what clarity means that I'm not being disturbed by my psyche, by the impressions that got left on me, personal things based on my past experiences.

So I look outside and I see a lion is jumping at me. Well, obviously, I have an obligation to serve my body, all right? I'm the center of will. I'm going to do every single thing I can, just like anybody else, to protect my body. If 15 people come up to me and they start demanding things of me, because they are coming from their places of needs and desires, I am not going to look inside and look at the part of me that's freaking out and say, "I don't want to do this. Oh my god, this is uncomfortable. There's too many people," because that's doesn't know what it's talking about. It's just a bunch of noise.

I'm going to look outside and see, what is the path of right action? What is the path through this that respects everybody and respects the reality of time? The whole point is, is it's not that you're not interacting with what's happening; it's that you're not interacting based upon your own preferences, your own desires and your own fears.

You're still interacting; you will make much better decisions because eventually that your desires and your fears, every single one of them are impressions left from the past. Whatever's happening now reminds you of something that wasn't comfortable or reminds you of something that was comfortable and so you're really making decisions now that are out of harmony with what's happening. They're just in harmony with the past experiences you had, which have nothing to do with right action or good decisions.

This idea of letting go of yourself first and then listening, seeing, and interacting in the highest possible way with the universe that's unfolding in front of you doesn't mean you're saying yes to every single thing or no to every single thing that people are telling you. You're listening to it with a deeper place inside of you than your personal desires and fears."



## How do I Live from a Place of Surrender?

My understanding is that to live from a place of surrender I accept that Source is everything and everything is Source, therefore nothing is right or wrong, no action is right or wrong as everything is Source.

Living from a place of surrender means discerning what the universe, Source, is bringing to you. Again, I haven't created the universal flow, I am the flow, I am it and it is me. I align with the flow and in doing so I am the energy of flow, I am in the river of all existence. In this river there are many flows all harmonizing together in the unity of consciousness.

So I asked Source, 'if I am the river of all existence, how do I determine which flow to follow?

Source: The answer is 'You don't. The flow chooses you. Allow yourself to flow in each NOW present moment allowing and surrendering to this comes when you align with Source.

Whether a lion jumps at you or not, the lion is a being which you know instinctually needs to be loved. Truly it is the ego which seeks to save itself. The body is the body which needs to be honored, yet you may wish to love the Lion by allowing it to eat you. The point is that you make a conscious choice in the divine present moment. I love myself and I love the lion. My choice in this moment is, is it possible to love both myself and the lion? It maybe. Is it possible to love myself and run? It maybe. Is it possible to love the lion and let it jump on me? It maybe. I as Source am here in human form to experience making conscious choices.

I do not judge which choice is better or right or wrong. I do not judge outcomes. We are here to experience the highest consciousness of our awareness as divine beings having a human experience.

Think about it for a moment. Does Source judge the human to be more important than the lion? No. We don't. All beings, all creations, all choices, are loved equally.'

LC: Is this what is meant by divine equanimity?

S: Equanimity is a state of balance. Source is balance, can only be balance. It is the perceiver or observer, thee who is not aligned with Source, that is potentially out of balance. Source is perfection. A way to describe this is sovereignty. All creation is sovereign unto me. All is blessed.

LC: So, Source, I ask again, how do I remain in my inner peace when I experience being 'not in peace.'

Source: its simple. Did you create inner peace?



LC: No, it is always there.

Source: Does inner peace go away?

LC: No. It is always within.

Source: OK so it is always within. Is it not also always without?

LC: Well yes it must be since it is everything and everywhere.

Source: Allow for peace to be. Let it be. Let it be all that it is. Within and without. Can you seek to do this?

LC: Yes, I seek it, but I am not sure I can do it.

Source: No buts, for are we not One?

LC: Yes, I believe we are.

Source: Then we are everything and our creation, peace, is everywhere...yes?

LC: Yes. I hadn't looked at it like this before now.

Source: Is this not embodiment?

LC: Yes, thank you Source for your clarity.

Source: Peace be upon us.

## What does Mooji say about finding peace?

In posing these questions to Source and seeking some guidance about finding peace, I was guided back to [Mooji](#) for his simple yet powerful pointing and so I'm sharing his latest video which explains a simple technique to help one find inner peace.

A very helpful discussion about how the ego can sidetrack this discussion begins in this video at 1 hour 17 mins:

<https://www.youtube.com/watch?v=z0tHMFkXws4>



Mooji in this segment talks about how we give the mind too much respect and how our way out is switch from relying on the mind to start to rest in peace. He also explains how we know we are making progress.

And he gives a practice for quieting the mind through keeping paying attention to the traffic of sensations and thoughts and become detached. Self-awareness is a vibration field which is not about being phenomenon aware. He describes a technique to practice self-awareness.

Experiencing emptiness in the way Mooji describes in this video using this simple easy technique is perfect for beginner and adept.

## More on Embodiment - Amplification of Unified Intent – excerpt from Sandra Walker

I share this posting from Sandra Walker as we are all being supported to fully embody our higher self at this time. In a Leap Year we can make ‘leaps forward’ on many fronts and even ‘take the leap’ of faith, that is perfect for us at this time.

*We are learning to create with unified LoveLight in a multitude of ways.*

*Unity Consciousness is a vividly different experience, a very different state of consciousness than what the body is accustomed to holding.*

***As of January 13, 2020 we have a brand new Gate and Grid system on Gaia, which reconnected us with brand new Cosmic Stargate flows. They open us to the organic Ascension as a very lucid, physical, and somewhat surreal experience.***

*For those of you who are First Embodiers, you will be experiencing anchoring this non-linear New Earth state. Embodiment changes everything, for the individual as well as the collective. It accelerates the dismantling of outdated creations, and healing events on a global scale.*

### ***The Physicalization of Dismantling***

*Ascension cycles bring dismantling and deconstructing of what was, so the collective consciousness may evolve and experience something new. All is created in the etheric/spiritual realms, then becomes physicalized for the denser in-form experience.*

*As the Christed Ascension timelines and new cosmic frequencies become physicalized, they bring the dismantling of the old. After slow-drip revelation for decades, we enter an accelerated passage that physicalizes the Ascension which has already been created in the etheric planes.*



*Of course, all is happening simultaneously, so it is a change of experience, perception, focus and energetic support for what we have already created. We begin to feel all of it at once; past, present and future. With a heart-shift to the desired outcome, the DNA will partner with Gaia to reveal New Earth. Look through the heart and the truth is revealed.*

*In this Now, the physicalization of the dismantling energies is evident. On a global scale, the political, social, economic and environmental choice-points are presenting. Timeline choice becomes quite physical this year. Your actions are the physicalization of your higher choices.*

***This phase may feel surreal or disorienting because of the strong influence of death.*** *Death of old structures, old creations of Self, collective memory fields, linear time collapse, the old grid systems, and yes – physical death of plants, animals and HUmans. Many are moving on to other realms this year. Some deaths create mass healing, or a pause for self-examination of priorities.*

*The splintering of timelines is fully supported by these dismantling energies; everything assists in choice of reality. Feel the Divine purpose, the higher perspective. You are experiencing an Ascended planet shedding her old creations, just as we are.*

### **Physicalizing the Spirit Self**

*The Brotherhoods and Sisterhoods of Light presented some key transformation points for 2020. For the moment: Remember this is a breakdown of the illusion. It looks like one thing, when something else is happening. Anticipate and celebrate the unexpected.*

*We are physicalizing these New Earth realms and overriding the lower vibrational realms through our Embodiment. The projection of Self is becoming a new expression; this is a strong focus for the Ascending collective.*

*When you see physical representations of dismantling or tearing down of old structures, open up to the cosmic perspective. We are one BEing having many experiences, appearing separate to the lower consciousness, yet all unified.*

*Seize the opportunity in the moment for evaluation: What part of this orchestra of Self is out of tune with my heart's desire, or attempting to get in tune with something new? Knowing that your reaction is your reality, what is revealed right now for your journey and expansion?*

*Embodiers know the death-to-resurrection sequences well; the merge of Higher and Lower Selves is a beautiful, challenging phase of Ascension. The body, mind, emotions, ego, thoughts, actions... everything is overwritten by the physicalization of the Higher Self.*

*It doesn't happen in a day, it is a process. It is guided by your own Soul, produced by your Divine DNA to the level you can handle in the moment.*

*Many times during the Ascension process there are experiences of death. You witness and feel the old Self slipping away. It can be sudden; a strong awareness that the old Self is dissolving. It is followed by the sensation of being on a higher trajectory. This happens consistently through the process.*



*With the 2020 Gate shift and amplification, this death experience becomes physicalized through the collective. Old timelines and dimensional expressions are dismantled. The old creation of Self experiences death, because that is the memory of how we used to transform from one expression to the other. It is a pattern in the death-to-resurrection experience that is being transformed with our Ascension process. That pattern is being transmuted, because we chose to have a physical Ascension experience.*

*Many of us feel the absence of the old Self already, yet not fully embodied in the New. The die-off of the old is palpable experience affecting mental, emotional, egoic and physical levels. As Embodiers, you will feel all of your creations across the dimensions and parallel realities – simultaneously.*

*This is where we are in this Now. Feeling a deep sense of Source and Divinity, while simultaneously feeling nowhere, everywhere, joyful, mournful, surreal and empowered all at once. New Earth now, dear hearts; we are realigning with our Creator skills by wiping the slate clean, moment by moment.*

*We consistently redefine our realities, our expressions of Self, and level up. If you feel like you're coming apart, use your tools and practices to maintain balance during the dismantling. Many of us are weeping as if in gentle heartbreak, but there's no emotion or cause attached to it. Another reflection of the dismantling energies. Death of the Old Self and old realities. Clearing the way to be a pure conduit of the New Self.*

*For Embodiers, this comes with the simultaneous euphoria of bliss, reunification with Source awareness, and an overlighting sensation of freedom, creativity and acceptance. We work in tandem with the death sensation, releasing and surrendering to the surrealness of the New Earth realms.*

*It feels like a lot is happening, while the stillness of Zero Point halts our linear experience. The time-stop sensations are consistent now, the higher reality shining through the DNA. The stillness is overwhelming the linear. We are complete with everything that was created prior to this in the old consciousness. That includes transformation of the Death-to-Resurrection template into a collective experience.*

*Some of our Gateways in the next five months will provide support for a physicalization of the Resurrection experience at a collective level. You probably sense this already as things become more surreal and detached from the old creation. Focus on the feeling state of your highest version of Gaia, **take action on it**, and stay in the peaceful calm of the heart.*

This meditation by Sandra Walter is one that you may find resonates for you at this time:

<http://www.sandrawalter.com/guided-meditation-divine-neutrality/>

About Sandra Walter

Sandra Walter is a Wayshower, Ascension Guide and Gatekeeper in Service to the New Light. Sandra lives in Mount Shasta, California.

[View all posts by Sandra Walter »](#)



## Radiating Your Light

I would love to welcome you to the monthly Zoom 'Radiating Your Light' session Tuesday 3<sup>rd</sup> March at 8pm GMT.

The purpose of the zoom session is to share our light.

To join this zoom meeting click here <https://zoom.us/j/3481253419>

## POSTPONED – CONSCIOUSNESS IN NATURE IN FEBRUARY

*Due to Storm Dennis this experience was postponed. I have been told that it will be postponed now until after Easter.*

If you would like to receive notification of rescheduled date, please indicate your interest here: <https://calendly.com/lorna-collins/walking-in-and-with-the-consciousnesses-of-nature-2020>

Wishing you every blessing,

Lorna

Dr [Lorna A Collins](#) FHEA

NEW – [Anchor, align, attune and balance](#) – a one hour one time power session to anchor and align your field so that you are in perfect equilibrium in every moment.

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

[LinkedIn Profile](#)

e: [lorna.collins@consciousgrowth.co.uk](mailto:lorna.collins@consciousgrowth.co.uk)

t: 01432 820 577

m: 07595248971

s: [lorna.collins1](#)

facebook: [Lorna Collins](#)

w: [Conscious Growth](#)

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

