



## Message from Spirit

Channeled by Lynne Delaney

### NEW HORIZONS

Allow the sun to rise warmly within your soul as you move and extend your brilliant light over new horizons that rise up from the Universe to greet you.



Step onto this new terrain that is creating positive energy for your present and your future. As you move into a new year and a new decade, it is appropriate to look back upon your life and ponder the many scenarios that have played out over the years.

When you look back at your life, look at everything with new eyes and a loving attitude. You may find that you honor yourself by admiring all of the wonderful things that have worked out in your life over these years.

Or, you may be angry or upset at things that did not quite manifest the way you had hoped. Or, you may just want to ignore certain things that have come and gone so you will not have to face any unresolved emotions. You may experience all three of these things as you navigate through the many episodes and emotions of your life.

As you look back and assess your life, know that now is the time to expand your soul into new parts of your consciousness so you can move into new parts of your life that are aligned with your inner truth and the truth of the Universe.

Be strong and release the parts of your past that create anger or sadness. Dwelling on these feelings creates a negative energy field, like an anchor, that can prevent you from moving forward into your evolution.

Really look at things, and observe them through the many levels of the soul's awareness. Things will become clearer to you as you see through the eyes of love and compassion. You will be able to release all of those things that may be holding you back and affecting how you react to life.

Release and regain a new sense of who you are as you see how everything is connected. There is deep meaning in everything our souls go through- good, bad or neutral.

Rise up now and shine your light into your life.

With Infinite Spirit and your Spirit Beings by you, you can do this. You can achieve more than you thought possible. Your inner strength will grow over the next few months and you will be able to move through your life with the most beautiful of lights dancing in your soul.

May you all be blessed during this time of transformation and emerging energies within your beings. Help each other to recognize the creative and loving light within your souls. This is one of the greatest gifts we can give to each other this year as we create a harmonious, loving and clear path in which to live our lives.



Lynne Delaney is a Conscious Living Advisor & Reiki Master. Her Reiki treatments combine intuitive energy work and crystals.

She offers private sessions in spiritual guidance,

intuitive tarot, and hypnotherapy. Group sessions include table-tipping and transfiguration.

With a background in science and spiritual studies, Lynne is able to better understand how both disciplines contribute to healing and well-being.

To make an appointment, phone (508) 241-3048 or email [Lynne](#)



### **The Conscious Stone Boutique**

OFFERING LOOSE CRYSTALS  
STONE JEWELRY NECKLACES & EARRINGS  
WRAPPED IN STERLING SILVER OR COPPER

Beautiful Cape Cod beach stones  
reflect the ocean's energy of  
strength, intuition & harmony  
Each stone is infused with Reiki healing energy.

For details email [Lynne Delaney](#)

### **Workshops with Lynne Delaney**



Metaphysical Development Circle  
Holding Hands with Spirit  
Reiki and Spiritual Healing Circle  
Transfiguration

For details go to:

[www.metaphysical-path.com](http://www.metaphysical-path.com)