



Message from Spirit

Channeled by Lynne Delaney

Align with your Inner Spirit



Dear beings of this human race, it is time to charge up your inner spirit by connecting to the Infinite Divine Light of Love. There has been too much time spent loosing yourself and your energy to the demands of the material world.

Take time to re-establish your inner spirit and fill it with the strength of Divine Creation. Raise your vibration so that it can connect fully with Infinite Spirit. When you do this, you will recognize your true heart through all dimensions of time. You will feel full of energy, joy, compassion, peace and love. This realignment will help you to function in this world more easily, being able to discern what is truly important for your soul's survival and advancement.

When we let ourselves go for too long, getting caught up in the mundane or the many details of life, without being present to what we are experiencing, we lose a part of ourselves into the ethers of time. We forget that we did a certain task already or how we got somewhere.

We may hold other people's energy so much so, that we cannot tell our energy from theirs. When this happens, we may feel bogged down, sluggish, depressed and unmotivated. This is why it is so important to establish your inner light and strength like never before.

By raising your inner light into the source of Infinite Spirit, you can channel through the strength of this energy into your life. When we are in this state of being connected or plugged into the source of all love and light, we can see from a higher perspective and know how to navigate through our daily lives with the strength of inner knowing and the protection of trust and love.

If you can learn how strengthen your inner spirit and stay in that place of consciousness, then you will help raise the vibration of this planet, helping the elements of the earth, all of the animal kingdoms and all people. You will be able to have a greater connection to others who are attuned to this vibration of Infinite love and light, thus creating a strong energy field where miracles can take place.

We are in a time of great change and have been for a while. Take time to strengthen your inner spirit as you would work out to strengthen your body. You will need to pull from this strength in the coming years to help stabilize the turbulence of the shifting consciousness.

Thank you for all of your efforts to create loving, positive change for yourselves and for this planet. You can keep increasing the strength of your inner spirit with diligence and dedication. The result will be the influx of Universal Power, Eternal Light, Love and Peace moving through all parts of your body, mind and spirit, guiding you and keeping you strong.

In this beautiful freedom of consciousness, you will be able to operate from a place of purity and non-judgment thus creating Unity within your inner spirit and in the Universe.



Workshops with Lynne Delaney

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For details go to:
www.metaphysical-path.com



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



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