



## Message from Spirit

Channeled by Lynne Delaney

LOVE IS THE GIFT



Dear Blessed Hearts, this may seem like a time of uncertainty and change, but within this paradigm shift you can be sure of one thing -- LOVE.

Consciously or unconsciously, you are changing your energy with every moment given to you in this life so you can awaken your awareness of what is really important in everything you say, think and do in this world. You are starting to develop a state of understanding your soul, which will automatically help your being to align perfectly with Infinite Light and LOVE.

This alignment with LOVE will carry through in all of your actions, whether things seem mundane or critically important. LOVE is the thread that will make and mend the patterns of life.

If you feel uncertain that you really are, or can have an awareness of your soul, accept LOVE. Embracing that transcendent feeling is the gateway to deeper, more powerful perceptions of the self and others.

If you think that you have too much to do and no time to spend connecting with your inner self, choose to do a small, loving act. Such acts are timeless. They take you out of frantic pace of your life.

If you think that you aren't worthy, or important enough to align with Infinite Light, fill yourself with LOVE and you will immediately comprehend that you are an essential part of the universe, connected to everything in it.

When you are aligned with the part of you that is connected to Infinite Light, you will see clearly in all directions of space and time as well as past, present and future. You will know the ultimate truth of life, creation and why you are here. You will feel undeniably safe, secure and at peace. You will have a better understanding of the nature of reality and the many other dimensions of creation.

All of these things will be unveiled in due time. Have patience with the process of unfolding your soul into light. Know that LOVE will guide you and LOVE is the bottom line in the Universe.

Life can be so simple if we all remembered the truth that LOVE is the main channel through which we bring joy and goodness into our lives. This channel of LOVE is always available to us even in times of distress or heartache. LOVE can help to carry you through the tough times and amplify the passion for life in the best of times.

This holiday season, remember you are a being of light, a being of LOVE, a person of this earth who is here to awaken, learn, grow and truly comprehend the lessons of LOVE.

Give of yourself this holiday, and throughout this year, through small acts of kindness and spending time with those you care about, including animals. Give of yourself to causes that help others, and the earth. Remember to also give to yourself LOVE, honor and respect.

If everyone chose to live with LOVE as their mentor and source of satisfaction, we would all be in a place of peace, compassion and joy. For the pursuit of LOVE is satisfying. Sharing with and helping others, which are wonderful expressions of LOVE, are profound pursuits.

When all is said and done in your life, looking back through the eyes of your soul, you will measure your

accomplishments not by how much money you made, how much worldly success you achieved, how many possessions you acquired or how popular you were, but by how well you shared LOVE in the world.

Know that it is possible to live in alignment with LOVE every moment and every day. Share as much light as you can because LOVE is the gift given to us this holiday, this year and for eternity.



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\\_newconsciouspirit@yahoo.com](mailto:Lynne_newconsciouspirit@yahoo.com)



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