



## Message from Spirit

Channeled by Lynne Delaney

SHIFT UP FROM THE GEAR OF FEAR

Take note brave souls, grasp hold of your steering wheel in life with determination and shift up into a gear of smooth riding.



Many of you are still driving in the low gear of fear, unable to shift up and out. Driving yourself in the low gear of fear will only keep you in the slow lane, unable to make appropriate maneuvers or changes when necessary.

Life at this level and pace creates inertia and congestion. You may get stuck in a plume of exhaust from the large trucks in front of you, causing you to choke and lose sight of what is around you. It might strain and wear down your internal engine, causing multiple systems failure and unnecessary tension or stress in your physical body, mental body and spirit body.

Staying in this low gear will keep you from seeing the whole road in front of you. If you are stuck in the slow lane driving in the gear of fear, shift up. It is time to make some serious headway on your road in life.

You may feel that life has pushed you forcefully or unknowingly into the slow lane, necessitating this shift down into the low gear of fear. And why wouldn't you think this, with the seemingly ever-increasing amount of traffic around us, the accelerating pace on the road and the daily lament about accidents and misfortune. You may feel boxed in by other drivers, wary of reckless speedsters, slowed up by road construction or daunted by complex directions.

But unlike the vehicle parked outside of your residence, this metaphorical car of yours is not bound and limited to one set of streets, roads and highways. At any given time, we all find ourselves on the road that perfectly reflects and suits the state of our inner vehicle.

In low gears and low levels of energy, enthusiasm and emotion, the road may look scary, long or bleak. Yet the wondrous feature of our inner vehicle is that, as we up shift into higher consciousness, belief, possibility, thoughts and energy, the very road beneath us alters and bears us into new and better landscapes that befit our evolution.

When the gears seem jammed and the pace of your life sluggish, start by mastering the inner confines of the vehicle. Don't get overwhelmed by the whole road and everything on it. Get back to basics, like getting outside in Nature, spending some time each day doing something that brings you pure joy, eating healthy foods, exercising, filling your mind with positive affirmations rather than negative or self-destructive or fearful mental chatter.

You have all you need within you to get out of any mess and into a better gear, lane and road ahead. It is time to get back in full gear, with vision to see clearly the direction in front of you and the knowingness that you are where you need to be.

Trust that if you consciously seize the wheel – by dedicating yourself to keeping your body healthy, your mind filled with loving and positive thoughts and your imagination populated by visions of yourself as you really want to be – then you will merge onto a better road.

Know that if you align yourself with love and faith, everything will turn out all right on your path. The energy of support is always around you. You just need to shift into it. There is infinite supply of the energy of love, strength and motivation for you. This is your fuel to help you get everything else in its proper working order.

Renew your faith in the process of life and shift into the gear of trust. Thrust into a world of opportunity.

Take control of this vehicle that is your life because only you can propel yourself forward. You are in charge of your journey and determine the smoothness or bumpiness of the ride.



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.

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