



## Message from Spirit

Channeled by Lynne Delaney

Winter of Silence and Solace

Dear ones of the new dawn. There is a great need for all of you to be still in a time of overwhelming noise and overstimulation of your senses.



Many of you may feel you are operating on low levels of vitality and really have to push and muster up enough energy to get even the most mundane tasks accomplished. This is due to your lack of silence and solace.

Your lives are so noisy – so how can you effectively be at peace so you can allow things to flow more easily in your life?

These noises are those of thoughts, worries, talking, tasks and everything else that disconnects you from the silence needed to help you connect with the source of infinite power and love.

Seeing the frenetic nature of your current existence, more than ever you need to find some silence and solace in your lives. To do this you need to dedicate yourself to moments of silence, peace and solitude on a daily basis. Even though you may have alone time, that does not necessarily mean that you are having silent time. This is a discipline and a practice that your soul yearns for.

To do this, imagine beautiful, glistening, soft white snow falling upon the landscape of your soul. The sparkling snowflakes of light are gently carried through your aura, your thoughts and your body removing all of the noise in your life and leaving only the healing energy of peace and silence.

Look out upon this newly fallen snow of silence and know that this is an important place for all to be quiet, just like in winter, when the snows fall and covers the lands to bring silence to the bustle of life.

In nature this is an offering of pause, a time to hibernate and renew. For you, it is a time for your consciousness to be still and connected to the silent wisdom of the universe. Take time every day to meditate and imagine the spiritual snow falling around you as blessings of quiet and love. Allow the crystal flakes of light to accumulate and cover all of the chatter that consumes you until all is still and silent.

Connect with this moment, this feeling, throughout the day and into the night. Better yet, move your souls into the season of winter and carry it with you all year long.

Allow yourself this gift of being still. When you do this exercise, your perception of the world will slow down and the noise of life will not affect you in the same draining way as it once did. Instead, you will rise above the discordant sounds of chaos and into the beauty of silence and oneness of the universe.

You will find a new energy, a new way of being, unlike any way you have been before. You will find that ultimate peace and solitude is always there for you to conjoin with.

The world is constantly shifting and changing as it has for millennia, and again there are great changes occurring right now for the planet. Remember, you have the power to choose what is best for you and for the good of all. This is the time to be fully aware and responsible for your actions, words and deeds. It is the time to birth a new world one loving thought, gesture and word at a time.

Use your tool of stillness, which will bring you peacefulness and timelessness. Great shifts and changes are made in the realms of silence and solace.

Blessings to All.

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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](mailto:Lynne).

Lynne is also the editor of her husband's new novel *Pieces of Eight*.



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