



Message from Spirit

Channeled by Lynne Delaney

Awakening Possibilities through the Tumult of Loss



My dear precious ones, have you been in a quagmire of pain, grief, loss or separation?

For many, it has been a long winter filled with obstacles and unwanted circumstances. And, for a time, the painful feelings must take precedence. They become the atmosphere of our experience. If we are not careful, we might come to believe that dark skies are all that there is.

However, it is the nature of clouds to come and go across the sky. They never obliterate the light; only obscure it for a time. In the moment when they release their hold, who does not smile at the reemergence of the sun? In a way, clouds drift by to remind us to rejoice in that ever-present illumination that is the true back drop to the sky. That is their gift to us.

As hard as it can be seen, loss and separation can also be a gift. They are natural states, given to this world by Infinite Spirit, to help our inner spirits expand into seemingly uncomfortable and unexplored areas of consciousness and soul.

Within the depths of loneliness, sadness or separation there is, of course, pain and confusion and a tumult of other emotions. On the surface, there is nothing to be gained from the experience but discomfort.

Yet beneath the surface lies possibility. It starts with a challenge to look up into the clouds with faith that the sun shines behind them. From that seed of trust and belief, our energy and consciousness expands.

We may not feel happiness and love around us, but when we create it within us, and send it out into the Universe, we connect with a higher plan and purpose. And while we cannot predict how or when that love and light will be reflected back to us, the act of sending it changes the atmosphere around us and, with that act, our understanding of ourselves and the situation.

It is spring, a time for reawakening and moving forward into a greater understanding of why things happen and a better perspective of why we are here. It is a time to stand back and let Nature grow as it knows best.

In a similar fashion, let the old husks of pain, loss and separation fall away to reveal new growth of loving, healing, positive energy. Like the cycles of the Earth, emotions, too, have their own seasons. Pain and loss are meant to be temporary, transitional phases.

Know that there is a greater plan for your intricate and creative soul. Feel the loss and separation, know it is a gift to help your soul grow, and then release it and move through it into love.

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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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