



## Message from Spirit

Channeled by Lynne Delaney

Relax and Celebrate Life's Harvest

As the season turns from Summer to Autumn, take in a deep breath and prepare for this time of gathering in your life's harvest.



During this time, it is best to take a pause in your life so you can reflect upon all of the things you have done to create your new harvest. A year has passed since the last yield so it is indeed important for you to look back and observe how well your garden of life has grown this year. Take an inventory of your crops and offer gratitude, for these things are the foundation of who you are as an evolving spiritual being.

Just as important, it is time to let go of the crops that did not grow or rotted away. These things were not meant to be manifested in your life at this time; however, that void of crops in itself is a part of the ritual of the harvest which was revealed so you could gain new knowledge of your direction and journey in life.

Do take the old withered vines and inedible crops of life and put them in the compost pile so they can be transformed into fertile soil, which can be used to help prepare next year's garden. Then put your garden to rest by putting all of your stakes and cages away and saying a final prayer of gratitude.

Know that if you prepare your garden well for next year, it will be magnificent.

After you have brought all of your harvest into your consciousness, celebrate your new bounty of life now; whatever it is, no matter how large or small you perceive it to be. YOU have created your garden of life, your new abundance of crops.

Open your heart and your eyes and see your harvest for all that it is, whether it is new friendships, new ideas, new faith or an abundance of spiritual evolution. Remember, if you relax, you can completely open up and enjoy all of your harvest's stored energy.

Stockpile the goodness of these crops away for the coming winter. They will give you nourishment for your soul when it is time to go within. During the quiet time you can pull out a crop from the cellar when you need to recharge. It may be one of good accomplishment, a peaceful memory or an elated feeling.

These little nuggets of light are to help keep you perfectly aligned with your inner spirit and with the spirit of all creation, the energy that helps to cultivate all human's spiritual harvests.

### Workshops with Lynne Delaney



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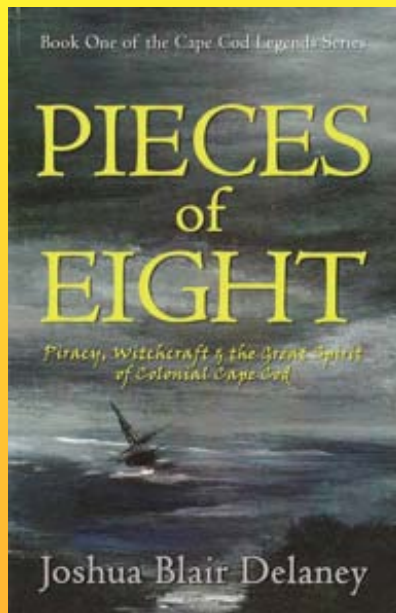
Lynne Delaney is a Conscious Living Advisor & Reiki Master. Her Reiki treatments combine intuitive energy work and crystals.

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](#).

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



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