

CWO



CapeWomenOnline

## CapeWomenOnline - Where Cape Women Shine

Your local venue for the women of Cape Cod to share their ideas, experiences and resources while inspiring each other in their life's journey

**Inspire . Encourage . Network . Share**

## Holistic Health



Summer 2013

## Message from Spirit

Channeled by Lynne Delaney

Manifesting In Our Ocean of Energy

Dear beings of the New Dawn, you are a powerful presence of your physical body, your conscious mind and your infinite spirit. Your energy has significant substance that can be described as magnetism, electricity waves of light and much more.

These descriptions of your whole self can be measured by science in many ways, but you are the only one who can discern your energy and what it means to you, and how you can use it to manifest healing, prosperity and happiness in your ocean of energy.



The shift of energy currently happening for our collective consciousness and for the earth creates an environment that is conducive to more rapid manifestation. This is because the energies are much higher in a sense of holding more light and love. The higher energy enhances and speeds up the process of manifestation in people who practice staying in higher energy. During this time, however, the collective consciousness is manifesting more sluggish energy. This is due to your need to hold onto negative energy and also from some resistance to the shift that is here for us to fully surrender into.

For those who continue to hold onto resistance, you may feel sluggish energy for a long time. Sluggish energy, a form of negative energy, is also created by a habit of negative thinking, feelings of unworthiness, or feelings of superiority. All of these energies or thoughts stem from a place in the consciousness or heart that is void of love.

For those of you who can evolve fully, your manifestations will arrive quickly and completely come into form. To evolve means to hold love and joy in your hearts, to hold positive thoughts in your minds and to feel connected to the energy and consciousness of all things in creation. Within this connection is the power of compassion, timelessness and manifestation.

Know your energy does make an impact and a difference in this world. So pay attention to what kind of energy you are creating in your body, mind and spirit. When you are fully aligned with the greatest parts of who you are by staying positive, aware, focused and dedicated, let your energy flow out around you, like ripples in the ocean, and connect to all that is good in your heart and in the Universe and know you will bring evolution for all.



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, contact Lynne at (508) 241-3048 or email [thenewconsciousspirit@yahoo.com](mailto:thenewconsciousspirit@yahoo.com)

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

## INTRODUCING THE AURA IMAGING SYSTEM

How healthy are your chakras?



Lynne Delaney is now offering aura photography and chakra scans with the Aura Imaging System.

This exciting system examines your energy field and creates a report of the overall health of your chakras.

Our auras are energy fields that are connected to and extend from our human body. These energy fields are coronas of light and color that some people can see and feel, while others can only view them through aura imaging technology.

To make an appointment, phone (508) 241-3048 or email  
newconsciousspirit@yahoo.com

WORKSHOPS WITH LYNNE DELANEY

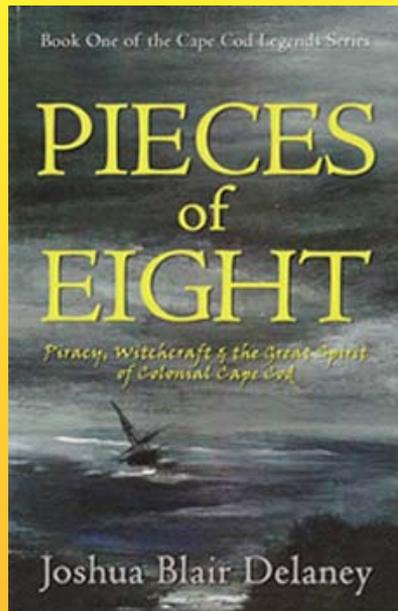
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