

Teachings of Archangel Michael
Channeled by Jeff Fasano

THE POWER OF GENTLENESS

From the Archangelic Realm of Michael this is Michael and We welcome you now at this wonderful and most glorious time.

Many of you are moving through times of change in your life and with this change uncertainty arises as to what the next step in your life is. We now come to speak to you about gentleness, being gentle with yourself by accepting with compassion where you are in your life. Many of you may be expanding to points where you had never thought you would, not so much in the physical world by moving toward great things, but within yourself by moving toward a greater depth and awareness of “self”. You have found a greater depth of meaning, value and purpose within and grown to a greater awareness of self and what you need to release in order to stand in your power.

We are here to speak to you about the power of gentleness. Many of you may be expanding to where you have broken through “The Old” and now come to where you may be experiencing contraction. However even at this place, you think that you must still forge on forward into life.

We ask you to become “present with the present”. A place where you can become conscious and aware of where you are at all times, thus consciously being present. Many of you have taken broad steps and now come to where it just may be time for you to take a step back and become gentle and more accepting with compassion with where you are in your life. It is time to “ease up” where you can become gentle with yourself and acknowledge what you have accomplished so far in your life.

Within this gentleness you come to a place of contemplation. Feelings are coming up. You may be feeling, uncertain, vulnerable and overwhelmed. Some of you are still looking to move forward “with a vengeance” so to speak. You may be objectifying everything and everyone outside of you.

Yet what you have found as you have moved within is the freedom to be you. Each of you may be encountering the core of your wounding, and you may be uncertain as to what to do now. As you become aware and conscious of this, judgment and shame may surface. We ask you to define freedom for yourself. Might it be simply “being” you?

As you reach the core of your wound, shame and judgment may have surfaced. Know that no one outside of you has shamed or judged you, the feelings exist in you.

As you move within “in contraction” you may be looking for a safe place there. It is through acceptance, compassion and gentleness with yourself that you can find it. You also might possibly feel as if you are powerless. You may ask, “If I am not being assertive, I am in a quiet place and feel alone.”

You are now moving into a place called “aleness”.

Some of you may have reached a point where much of what is transpiring outside of you might not make sense nor have meaning, value and purpose any longer and perhaps you have become disillusioned.

You are now looking at yourself with a deeper meaning, value and purpose and “the self” has a different agenda so to speak.

You find now that you are coming to a new way of personifying and identifying yourself that is not through what is outside of you any longer, yet you are not quite sure what you are identifying yourself with.

You now have moved to a place called “aleness” because you have realized that the reference point for your identification is no longer outside of yourself.

You are seeing your old myths and illusions and now “being” you and who you are.

So now you may have retreated and contracted to a place that may not feel comfortable yet know that you must be in this place, the “aleness”.

Many of you are now beginning to redefine and refine your life where meaning, value and purpose of it is concerned.

Some of you may be feeling disillusioned and overwhelmed because you are shifting from looking outside of yourself to get something to moving within and into “aleness”. Many of you feel as if you now have to “figure all of this out” all over again.

In this place of quietness you may be wondering why you are not feeling assertive.

It is time to move into the power of gentleness.

Many of you now are feeling something within that is much deeper than you have ever felt before and something is brewing beneath the surface and you are not sure what that is.

Many of you may be asking:

What is my purpose?

What am I doing?

What is my passion?

Where do I want to give?

You may be saying:

“I am not sure of this because I found the illusions and myths that I have been carrying and where I have given my power away “out there” and now realizing my power is, I am the source and creator.”

In this place of “aleness” feelings are surfacing. Our question to you is,
What are your feelings?

As you find that what is outside of you is a grand illusion containing many myths, many of you may be asking these questions:

Where do I fit in?

Who am I?

What am I doing?

I see the grand illusion out there and it doesn't make any sense to me, what do I need to do?

And state,

"I am in a place of disillusionment right now and I feel as if I am floating with nowhere to go and moving somewhere yet don't know where."

"It is quiet, and I feel alone and I am not quite sure what to do. "

Many of you are used to constantly being assertive and have associated power with assertiveness.

"If I am standing in my power I must be assertive."

There is truth to this but learning to be gentle and alone and honor where you are, will allow you to understand that there is a power in this as well.

Stand in the power of gentleness alone. You have found your uniqueness and individuality

Give yourself time to regenerate because you are moving to a place of neutrality.

You are not quite sure if you exist in neutrality because up to now you have been using your assertive energy in releasing the old through and in doing so felt stimulated thus a great sense of self.

You're now coming to a place of quietness, aloneness and gentleness and looking for your sense of self here.

Asking,

Do I exist in the quiet?

Do I exist and am I powerful in the aloneness?

Do I exist and am I powerful when I am not asserting myself and boldly moving towards?

Know that you do exist in the quiet, in the depth of the aloneness.

Within the aloneness and gentleness and beneath it there is a fire burning, and as you move into the quiet alone you will allow that fire to burn brightly, this is your passion.

It is your uniqueness and the depth of your individuality and it is ingrained in the depth of your soul.

It is your soul note and it individuates you from everyone and everyone from you.

Many of you feel as if you are floating freely down a river and many feel as if you have no control whatsoever over anything, and this is the truth, you control nothing.

Many feel that being gentle in the "aloneness" you are not in charge of your life because you thought what you were controlling you were in charge of.

We caution you about moving to isolation and separation, which is where you can move if the defense or ego is not satisfied.

Be aware of this.

Being alone does not mean isolation and separation.

It means standing in a power of individuation and being gentle with you, accepting yourself with compassion yet being available to those who call you, need you, come to

you for guidance and to those you just want to love you.

Be gentle with yourself and honor and value you where you are with acceptance and compassion for you