

A Message from Archangel Michael  
Channeled by Jeff Fasano

Freedom: The Beingness of You

From the Archangelic Realm of Michael this is Michael and We welcome you as you move into the freedom of life and open to a grander sense of the beingness of self. As you move into a grander sense of beingness you move into a greater freedom of life. You are releasing self imposed constrictions, such as a need to fit in or to be someone else to be loved. As you move into a greater beingness of self that is born when moving within and revealing a greater sense of who you are, you then begin to have greater freedom in life. You are free to be you. When this moves into fruition and your heart opens what transpires is a greater freedom in life. This then leads to creation.

As you move into the depth and breadth of your heart space through the personal process to gain a greater sense of self, and a greater sense of who you are, you then move to a place of being who you are. Being that wonderful and most glorious soul who can now shine his or her light onto the world. As you are being who you are less constricted around your heart, you release the conditioning of the mental body, and no longer think perhaps, I need to be this person, I need to take care of other's needs to be loved. You now release energetically the need to be someone else to be loved, the need to satisfy another's needs, the need to do and do and do in order to be loved. You release the cacophony of this energy in the mental body.

When you move into a natural state of beingness; I am me, I am loved for being me, I am loved for being who I am, this opens the doors for freedom. The freedom to create the life you say you want simply because you are being who you are. In the process of being who you are and moving to the place of a greater sense of self, loving, honoring and valuing you, which is the basis of these teachings, you then will be able to move in and see your talents and gifts. You then can begin to utilize these talents and gifts and bring them to your endeavors, modalities and teachings to the world.

Each and every one of you is moving to a greater sense of beingness of self, the beingness of who you are. In this ten week period of time of examination begin to examine, Are you being who you are? Observe your mental body. Quite possibly the voices that say: You need to do this. You need to be this person in order to be loved. You need to fit in in life. You need to suppress your self expression, suppress the beingness of you, suppress the real you in order to fit in in the world.

It is now time to move through this period gently with yourself by observing and examining the self and ask yourself the question, Am I fully being who I am? Is my life a life where I am free to fully express myself?

This doesn't mean that you rid the conditioning or the voices of the ego, or mom and dad that will rise from time to time to ask questions. Are you sure you are good enough? Are you sure that you are wonderful? Are you sure that you are powerful? Are you sure that you are great?

When the questions may arise, and the doubt may arise within you and in your mental body, and feelings come up, simply stop, breathe and answer the questions. Yes I am powerful. Yes I am glorious. Yes I am wonderful. And I love me for being me. I love, honor and value myself for being me.

When you answer the questions observe what transpires with your energy. Allow the doubt to be there, I am unsure. Allow that doubt to be there and utilize your tools by observing where you are in that moment. Right now I am doubting myself. Right now I am unsure. Ask, What do I need?

Then move back to seeing who you are, who you have become through the personal process and the commitment to the inner work.

This is why this ten week period that you are in the midst of is important. It is important so you can simply observe the self in this process. In the process of observing the self, observing your relationships, and observing what is transpiring, you are moving to clarify your needs, what you want and the life you want. At the end of this ten week period doorways will open and ask you to walk through them. Walk through them with a greater sense of clarity as to who you are and why you are here.

### **Doorways will Open**

In this period of time it is not about moving to the edge of the cliff and jumping off. This period of time is a process. It is about moving through a process of examination and looking at your life. Being in the process of life as opposed to looking for the answer, making the decisions in an abrupt fashion based upon the drama in your life. Perhaps you are looking to escape the geographical location you are in and this is the reason why it may no longer resonate for you. You can now examine your relationship to the physical geographical location. Perhaps you are looking to escape a relationship you are in. You can now look at the relationship, examine it and allow the process and the answers to come in the process of life.

You can Be in life moment to moment and formulate what you need and what you want and where you are going. As you do this through this ten week time period, it allows you the freedom to be who you are. Then organically and naturally when you come to the end of this period you will see that doorways are already open.

Based upon what transpires in the ten week period the answers have always been there. When doorways are presented to you and where you are in that moment, the answer will simply be yes or no. The debate in the mental body of why, why not, should I, can I, will I, am I good enough, am I perfect enough, will I do this, the mental chatter, will subside through this ten week period. Life will simply take care of itself organically and naturally with ease and joy and grace.

Doorways are opening for you in each and every moment in each and every day of your life. Yet based upon the mental conditioning you may not see the doorways opening. This is why We ask you to connect with another so you each can guide and support each other through this process. If you are not seeing the doorway opening another can show it to you. And allow you to move through the inner process of seeing the door opening for you that raises your resonance and vibration and supports the choice and decision that supports your highest good in your soul's divine plan. Through this period you will see your blind spots. Therefore it is important to connect with others.

At the end of the ten week period as doorways open for you, you will more clearly be able to see the opening and make your decisions and choices with a clear sense of self and beingness and purpose and mission in this lifetime.

What culminates at the end of this ten week period is a life that is most important to live where your talents and gifts can best be utilized. It is based upon your needs, wants and desires for your life. What is becoming clear is what you want and what is important for you in your life. What is coming to light is, you will see it is important for you be able to express yourself. What will be clarified. if you are engaging in the self examination process, is your wants, needs, desires for your life. This will become clear to you as you move along and examine what is transpiring in your life now.

### **Detaching from the Third Dimension**

You are detaching from the physical third dimensional realm. Detaching from where the third dimensional realm might be dictating the life you are leading. Detaching from the third dimensional realm and moving into your heart space to clarify, define and refine what you want.

### **Law of Attraction**

The beingness of self. Loving, honoring and valuing you. Moving into a greater sense of self and who you are by moving into the depth and breadth of your heart space with the inner work, and releasing the wounding and conditioning and becoming aware of it. When you love, honor and value who you are and your talents and gifts you are raising your resonance and vibration. You move to a place of beingness of self.

The Law of Attraction is not about thought. It is not about projecting thoughts out into the world. It is about being the thoughts. Being who you are. It is important to set your intentions and state your affirmations, know what you want and release it out into the world. But it is being who you are in truth, love, peace, harmony, community, equality with a full knowingness living your soul's divine plan. It is at this high vibrational level you send out to the world the beingness of self.

When thoughts and feelings of doubt, questioning, judgment and shame arise allow them to be there. It is not about getting rid of them.

Perhaps you are saying:

I should have gotten rid of this feeling of not good enough.

If I am feeling not good enough then I will attract others who are feeling not good enough.

I should have gotten rid of this conditioning.

There I go again, repeating an old pattern, habit, and ritual. I should have gotten rid of that. If I am still doing this I must be attracting that.

This in and of itself is old conditioning.

It is about accepting yourself in the moment with acceptance and compassion.

For example saying to yourself: Yes, I am feeling not good enough. And asking, what do I need?

I am being myself in the moment of feeling not good enough.

It is about being who you are at that high level of resonance and vibration. Honoring and valuing your talents and gifts, your modalities and yourself. It is at this level of resonance and vibration you will begin to attract those in your life who are doing the same.

It is not so much about directing your thoughts out into the world but it is about maintaining a high level of resonance and vibration.

You can release the drama in your life. As you look at your relationships, move from condemning the relationship, the person, the geographical location to a place of higher resonance and vibration within you that is love, peace, community, harmony and equality.

By loving, honoring and valuing you more, you may see the relationship no longer resonates for you. This is because you are becoming more aware and conscious that the relationship no longer serves your highest good. This is the relationship to anything. The relationship to your career, to another person, to the vortex of energy you are living in. Moving within in an inner process is important so you can grow and raise your level of resonance and vibration. So you can see what serves your highest good through loving, honoring and valuing you and move towards that.

The Law of Attraction is simply the beingness of where you are and who you are in each and every moment. Fully realizing what you want, what you need, your talents and gifts, your modalities and what is important for you to bring to the world.

The next step in this ten week process is to observe the beingness of who you are. In the moment of being of who you are questions will come up.

What is being revealed to many is the need for the wounded child to be loved and the old behaviors.

I will give myself up to be loved.

I will make another's needs more important to be loved.

I will keep my mask in place because it is the only way I know I will be loved.

How others perceive you is more important than being who you are.

What it all comes down to is the need to be loved.