

Journey of the Awakened Heart

Archangel Michael Speaks

Channeled by Jeff Fasano

Focus and Commitment

From The Archangelic Realm of Michael this is Michael and We come to you now as you move deeper within the depth and breadth of your heart.

It is time to see where you are focusing your energy. It is time to see the amount of time you spend on what you currently focus on. It is time to see where you place your energy and how you are doing it.

This message is about focus and commitment. Where are you focusing your energy and what is the focus of your commitment? Are you arbitrarily doing things? Or are you focusing on what is important to you?

Look now to see where you are focusing your energy. Look now to see where you are focusing your time on what you are committed to. As you begin the cycle toward the end of your year, it is important to do this if you are intending to bring your endeavors into fruition. It is important to focus on what you intend to bring out into the world. Do you look outside of you to see what others are doing and what they might be ready for? It is time to take charge and focus your energy and time on what is important to you and what you are committed to.

It is important to understand that this is done along with balancing the male and female energies. Many are still learning about this. The masculine and feminine energy can be balanced simultaneously. You can open your heart to the feminine energy through its receptive aspects of acceptance and compassion and open to the assertive aspects of the masculine at the same time. By accepting with compassion where you are and seeing where your focus is and what you are committed to you can assertively move out into the world with your endeavors.

As you continue to release aspects of the old, it is time to see what of the old no longer works for you. Whether it is old modalities, old endeavors, old behaviors or old relationships. It is time for your focus to be streamlined toward what you say you want, your personal mission and purpose as an individual as well as your endeavors. This happens when you shift the focus to the assertive energy. By assertively looking what no longer serves your highest good and accept it with compassion, you can then assertively release it to refine your focus on what you want.

The basis of the feminine energy is acceptance, compassion and receiving. Are you receiving love? Are you receiving what is transpiring in your life? Might your heart be closed when connecting to others? Are you perhaps telling others what you know and disregarding the inclusion of them in we consciousness? This is another way to mask the fear of intimacy and receiving love.

To re-focus on what is important to you ask yourself:
Where am I focusing my energy and time?
How am I using my time and energy?
What am I focusing on?

Am I clear about what I say I want?

Am I clear about what I am bringing to the world?

You are still dismantling the old because this is an on going process. It is time to look at where you are placing an extraneous amount of energy on what does not support what you feel in the depth of your heart is important to you and what you say you want.