

Archangel Michael Speaks

Channeled by Jeff Fasano

Releasing the Old

What is transpiring outside of you in the world is triggering many. It is triggering your nervous system and thus old belief systems and conditioning are triggered as well. This then will trigger old behaviors to keep the old beliefs and conditioning in place. You are human and have feelings about what is transpiring out in your world. It is important to have these feelings, and nurture yourself through them. Then ask yourself; am I responding or reacting to what is transpiring outside of me? Are you fighting or opposing what is transpiring in the world?

When your nervous system is triggered you are being asked to look at yourself and more than likely move out of an old place. If this is the case, the ego then will begin to fight the movement. It is movement from the status quo and your comfort zones.

What is happening outside of you in your world is dramatic and the way in which the human can become aware and awake. This is happening for many, especially those who have been in a place of sleepfulness. Their first reaction is to move into fear because their nervous system is being triggered.

You can now utilize your tools to nurture yourself through this and open your heart to know that it is possible to shift and change and begin to release the old.

Releasing the old is done by choice.

When your old habits, patterns, rituals and behaviors come to the surface you may make the choice to defend, to fight, to oppose and remain where it is comfortable. If you have become aware and conscious of this when old behaviors arise and your nervous system is triggered, you can move into a new level of consciousness. Your first reaction was to resist, fight and oppose and move into old behaviors that insulate you from what is transpiring outside of you. By being "conscious" of this you can make a new choice to respond with peace and love and make new choices.

Your mask, the armor, your insulation is breaking down. This is why We ask you to move into your truth so you can break down the armor or the veil that surrounds you and reveal your illusions. When you move into your truth you can make a new choice to begin to express it and express the feelings that are surfacing as well.

Old Illusions are being revealed.

You may have an old illusion; if I speak my truth and express myself will I still be loved?

In the past you may have made the choice; I will remain quiet and suppress my truth and then I will be loved. This is an old habit, pattern and ritual that holds you in a place of being subservient to an other. If I suppress and repress the expression of the truth of who I am then I will surely be loved.

We ask you to move into the truth of who you are, see that old behavior and ask now; Does this old behavior serve me? Does it serve my highest good? Does it serve another if I suppress and repress my voice simply just to be loved? This is an old illusion. You are loved for who you are. You will be loved for expressing who you are. And being the greatness of you.