

# **Archangel Michael Speaks**

## **Channeled by Jeff Fasano**

### **Shadow Periods**

Shadow periods in your life are happening more frequently now and come to reveal, clean and cleanse the old in your life. When shadow periods or the darkness appears in your life, quite possibly something specific is surfacing to be healed. With this comes feelings that you may have suppressed and repressed.

Know that this is just a period of time and it is important to be in a place of acceptance so the gifts can be revealed and make room for growth.

It is a time to move into your heart and release trying to figure out or make sense of what is happening in your mind. These periods are challenging. If you simply allow it to transpire and allow yourself to feel your feelings you will move to the light.

Surrender to what is transpiring and be aware of your resistance. Nurture yourself with love and care through the darkness and with the nurturing the light will appear and lessons will come naturally and organically. This is an important process in your soul's divine plan, be aware of trying to interrupt it.

There is light in the shadow and shadow in the light.  
Know that divine love is always present.