

Archangel Michael Speaks

Channeled by Jeff Fasano

How Judgment and Shame and the Fight for Separation Keeps you from Loving Relationships

As you begin to open your heart space the fight for separation may continue. What is being illustrated for you in the world is the fight for separation and isolation. Look to see if you are continuing this fight within you. With this fight comes judgment and shame. Many are judging and shaming others. This is a useful tool, or behavior to keep you in separation and isolation from others. As opposed to opening your heart to see another for who they are and loving them for who they are.

Judgment and shame of others will allow you to keep them at arms length. You may find yourself saying, they are not this, they are not that, they are doing this, they are not doing that. See where judgment and shame comes into play as opposed to opening your heart space to love, honor and value you, to love, honor and value an other. This just may be occurring with those you can open your heart space to yet judge.

Might you be using judgment and shame to avoid love?
Judgment and shame pointed outwardly keeps isolation and separation in place. Are you using judgment and shame of others to keep isolation and separation in place in your life? If so, this is simply a mirror of what is transpiring within you. You just may be doing this with those who are more near and dear to you. And you just may be in this blind spot.

Many look outside of themselves and find those who are unavailable for what they say they want.
Many set up the chance with others to love, honor and value them but keep them at arms length to avoid the feelings that are presented when others say, I love you.

It is time to retrain the nervous system.
The nervous system is used to isolation and separation. It is used to judgment and shame. Many unknowingly search after what is unavailable to them. It is time to change these patterns to have what you say you want. Having what you want is drama-less.

There are those who are much closer to you than you think. Yet is with judgment and shame that keeps them at a distance so you can avoid the feelings that surface relating to intimacy. How important is it for you to have intimacy in your life? Are you chasing relationships where that is not possible? And keeping at arms length those relationships where it is possible?

Move into your heart space and ask:
What do I truly want that is associated with my truth?
Perhaps this is already in your life and you haven't realized it?
This may be because of the blind spot and where you are avoiding the feelings.
Know that these relationships already exist in your life. Yet you use judgment and shame to keep it at arms length because of the feelings and fear you have relating to intimacy. It is never far away and just might be at your finger tips.

Gratitude leads to intimacy. Look at your relationships and see what you are grateful for in them. This will shed light on those who do love you for who you are and honor and value you and appreciate you.

The nervous system is always chasing after something to get something.
If you have what you say you want the nervous system is not triggered by that. The nervous system is triggered by the defense systems.
For example; what excites me is chasing after what is unavailable. If it is unavailable I will chase it to get it. Many do this.
See where in your life you may be doing this, trying to fit a square peg in round hole. The nervous system is triggered by the excitement of this.

If you begin to look at relationships in your life with gratitude where there is the love you say you want, your nervous system will more than likely not be triggered. This is because it is about fulfillment. Moving to a place of fulfillment within you as it relates to the relationships that are loving. Yet, for many the yearning after something or someone triggers your nervous system and it becomes important to chase after it because it makes you feel alive. This is a false sense of alive-ness. This is simply the nervous system being triggered through the old defense and the conditioning,
Yet in relationships where you are honored, valued and loved you are not chasing after this. This is when your blind spots surface and you use tactics to keep these relationships at bay.

When you move into a blind spot, possibly looking at what isn't in your life as opposed to what is, you now can connect with those who honor and value you who can shine a light on your blind spot. This is another step towards intimacy and leads you to those who honor, value and love you. They are open to guide, support and help you process what you need to. You then can see that this wonderful and glorious soul cares about you and your highest good. Where in your life have you dismissed this?

If you are truly moving into community, harmony and equality, open your heart for support, guidance and love when you find yourself disillusioned, in a blind spot or not understanding what is transpiring within you.

It is time to support, guide and assist each other and raise each other to your highest good, your greatness and powerfulness to know that you are children of God.

