

# **Journey of the Awakened Heart**

## **Archangel Michael Speaks**

### **Channeled by Jeff Fasano**

## **Creating New Models**

For many your models were your parents. As young children, Mom and Dad modeled everything for you, Mom your relationship with the feminine energy, Dad with the masculine energy. They trained you consciously and unconsciously how to relate with others and most importantly yourself. Many who have made the choice to move within to shift, change and grow have taken a look at their relationship with Mom and Dad to see how their modeling has affected them. The affects were both wonderful and detrimental. Yet now as you have become conscious of this, you have healed much of it.

It is now time to see new models, models that raise your resonance and vibration. Models that champion your highest good, support your greatness and who you truly are and love you for who you are being.

A way in which to do this now is to look at your relationships with others. What are they modeling to you? Are some modeling the old way, quite possibly what you had been taught by Mom and Dad that doesn't serve you? Yet you remain in these relationships because they are comfortable and hold the old in place. Perhaps you are fighting to get them to be who you want them to be which actually represents the wounded child trying to get Mom and Dad to be the perfect parent.

Look at the relationships that are easy. Find those who support you, champion your highest good, and love you for being who you are. Look at those who are living their life the way in which you would like to live yours. Look at those who open their heart to you without attachment just because they see you.

The nervous system is used to the fight. The fight excites the nervous system. The struggle excites the nervous system because this is the fight of the wounded child who was always trying to get the attention of Mom and Dad.

Those relationships that are easy, where there is love, acceptance, support, guidance and nurturing, do not excite the nervous system. These are the relationships that many take for granted and perhaps push aside because they are too easy. There is no fight in these relationships and thus the nervous system is not used to this. Many are looking for what they have been modeled by Mom and Dad or perhaps the Mom and Dad they had always wanted. Look at the relationships that are easy, nurture your needs, where there is a balance with giving and

receiving, where you are heard and accepted for who you are. Perhaps these are your new models?