

**Archangel Michael Speaks
Channeled by Jeff Fasano**

Open Your Heart and Release the Mask

From the Archangelic Realm of Michael this is Michael and we welcome you as you move deeper into the depth and breadth of your heart space and moving into the grandness of self, the greatness of self, the wonderment of self. As you move on your pathway and deeper into the depth and breadth of your heart, you open up to a greater sense of who you are and towards a greater love of self. You are opening your heart to yourself.

So We ask you to open your heart. Open your heart to transparency and to authenticity. Open your heart to show the world the essence of you. How does opening your heart and presenting yourself to the world make you feel? You are headed in the direction of opening up the depth and breadth of you, in full revelation of you and revealing yourself to the world. As We speak to you about revealing all of you to the world, does judgment and shame arise within you?

It is time to move into the full beingness of self and allowing yourself to recognize the uniqueness of you. Do you recognize yourself? Do you know your uniqueness? Moving into full recognition of the essence of you in your heart, is attainable by releasing your mask. Each and every one of you, to some degree, creates a mask around you, it is important to notice and observe when you are doing this.

Are you fully being you? Do you take a calculated risk and reveal only aspects of you when walking amongst others in your world? Are you frightened to expose all of you to the world? Do you keep the mask in place just enough, so you will feel safe and secure? Is your objective to feel safe and secure? Projecting the mask outside of yourself will give you the false notion that you are safe and secure.

The reason why the mask has been put into place is because each and every one of you is seeking love. You want to be loved. Many would do anything just to be loved. You might give yourself up to be loved. Take care of others needs to be loved. Some have created a mask to be what others wanted you to be, so you would be loved.

We ask you now, to open up to the love and the essence of you and allow that to shine out on the world. Look into a mirror, directly into your eyes, and say to yourself, I am me! I love me and I am going to show me to everyone in the world. Be with the feelings that come up. You may feel exposed. You may feel not good enough. You may feel not perfect enough.

It is when feelings arise within you the heart may shut down. You then move into the mental body and utilize the mask to avoid those feelings. I am feeling exposed, I am feeling not good enough, I am feeling not perfect enough, I am frightened. I am feeling unsafe. I am feeling out of control, so I will put up my mask and then I will be control of everything. Might this sound familiar?

It is time to fully feel your feelings and be who you are. It is time to release the behavior of avoiding your feelings. If you continue to avoid your feelings you will continue to repeat old habits, patterns and rituals and create the mask to avoid your feelings. You are not those feelings. You are unique, whole and lovable.

Open your heart space. Allow your effervescent light in the depth of your heart to shine out on the world in the full beingness of you in transparency and authenticity. It is time to be you. It is time to release looking for acceptance outside of yourself.

Ask yourself; Is it okay to be me? Is it perfectly acceptable by me to be me?