

# **Archangel Michael Speaks**

## **Channeled By Jeff Fasano**

### **Growth Periods**

From the Archangelic realm of Michael this is Michael, and we welcome you as you move through this wonderful period of time in your life. Many are feeling as if you are moving into a void as you take another step into the unknown and continue to broaden the self. Many are seeing their comfort zones for what they are and moving out of them. We come to you at this time to outline Growth Periods for you.

As you continue on the inner journey, you are recovering the self, and remembering the core essence of you. As you do this, you experience growth periods that come at incremental points in your life.

Growth periods have a specific duration of time, and that time period is based upon the level of intimacy you have with yourself, the amount of inner work you do and the commitment to the inner journey. The amount of inner growth you will do in this lifetime will be directly related to the extent you are committed to the inner journey. We have spoken to you about continuing an inner journey, and a personal process so you can continue to grow in your life in this human incarnation and in your soul's divine plan. Your level of growth is pertinent to your mission and purpose in this lifetime.

Periodically in your life, you move through these growth periods and each growth period has a specific duration of time that coexists with your soul's divine plan. They have a beginning, middle and end. The beginning of the growth period is about releasing the old. The middle period is a limbo period or a transition. After this you move to a door opening at the end. These periods vary for each and every one of you.

Many are moving through these periods now, some are in the middle, some just releasing and some coming to the end and ready to move through a new doorway to take another step in your life.

Within growth periods, it is important to nurture yourself through them. It is also important to see your growth. See what you have learned, the gifts, your challenges, and the old behaviors that you uncovered and released. The reason why these are called "growth" periods is because it is about looking at the "glass as full". You are growing, you are not always needing to release. It is about moving through the beginning, middle and end of the growth period, and knowing there is

a specific periods of time for each part. There is a specific period of time for releasing, a specific period of time for the limbo period or the transition, and then a specific period of time moving through the new doorway and opening up to the new step in your life.

At the beginning of a growth period, you choose to look at your old behaviors, your old habits, patterns and rituals. You will quite possibly see what needs to shift and change or to release. There is a specific time for this. As you release what needs to be released during this period, you create a void and move into a limbo period. It is during this time you are in the unknown, quite possibly looking for new meaning, value and purpose in your life. You will quite possibly look to fill the void or the emptiness from outside of you. Be aware of this.

As you move through the void, you then move to a new doorway that opens to another step in your life. Quite possibly your meaning, value and purpose and your endeavors and talents and gifts will shift and change. Keep in mind that each segment will last as long as it needs to so you can complete it, then transition easily into the next phase of the growth period. Organically and naturally these periods will come to an end.

These growth periods are based upon the inner work as you move deeper within the depth and breadth of your heart space to reveal more about you and gain a greater level of consciousness and awareness about you. They are important so you can take the next step in your life.

It is important to understand as you move through these growth periods continuing your inner work in your personal process, the molecular structure of your physical body will shift. As you release, you move energy in aspects of your physical body, and the memories stored in the physical body are also releasing, shifting and changing. The period of time each segment will last is based upon the level of commitment to doing the inner work.

When you choose to shift and change through these growth periods, there will be shifting in your physical make up, your emotional makeup and your mental makeup. And this is all correlated into the spiritual aspect of why you incarnated into the human form.

When the growth period begins, you move into the depth and breadth of your heart space. You also move into the physical body, and memories of the old that are quite possibly related to past lives may surface. Within the growth period you may connect to these past lives that brings to the fore the memories that need to be released in order to move through the growth period.

Your growth period is initiated through your level of consciousness and awareness of self, the surroundings in your life and to multi-dimensional reality, the God force, the Christ Consciousness. It is you who initiates the growth period. It is triggered by what may be transpiring in your life that acts as a proxy to wake you up to what needs to shift and change. You consciously begin the growth period by becoming aware of what no longer resonates or works for you in your life.

It is important to move within and use your tools to take a look at what needs to shift and change in that specific moment of your life. As you move through this period, you can look into the mirror or use whatever you choose to realize what is old and no longer works. Connect with the depth and breadth of your heart space to begin self-introspection. It is important to connect with those outside of you for guidance and support through this period of time. As you move through this period, you will see what needs to shift and change in your life and then move through the period of releasing the old. Again, this specific segment of time is based upon your soul's divine plan.

As you move to the end of this segment, you create a void and move into the limbo or unknown state. The reason for this is, it is the beginning of the recalibration of the mental, emotional and physical bodies along with the recalibration of the nervous system. The only way you can take the next step through the new doorway at the end of this period, is when you are recalibrated physically, emotionally and mentally.

What transpires in the unknown or the limbo period is when deeper feelings will surface. It is important to feel your feelings and allow this to transpire knowing you are in this period. What will also transpire in the unknown period will be an enlightening to the new so you can move to the next period to move through the doorway. This period of moving into the new takes a specific segment of time so you can adjust to the new you and the new aspects of yourself.

In these growth periods, by releasing and moving to the new, you raise your level of resonance and vibration. What you might see in this period of time, are old relationships shifting and changing. This is because you are shifting the relationship you are having with yourself. These growth periods transpire based upon loving, honoring and valuing you. You are intending to deepen the love for yourself so you can honor, value and love you more deeply. So you then can release your attachments to the outside world.