

Archangel Michael Speaks Channeled by Jeff Fasano

What you Focus on You Will Create Looking at What Is and Who You Are

When you focus on what you think isn't in your life and stay in that energetic vortex, you will continue to create more of what isn't in your life. You will remain in a place of yearning after what you think isn't in your life yet. If you focus on what is and what you have accomplished, you will raise your resonance and vibration and create more of what you have and what you accomplished and bring into your life more of what you say you want.

The key component to all of this is how open and available you are in the depth of your heart to receive what you say you want. It is about being conscious and aware as to how open you are in your heart space to receive what you say you want.

It is also important to notice what your behaviors might be when what you want comes into your life and the feelings that arise within you. This will determine how available you are to receive what you say you want.

For example, If what you say you want is an intimate relationship with an other and state this, and possibly picture it, look to see if another wonderful and most glorious soul may have entered your life. This will trigger feelings and more than likely trigger repressed and suppressed feelings. In an unconscious place, your reaction would be to avoid those feelings and resist what you say you want. What is being triggered are old wounds, quite possibly betrayal and abandonment. When these feelings arise when what you say you wants moves closer to you, it is important to remain conscious and aware of those feelings and allow yourself to have the feelings that surface. Express them and then if old wounding appears move through it using your tools. This is how you can clear a space in your heart to have what you say you want.

Yet, many avoid the feelings and repress and suppress them and the energy attached to the feelings. Then may move into isolation and separation.

If you say you want intimacy with others, and it may not appear in your life right now, find out why it isn't. You may be yearning after what you say you want and isn't in your life. This is because of suppressed and repressed feelings and moving into isolation and separation from what you say you want.

In the moment when what you say you want presents itself, it is actually coming to you, perhaps intimacy with an other, and it triggers feelings, memories, wounding, allow yourself to be where you are, then move into the feelings, memory and wounding. Quite possibly reach out to an other to help you process what is transpiring within you so you can move it and see how all of this has created an illusion around it.

Some examples of the illusion are:

I will never be worthy to be loved.

I am not good enough to be loved because mom and dad never told me I was. So why would this wonderful soul love me?

If I open my heart, and allow this wonderful soul in, they will surely abandon and betray me.

So, We appeal to the adult in you and ask: Does any of this make sense to you?

If you are in your truth and open and honest with yourself as to where you are in your life right now, the relationships you are having are a reflection of the relationship you are having with you. Their resonance and vibration is similar to yours.

It is important to know where you are.

For example:

I have been in a personal process for some time and have raised my resonance and vibration and have an awareness of myself. I utilize my tools, and moving to a greater depth of loving, honoring and valuing me. I have done this.

When you acknowledge that this is where you are in your life, and you fully know and understand where you are in your life, based upon the laws of attraction, this is who you will be connecting with.

If you have moved into the depth and breadth of your heart, and open and honest and available to where you are right now, and a wonderful souls comes along and you are attracted to them and they to you, most likely they are in a similar place in their life as you. They are simply a mirror for where you are.

When another comes along, do you have the courage to connect with them based upon your attraction to them? Or do you need to know if they are attracted to you? If you are seeking another wonderful soul to create an intimate relationship with, and you see them and feel them, and would like to approach them, what may be triggered within you in that moment?

You have gained a greater depth of loving, honoring and valuing you, built this foundation, and come from this healed place, and your focus is there. Yet you see a wonderful soul you are attracted to, and old feelings, memories and wounds might be triggered. At this very moment in time you have a choice. Yet the child beneath the adult who is feeling feelings, reliving the wounding and memories, has no

choice. The choice is actually life or death. The child doesn't see the many choices.

You can appeal to this wounded child and see the illusions that have been created and feel all of your feelings. Stay with the premise and foundation of the life you have already built for yourself and know you are good enough.

This wonderful soul may open their heart to you and may not. If they don't you can then experience that and the feelings that may transpire there and know, as the adult that none of this is about you.

It is time to see that you are lovable for exactly who you are.