

Archangel Michael Speaks Channeled By Jeff Fasano

Expansion and Expressing Your Truth

We have spoken to you about expansion. Understand that as you move into expansion it is followed by contraction. If you are in an expansion in your life are you waiting for the contraction? It is not about waiting for the contraction however. It is not about saying;

"I am in an expansion aspect of my life, and I know a contraction is coming."

"Quite possibly I will move into a dark night of the soul or a shadow period."

We have explained to you about aspects or episodes as being in the moment of life. It is most important now to be in the moment of life with love, enjoying the expansion. As opposed to saying, "I know that I am going to slip back and I know the contraction is coming." So how do I enjoy the expansion because I know it won't last?" It is about allowing yourself to be where you are. If an old memory or behavior surfaces, quite possibly repeating an old behavior, allow it.

This process of self mastery is quite simple. It is a process of raising your awareness and consciousness to you. So say to yourself in this very moment, this is where I am, this is what I need, and I am aware and conscious that I am feeling these feelings. I am aware and conscious that I am in an expansion. Then ask; How does this make me feel? I am aware and conscious of my behaviors in the expansion. I am aware and conscious of my behaviors when I move into contraction. I am aware and conscious when I perpetrate old behaviors. I am also aware and conscious when I may be in a blind spot, yet open and available for someone to show me the mirror. Thus I am open and available to intimacy. And I am open and available when in the contraction. Ultimately you are aware and conscious of who you are.

So is your purpose supporting, guiding and helping others to raise their consciousness and awareness of who they are?

Speaking your Truth

When speaking your truth do you anticipate a negative response? Are you concerned with how others will react? And make that more important than what you feel you need to express?

When expressing your truth, it is not about telling another what you know, it is about communicating to them to see if they are open and available for guidance and support. It is quite simple, you can ask: Are you open if I share something with you? Can I share something with you?

It is about inviting as opposed to standing on your pulpit to tell them what you know. This will allow you to see if they are open to hear that is based in their process in their soul's divine plan at their level of consciousness. They may not be. If not, this is not a reflection on you.

Underneath the need to be concerned about what you may encounter when you intend to speak your truth, is the need for the wounded child to be loved. If I speak my truth what I am anticipating is a response that will tell me I am not lovable.

Why is it important to get the response that you want?
Are you hoping and wishing that they will understand what you already know and wish to communicate?
These are attachments.

As you move deeper into a place of loving, honoring and valuing you, standing in your greatness and powerfulness, speaking and expressing your truth from your heart, there is no need for attachment.

An attachment that many hold onto is:
If I speak my truth and express myself, will I still be loved?

By standing in the beingness of you there is no need for attachment.

Many now are moving into an expansion. The expansion is a deeper knowing of who you truly are, your importance and the importance of your talents and gifts. It is a realization of who you truly are. You may from time to time doubt this. Perhaps saying, If I stand on my own, am I worthy, am I lovable, am I good enough? These questions will arise from time to time. It is important to see what you have accomplished and where you are ready to accomplish more.

If you are in an expansion it is most important that you engulf yourself in it. Allow it to affect you. Allow everything to affect you. If you allow everything that transpires to affect you, you are then opening your heart to become fully available to life. Feel the feelings that surface. If you allow it to affect you then you are open and available to love and be loved. If you allow it to affect you then you will allow others to affect you. By doing this you will open your heart to others. As you see others they see you. As you see you with acceptance and compassion and allow you to affect you, then you will allow others to be who they are and open their heart space to life.