

Archangel Michael Speaks

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A Message for November 2019

Being Alone With You

From the Archangelic Realm of Michael this is Michael and We come to you as many are moving through new aspects of your life. As you have released an inordinate amount of old in your life, you may be moving through shadow periods and feeling the depth of releasing the old. As you move out of your month of October into November in the last three months of your year of 2019, you continue in a period of advancement through the end of the year. As you have endeavored to release the old in your life, the old aspects that no longer work for you, the old behaviors that no longer work, you are seeing the old come to the surface.

Quite possibly there are situations in your life that are arising right now that are beginning to trigger old wounding, old beliefs systems. Along with this, feelings are arising. Perhaps you are feeling not enough, not perfect enough and this is fueling your old behaviors and beliefs such as lack, limitation and struggling to survive life. As this takes place, many are moving through a shadow period, a darkness as if you are feeling a death. You may feel as if you are in a void where there is a nothingness, as if there is nothing transpiring in your life right now. You may be in a place of emptiness, and quite possibly looking outside of yourself to fill up that emptiness. For many this is an old behavior. “ I am feeling empty so I must look outside of myself and fill up the emptiness with something, with someone, with some activity.”

This now moves you to a place of allowing yourself to be alone.

As you move into your month of November, We encourage you to move into a place of being alone. Allow yourself to be along but not separating or isolating yourself. As you endeavor to move into harmony and equality with others in relationship, it is important to move in this direction in a healthy way. Meaning you are bringing the fullness of you as an ingredient into the whole or the relationship.

It is not about moving into isolation and separation as you move through shadow periods or periods of death where you are mourning what you have released in your life, the relationships, the old behaviors. As you move through the shadow period you mourn the death of the old. It is important to be with all of this and with the feelings that surface because feelings are coming up, quite possibly the feeling

of emptiness. You are not empty. You are always filled with you, yet you are feeling empty, feeling alone.

In this month of November perhaps it is time to take a step back and move into periods of being alone where you can rejuvenate yourself. But it is not about isolating and separating yourself. It is allowing yourself periods of time to be alone and move into the feelings of aloneness. Move into it in a constructive way, a healthy way where you allow yourself to feel all of your feelings. Allow yourself to be where you are with acceptance and compassion. If you are in a shadow period, or a mourning period, allow yourself to be there.

It is important to understand as you are now in a new state of consciousness and awareness, releasing old aspects of your life, old relationships and what is currently in your life that no longer serves you, moves you in the direction of raising your resonance and vibration in your soul's divine plan. This will trigger aspects of your life where you may have not moved through the shadow, a period of darkness or mourning. Quite possibly there was a death of someone near and dear to you that you didn't allow yourself a period of grieving and mourning. What you may have done is look outside of yourself to mask your feelings. What is happening now is triggering all of this. As you have consciously with greater awareness released the old in your life, doing this has triggered what you suppressed and repressed in your life. Old memories may be surfacing now.

So it is quite possible you may need to learn to be alone and be with yourself and allow yourself to have your feelings.

What is transpiring for many now is certain aspects of your life now beginning to trigger you. There are situations in your life right now that are triggering you and bringing up old aspects of your life. Quite possibly thinking you are not enough, not perfect enough. Struggling to survive life symptoms and old wounds related to that may be surfacing.

If what is happening outside of you in your life is triggering you, it is important to allow yourself to be where you are and utilize your tools. Know that feelings are surfacing. Know that what is transpiring in your life is triggering you. Struggling to survive life symptoms are coming up. You may ask, "How do I deal with this?" Do you languish in it or do you allow it to surface and use your tools to see that you are living in abundance and move through it.

For example, something that is transpiring in your life right now is triggering something within you. What may be surfacing are symptoms of struggling to survive life, lack, and limitation. As this is transpiring it is important to allow yourself to be where you are and in your new state of consciousness and awareness, see what your old behaviors are. Your old beliefs that you are not good enough, not perfect enough are surfacing that are connected to lack, limitation and

struggling to survive life and fighting deprivation. This right now may be transpiring for many and in different ways as well. It is important through your month of November to move into periods of being alone so you can utilize your tools to process this.

You can simply ask yourself, How much do I love, honor and value me? Look at what is in your life and who in your life you can open your heart to and share what is transpiring to allow them to move you through what is transpiring and what is being triggered. Who can assist, support and guide you? It is not about looking to others for answers. It is about you allowing yourself to be where you are, move into your heart space with acceptance and compassion, and then connecting with another to explain what is transpiring in your life, what is being triggered and ask for support and guidance. Connecting with an other to help you move through what is transpiring and help you to reveal the new you to you by reminding you who you are now.

So now when you move into periods of your life where the old is surfacing, instead of isolating and separating yourself and sinking and indulging into the feelings that you are not good enough, not perfect enough, where struggling to survive life, and lack and limitation is surfacing and you may begin to wallow in this there is a process you can follow. Allow yourself to be where you are, move within and ask, What do I need? Can I accept where I am with compassion and acceptance? And begin to use your tools.

The difference now between isolating and separating yourself, and indulging and wallowing in the old that is surfacing is to open your heart and simply approach an other and ask for support and guidance. This will help you know that you are not alone in this world. There are those who honor, value and love you and will open their hearts to support and guide you on your pathway where you are right now.

The reason why We ask you to move into periods of being alone in your month of November is to discover all of this. Being in a place of aloneness will allow you to feel your feelings. Quite possibly to grieve and mourn what you need to. We stress that it is not about isolating and separating yourself and indulging and sinking and wallowing in what is transpiring in your life.

It is about raising your resonance and vibration.

Perhaps you may think that when you move into periods of the shadow and the darkness that your vibration and resonance lowers. If you are in a state of a shadow period or a mourning period you are still resonating at a high vibrational level. You now can let yourself be with acceptance and compassion and open your heart space to give yourself freedom to feel your feelings.

What is transpiring in your life now may be triggering something within you. Also, releasing aspects of your life and relationships that no longer serve you, will trigger aspects of your life that you hadn't mourned or grieved and felt your feelings. Memories of relationships that you released in the past, perhaps those who have transitioned from this life may surface where you did not give yourself time to be in the grieving and mourning period.

These examples We are giving you can help you to take a look at your life and allow yourself to be where you are if you are moving through a shadow period, grieving or mourning.

Your month of November is a month of an awakening to yourself. An awakening to a deeper aspect of yourself to see if you may isolate and separate yourself to indulge and sink into all that is happening in your life. This is an old behavior. If in fact you are seeking intimacy with others it is about opening your heart space. In this period of time, open your heart space to you. Allow yourself to utilize your tools and open your heart space to an other. Express to them, "This is where I am". Allow them to remind you of your greatness and to support and guide you through this period.

This month of November is also a month of intimacy. Moving into a greater depth of intimacy with yourself, and with others. As you move through what is transpiring in your life right now, the shadow periods, the grieving periods where you may think your level of resonance and vibration is low, it is not. Open your heart and know that you are loved exactly where you are.