

# Archangel Michael Speaks

## Channeled by Jeff Fasano

### Being vs Doing

From the Archangelic Realm of Michael this is Michael and We come to you as you are now moving into the depth and breadth of your heart space and opening up to the grandness of self, the greatness of self, and the wonderfulness of self. You are now moving into an effervescent glow of the self. What is transpiring for many as you continue the personal process to move deeper into the depth and breadth of yourself, you are being asked to look into the mirror as it is shown to you outside of yourself.

There is a movement within to the being-ness of self, to the actualization of the essence of self. Each and every one of you is on the pathway of “doing” as you move through your personal process, moving to an actualization of the self. Meaning, you are accessing the depth and breadth of you to move into a being-ness of self, not a doing-ness of self.

So, We ask you now to see if there is an inordinate amount of doing in your life and see if your “doing” serves you. Begin to take note of where you are doing and why you doing. The see where you are being.

You are moving through a transition period on your earthly plain at this moment in time, moving from the outer to the inner, moving from doing to being. There are reasons that are embedded in your wounding, in the wounding of the inner child, as to why many of you continue to “do”.

In aspects of your life there is a place where you must do things, do your endeavors, do whatever it is you are doing. However, many of you have undertaken the task of doing simply to avoid something. Perhaps doing in order to avoid your feelings. The challenge for each and every one of you is to move into the quietness of being. Moving into the depth and the breadth of the your heart, the quietness of your being. There are aspects of this that you can begin to now look at.

We ask you now focus your awareness on “doing”. Look at what you are doing, how much you are doing and why you are doing it

*What is the ratio of your doing to being?  
What does being mean to you?*

The way to begin this is to see if you honor you and value you. In the being-ness comes silence and quietness. It is a process of moving to a knowingness of you. Knowing you leads to being you.

Do you have to tell others who you are?  
Do you think you have to prove who you are to others?

It is now time to move into the quietness and We ask you to look at the congruence or the incongruence of doing and being in your life.

*How much are you still avoiding your feelings?  
In your doing, how much are you doing in order to avoid being in the quietness, in the silence of you?  
Can you be in the depth and breadth of you?  
Can you be who you are?  
Are you being who you are?  
Do you know who you are?  
Do you honor, value and love who you are?  
Do you know your talents and gifts?  
Do you honor and value your talents and gifts?*

It is in the doing of giving your talents and gifts that expresses the being-ness of you. Are you giving in the act of doing?

You are moving from the outer to the inner at this time. When you are doing; you do so in the outer world. When you are being; you are being the inner you. You are moving to a place in your personal process to actualize the essence of you, through the being-ness of you.

It is about connecting to the radiatory force that lies inside of you so you can allow that force to shine out into the world through the being-ness of you. The wounding of the self is covered by the mask, and many of you still “do” to keep that mask in place. It is time to fully move into the depth and breadth of your heart space to be who you are. To love, honor and value the being-ness of you.

It is time to raise your consciousness and awareness to how much you “do” and how much you are being you. If you can look at this, you will see where you are within your personal process.

*It is in the perpetual act of doing that allows you to fill up what you may deem an emptiness within you, so you can avoid the feelings of where you are?*

We come to you at this time with this message to raise your consciousness and awareness to this.

*Are you pushing your energy outside of you onto others to keep a distance from others?*

You are moving into the being-ness of self where there is an equal balance of being and doing. A place where you are constructively doing with purpose, giving of your talents and gifts and connecting on an intimate basis with others.

*Is the extraneous doing in your life that is done so you can allow yourself to avoid the essence and silence of being?*

As you move into We Consciousness, it is important to see when you “do”, how you push your energy at others, push your energy out into the world. By pushing that energy, creates isolation and separation from others.

*So where you are constantly doing, dear ones, as opposed to being who you are?*