

# Archangel Michael Speaks

## Channeled by Jeff Fasano

### You are an Important Ingredient in the World

Where do you hold on to the old in your life that may not serve you but is comfortable and known to you?

In your human form the “me” is misconstrued. There is the narcissistic me where everything is about me. You have to get everything from outside of you to comfort you and validate you. What you do in the world is done to prove to everyone who you are. This is an extension of the wounded child. It is you not honoring and valuing you. There is need to accumulate more things. It is now about moving from that narcissistic me to a me that is fulfilled and knows its value, its need and boundaries. A fully sustained person who stands in their power knowing who they are and their truth, their needs and what is important. As opposed to needing to prove themselves by what they have accomplished, what they are doing, how much money they have, the power they think they have. Everything in their life is based on what is outside of them. It is not about who they are in the depth of their heart space, it is about what I have done, accumulated, the power I have and this proves to you who I am. This simply reveals where they are in their process.

Define what abundance is for you.

When you do this you will then find contentment and fulfillment in your life. You will then stand in a powerfulness of self.

It is not about doing more to prove to everyone who you are, it is about being more of your innate self in your soul’s plan. You want to be more of who you are. As you be more of who you are then you will know you are an ingredient in life. You can express who you are to the world.

If in fact you need to prove to others who you are, is their substance to that? Being who you are from your heart space has more substance than the need to expend an inordinate amount of energy trying to prove to others who you are. Look at what I have accumulated and what I have done but don’t look at me, my mask is still firmly in place. The way I keep it in place is by diverting everything away from me. You don’t have to look beneath my mask, I have already proven to you who I am.

What is now shifting is many want to see who you are. They want to feel who you are. Move into a new transparent and authentic place and feel the heartbeat of an other. Open your eyes and look into the eyes of an other and ask, who are you?

Many are now beginning to see the truth of who they are. Based upon what is happening in your world now, many who are willing, have been forced to look into the mirror and look at themselves. Many are now realizing their value to themselves and others. Many are being tested regarding their value. That test needs to happen now to see where you are in your life. Something may transpire in your life that will test you to see where you are in your life. To see where you are in relation to joy, truth, and abundance.

Look to see in your life where there is resonance. When you are in resonance with something or someone this creates the feeling of joy.

The energetic shift in your world over the next three months will move you to a deeper level of awakening within you. Many have fallen asleep in certain ways. Many have heightened themselves to their uniqueness, their value, their truth, their abundance of being who they are and the abundance of their talents and gifts. Many have taken up the task of waking up to a deeper sense of who they truly are. As you wake up to your self, to the truth of your being, what shifts is how you view the world outside of you. You view the world not through your eyes or your physical body but through your heart space through resonance and vibration. As you wake up within and move to a greater depth of who you truly are, love, peace, community, harmony, equality, oneness, and then look at the world outside of you can simply ask; does it resonate or doesn't it? If I have moved to this place within me, how does this mirror what is transpiring in my life now? Where have I shifted inside of me?

Have you let go of seeking mom and dad's approval, the approval of those outside of you?

What is most important to see now is how you honor and value you as an individuated adult and your talents and gifts. Has that shifted? Do you see you now as a unique, individuated adult who has a voice and can express your self in a constructive manner who can sift and change the energetic structure of the world?

Can you use what is transpiring in the world outside of you that may be triggering you to wake up?

Can you see your old behaviors and when perpetrating them may isolate and separate you from others? Is it important for you to isolate and separate yourself from an other and fight for it?

Is your commitment to holding your old behaviors in place or is the commitment to shifting the old behaviors into new behaviors that support you? The old behaviors are triggered by what happens outside of you. Many are now seeing this and that is

triggering the truth within them. Many are now saying they have had enough of the old. This will create an energetic shift within you.

When you realize that by perpetrating the old behavior and getting the same results you will see that this has never served you.

Isolating and separating your self from others is based upon the fear, shame and judgment of your self.

For many what is happening is their old behaviors that no longer serve are being revealed. They are seeing that what is being perpetrated in the world no longer resonates. Many are waking up. You are waking up because what you see outside is a mirror of your old behaviors. You can utilize this to ask the question; am I aware now that this no longer works for me?

Untruths and truths are being revealed in the world. As you move through your next three months the illusions and truths of what has been transpiring in your world will be revealed. Be in the moment of now and allow that process to take care of itself. Yet, it is important for you to be involved in this, in the shift. It is important to know that you are an important part of the shift. It is etched in your soul plan.

Do you think you are an important part of the energetic shift in the world? If your answer is yes, look to see if you can and have touched an others soul. It is not about getting something from outside of you. Doing with an attachment. What you give to others is for them to move into the full beingness of who they truly are. There is no attachment to this.

What you are bringing to the world is geared toward raising the resonance and vibration of an other so they can move into the full beingness of who they are. So they can then know they have choices to move into their greatness, powerfulness and do what they need to in their soul divine plan.

Many are now moving into a new level of awareness of themselves that they never have before and this is new. Many are testing this now. Simply sticking their toe in the ocean before fully diving into the full greatness of self and fully honoring and valuing them and knowing they are an important ingredient in life.

It is most important now to keep things simple. You are moving through a period of time that is very critical in your year of 2020. As you move through a window of time to the end of the year that is very important to shift the resonance and vibration of the world and your self. It is important because your nervous system is shifting into a knowingness of who you are. Yet, this takes time. It is important at this time to allow each day to unfold. Ask, what I can I bring to my life and an

others life this day? Do this each day and this will shift the resonance and vibration as you move through this critical time where truth is being revealed in your world and most importantly within you.