

Archangel Michael Speaks

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The Mask

How you Created It

It is simply about looking at being who you are.

The mask was created by you to allow you to move out into the world being whomever an other would like you to be. This is based upon your defense system and your wounding. It is about looking at the veneer that you have put up in front of you that will show others what they want to see. I will wear this mask to show others what they want to see so I will be loved.

The mask is created based upon the wounding and the defense system and the need for the wounded child to be loved. Your mask was created by you through the wounds of the child and your defense system, it is simply a defense. It holds you in a place behind it and defends you and the wounds of the child. You create a mask for the world outside of you to be loved.

What is transpiring now is the mask is beginning to crack.

It is important now to ask the question; Is it important to me how others perceive me? If so, you create a mask and paint a veneer over the mask and be who they want you to be so you will be loved. Thus denying you in the depth and breadth of your heart space, your truth and who you truly are. Making more important the defense of the wounded child. You will love me for who you want me to be. So I will place a mask and paint a veneer over it, then you will surely love me.

For many now, the mask is beginning to crack.

The question We have for you is; Is it important to keep that mask in place as a barrier, a curtain, a veil in front of you just so you will be loved by others? Doing this because you feel who you are isn't important. This is why We ask you; How much do you love honor and value you? If you fully love, honor and value you, there is no need for a mask. You are simply being who you are in the depth and breadth of your heart space and communicating that to the world with love.

The mask was created through the shame and judgment of self. Each and every one of you has created a mask and painted a veneer over you based upon the extent

that you judge and shame yourself. You create a mask to hide behind because you judge and shame aspects of you. So the Question We have for you is; how deeply do you still shame and judge your self? There is no right or wrong answer. Do I still judge or shame aspects of my self? And if you do, as each and every one of you do to some extent, it is important to allow that, be with it and be with the feelings. So you can connect with the wounded child within you who has been shamed and judged. Then move into the adult in your heart space to nurture that child, thus nurturing you. You can begin this by simply acknowledging that you are judging and shaming your self. Then see where you release honoring and valuing you self because of this.

As each and every one of you moves into a place of honoring and valuing you more deeply, you become more cognizant of the mask you have created. When you move into the depth and breadth of your heart space to love, honor and value yourself more deeply, you judge and shame your self less. Always move within and ask; how much do I honor and value me? Then ask; how much do I shame and judge my self?

As the scales begin to shift between you honoring and valuing you more deeply, you will then be able to nurture those aspects of your self and the wounds of the child that you shame and judge. It is then the mask begins to crack and the veneer begins to crack. You then move into a more beingness of who you truly are and expressing the depth and breadth of the truth of you. You can then see what you utilize to keep the mask in place. Quite possibly seeing where you think you always need to be perfect for others. Perhaps seeing where you give your self away and take care of others needs. Doing all of this through your mask. Thinking that this is how others will love me, honor and value me.

It is about moving into the depth of honoring and valuing you then moving into a place of knowing that you are loved by others for who you are, not placating others through your mask.

So the mask was created based upon how much you judge and shame your self. As you move into a greater sense of honoring and valuing your self, you will then begin to enlighten you to see where and why you judge and shame you. And when you begin to see that, the mask will begin to crack. For many now, that mask is cracking.

Many ask this question; Is it important for me how others perceive me in the world? If it is, you then will create this mask, for them perceive you and it will be safe for you. Then they will love you. If I portray a person they want to see, then they will love me. But, are you truly being who you are?

It all comes down to shifting the relationship you are having with others by changing the relationship you are having with your self.

Do I love, honor and value me?

If so, how much?

Where am I still shaming and judging me?

Be where you are within this and then you will see your mask and why you created it.