

A Message from Archangel Michael  
Channeled by Jeff Fasano

Being Present with the Present

From the Archangelic Realm of Michael this is Michael and We welcome you as you are moving through a passage way of time, a new monthly passage way of time. New energies are flowing into your third dimensional realm as you continue the process of releasing the old and gaining a greater clarity of the new and moving towards that clarity. You are now one month into your year of 2016 and taking gradual steps on a month-by-month basis into your new year, the year of having what you say you want.

We begin this time with you with being present in the present. Are you now being present in the present moment of time? Are you being present in the moment of each and every encounter you are having with individuals and in relationships? Are you moving through these passage ways of time with a greater clarity as to what you say you want?

What is most important in this month you call February is being present with the present. Being present moment by moment in each moment of time and allowing your heart to open and receive the present moment. Receive the wonderful and most glorious soul you are with.

Release the mental body. If you have gained greater clarity as to what you say you want and made your list it is about having what you say you want. The only way in which you can have what you say you want is to be in the present moment of time to receive it.

Your year of 2016 is about moving into community, harmony and equality with others or setting the intention to do this. It is about moving into intimacy in relationships by releasing isolation and separation. In moments with others open your heart and stay present in each and every moment. Remain as present as you can possibly be in your process moving through your soul's divine plan.

Are you remaining present in each and every moment even in this very moment in time? Are you present right now? Or are you thinking ahead?

It is time to move into the depth and breadth of your heart space and ask yourself;  
Am I being present in each and every moment?  
Am I opening my heart space in each and every moment to be present to receive the moment and receive another in that moment?

In making your list of what you say you want We asked you to look at it to see what on your list may be in your life now. Quiet possibly your heart is not open enough to

be in the moment to receive it? You may be in a blind spot or it may not look like the picture you have of it or the model of it.

It is time to move into action in your year of 2016. In this month of February move into action of being present in each and every moment as opposed to avoiding the moment. As you move into intimacy with another feelings will come up. Quite possibly you will create a veil of separation between you and another simply because feelings are coming up. Judgment and shame may surface. Be present in the moment not only with another but with yourself in the moment.

Ask: In this moment in time what is transpiring?

What am I feeling?

What are the feelings that are surfacing?

Am I judging and shaming myself in this moment?

What am I using to avoid the other in this moment?

Be present in the moment of now. Take action to be present in the moment of now. You can do this by creating that intention for every encounter you have in the moment of now. This month of February is about taking action to be present in the moment.

Various fifth dimensional energies will be moving into your third dimensional realm in this month that you may signify as a month of love, loving, honoring and valuing you. The energies that will be infiltrating your third dimensional realm at this time will be of Pleiades. Comforting energies that will allow you to open your heart space. Pleiadian massages will come in. These energies will be quite different from the energies that moved in in the beginning of your year. Those energies were assertive and forceful and moved in a counter clockwise fashion that allowed you to begin to release. The energies moving in your month of February will be cascading down. They are soft energetic energies that will comfort you to open your heart space to greater depths that will allow you to be present in each and every moment.

Surround yourself with these energies as you move into the depth and breadth of your heart space to a greater depth of love of self.

The only way in which you can have what you say you want is to love yourself enough to give it to you. Then open your heart to receive it and allow yourself to have it.