

**Journey of the Awakened Heart**  
**Archangel Michael Speaks**  
**Channeled by Jeff Fasano**

**Seeing Through the Eyes of the Heart**

Dear ones, open the eyes of the heart so you can see through the depth of your heart. It is time now to open the eyes of your heart so you can see the essence of another through the neutrality of the heart and through compassion. It is time to look at another, and as they look at you see them through your heart and when you look at each other see each other in oneness.

When you look at another you may move into judgment and shame, doing this through your conditioning. When this happens move to your heart space and open up to your essence within it to have compassion for yourself and to see how much you love you. Ask yourself: Have I received love from myself? Am I judging and shaming myself?

It is time now to take a step back into the essence of your heart space to look at another through the eyes of your heart. You are now deepening the love of self, compassion of self, the embodiment of self, so when you join with others you can see the level of intimacy you have gained with yourself. It is about intimacy and sharing from the depth of your heart. So as you entertain connecting with others, look to see where judgment and shame of self comes up. We ask you to open your hearts with each other. See the compassion for yourself, so you can see compassion for another.

It is time to fully love yourself. It is now time to take one step back into the depth of your heart to open your eyes to yourself. Look at your process, have you judged and shamed yourself? Are you still judging and shaming yourself? You judge and shame yourself through the conditioning in the mental body, not through your heart space. So We ask you now when connecting with others to move through the depth and breadth of your heart. Move through the love and the oneness of self, the love of the oneness of another. See the oneness of another through the oneness of you.

It is time for you to move into the depth of your heart and open your eyes through your heart. So now, when you gather with others, open your eyes. Not through the mental body, not through your conditioning, not through the physical body, not through the emotional body, but the eyes of your heart. As you allow yourself to see you as you are, you can see another as they are in their process. We ask you to pay attention to judgment and shame.

We leave with you this: Are you still judging and shaming yourself? Can you have compassion for judgment and shame? Can you have compassion for yourself? Can you now begin to heal what you have not accepted in yourself? Can you accept with compassion where you are, so you then can have compassion and acceptance for others?