

# **Archangel Michael Speaks**

**Channeled by Jeff Fasano**

## **Changing Your Life**

From the Archangelic Realm of Michael this is Michael and We come to you as you are moving through various aspects of your life. Many of you are moving through the ups and downs, the peaks and valleys of life. Many are moving through either/or periods. Meaning, my life is this or it is that, I am this or I am that.

We come to speak to you about neutrality. Moving into observing your life from the middle, from a place of acceptance and compassion in your heart space for this is where neutrality lies.

Many are looking to move from the life you are living now. Some are fulfilled with their life and some aren't. Many are looking to shift and change aspects of your life and aspects of you in your life. If this is where you are, it is important at this time to observe where you are from a place of neutrality if that is possible for you.

Many look at their life and where they are within it, through the eyes of judgment and shame. Judgment and shame is a learned condition in the mental body, learned most likely from mom and dad. You may be thinking that your life isn't fulfilled or you are not fulfilling a specific purpose in your life and your behavior is to judge and shame yourself for that. If you are in this place and you feel unfulfilled or not fulfilling a specific purpose, a healthy choice you can make is to look for your greatness and powerfulness.

The judgment and shame is shaming and judging where you think you should be in relation to where you are now and what you think you are not doing. It is important to know that judgment and shame is wasted energy. You can shift from this by asking the question, How can I shift and change myself? This is where you can begin to place your energy. The way in which you can begin to shift and change yourself is by observing your life and asking these questions:

Am I living the Life I say I want?

Am I Living the life that is most important for me to live at this time?

You can look at your life and ask, What in my life resonates for me and what doesn't at this very moment in time? What in my life raises my resonance and vibration and what doesn't? Doing this from a place of neutrality.

Many are looking to shift and change their life, some dramatically, some subtly. So it is important to look at your life at this very moment in time and allow yourself to be where you are right now.

Observe your life through neutrality, from your heart and see what resonates and what no longer does. Quite possibly you will look at relationships, because many of you are shifting the relationship you are having with you. Thus, relationships you are having are shifting and changing. You can ask; what relationships serve my highest good, champion my highest good, raise my resonance and vibration, and what relationship do not do this?

In various ways, each and every one of you is looking to change the life you are living right now and move to a new level of your life where you are giving of yourself. Yet there must be a balance of giving and receiving. So another way to look at your life is through the balance of giving and receiving. Look to see what you are giving to life and what you are receiving in life. This will be an indication of how open your heart is. It is most important to open your heart to yourself. How open is your heart space to receive what is in life?

Where is your focus of attention? Is it on all the aspects that do not resonate for you, those that you would label as negative? Or are you focusing on those aspects of your life that raise your resonance and vibration? Are you focusing on the relationships that raise your resonance and vibration? If you see and understand where your focus is, you will then see where your life is at this very moment in time.

Do I focus on what I label as negative, what isn't in my life?

There are definitely aspects of your life that you want more of and would like to fulfill. But it is important to see if you are focusing on what isn't in your life.

So We ask you to look at what is in your life right now.

What are the aspects of your life that raise your resonance and vibration?

Then look at what no longer resonates for you in your life and observe this and move into neutrality with it.

The most important part in all of this is how deeply you love, honor and value you to have the life you say you want. Each of you has a life you say you want, yet are living the life you are right now. Many are living the life you say you want right now, and want more out of life. Many of you are living a life right now that doesn't satisfy you and you are looking to shift out of that life into a new life. You are seeking a new life, a life for yourself.

Based upon how deeply you love, honor and value you, what do you want?

## **Exercise**

### **14 Days of Praise**

For the next 14 days begin to praise yourself. Create a list, and each day write down praise for yourself, praise where you are, praise who you are. Instead of looking at what you might not be doing, see what you are doing. If you are seeking change in your life begin this change by praising yourself.