

## **Archangel Michael Speaks Channeled by Jeff Fasano**

### **Changing Your Life: See What Is in Your Life**

It is important to solidify the foundation of the life you have right now. The foundation of this life is what resonates for you, and what is in your life. Look at what is in your life right now and what raises your resonance. This is your foundation.

Each and every one of you has aspects of your life that are enjoyable. You have relationships that are enjoyable as well. All of this raises your resonance and vibration. There are aspects of your life where you are abundant and it is time to see this. When you begin to celebrate what is in your life, however small that may be for some and large for others, you can then as the adult, see this and choose to move to another level of fulfillment in your life.

There are behaviors you have developed based upon conditioning that hold you in your old life and focusing on what you think isn't in your life. Many focus on what they haven't done yet, what they should be doing and possibly beat themselves up for not doing what they think they should be doing. There are voices from the past that said to you, and you continue to hear, "you should be better at this or that. These voices push you to look at what you are not doing in your life, what you haven't accomplished. Quite possibly voices that say, "you will never be good enough."

Where you are within the conscious and awareness of self and your personal process, know that you are being the best you that you can be right now. Please know that if you are reading this with the desire to move deeper within to learn more about you and love yourself to change your life, it is important to acknowledge this.

It is important to see your desire to open your heart to you. When you do, you are serving yourself. You are being who you are in the consciousness of where you are in your life now. By seeking to shift and change your life to fulfill your life's purpose, praise yourself. Move within your heart and commend yourself for

opening your heart to know you more deeply and move through the process.

For the next 14 days begin to praise yourself. Create a list, and each day write down something that praises for you. Instead of looking at what you might not be doing, see what you are doing.

Many continue to ask, What am I not doing? I must be doing something wrong. It is time to see what you "are"doing. You are looking to shift and change your life, this is a step in that process to shift from looking at what you are not doing to what you are doing with praise. Praise yourself for having the courage to move within and open your heart.

When you begin to look what you are doing, ask; By doing this how is it shifting my life? As you move within and deepen your relationship with you, ask; How am I affecting others? It is not about affecting the masses or 5,6 or 7 people, it is how you are affecting one individual. By looking at what you are doing, does it raise your resonance and vibration?

Is what I am doing raising my resonance and vibration?

Is what I am doing affecting me? Is it shifting and changing aspects of me?

Can I share what I am doing with others?