

# **Archangel Michael Speaks**

## **Channeled by Jeff Fasano**

### **Moving from a False Reality to a New Reality**

#### **Love, Intimacy and Connection are Real!**

Are you experiencing your life in the depth and breadth of your heart space by allowing yourself to feel your feelings?

A key to healing is to allow yourself to feel your feelings and nurture yourself through the experience. You can connect with others who can assist, support and guide you and nurture you through the process. This is how you can create greater depths of intimacy with others.

When something transpires for you outside of you in your life in the third dimension it will trigger you and aspects of the wounded you. It will bring up wounded aspects of yourself; Am I good enough? Am I worthy enough? You then may turn on yourself and say; I should have known better, I should have done this or I should have done that.

When what has transpired outside of you does so, you will, with support and guidance take care of the situation at hand. Yet when something happens or a situation arises outside of you in your life it also triggers you within. It triggers feelings, deep wounds, and this is what is most important.

It is most important to understand that what transpires outside of you in your life does so, so you can move through the healing process within yourself. If you look back at your life at situations that arose in your life outside of you, most of these situations have always “worked out” and have been satisfied and come to a conclusion. Whatever needed to take place in the third dimension to bring the situation outside of you to a conclusion did so. It has always been satisfied. Yet what may not have been satisfied is what transpired within you.

Many are quick to jump to satisfy, fix, and change what is transpiring in their life outside of them right away. I need to fix this problem, I need to fix what is transpiring in my life. Most ignore why it has transpired and what it has triggered within you. You now can look at what is transpiring in your life outside of you as a gift because it will trigger something within you, what you have suppressed and repressed and what you have avoided. What transpires in your life outside of you

has always been taken care of. Yet, the question we have for you is, Have you taken care of what it has been triggered within you?

You will find the gifts that the situation in your life presents.

What have you learned from it?

What have you allowed yourself to feel?

What have you allowed yourself to begin healing?

When others come to you to help with the situation, are you receiving their love or are you looking at them as a way to help you take care of the situation?

If your journey of self-mastery is first and foremost in your life, know that what transpires in your life outside of you will always be taken care of. What you are seeking is to be taken care of emotionally. Open your heart space to those who come to your aid to assist, support and guide you with the problem or the situation. What the situation is actually doing is allowing you to open your heart to receive love from others. To also see as they come to you with support and guidance, they are doing so because you are worthy to be loved. This is the lesson and the gift of the situation.

Many may be opening their heart to you now and perhaps you are getting a glimpse of it. Many are offering support and guidance and love. What you may see as this happens is how you have isolated and separated yourself from this. This is happening now, so you can begin to receive love. This is the beginning for those seeking to open their heart to intimacy and love on a deeper level.

Can you now see those individuals who support and champion your highest good?

Many now may not understand this because their nervous system is conditioned for non-support, thinking you will never be loved. What is opening are the wounds from mom and dad. Seeing how you never received the support, guidance and nurturing you needed and have always wanted. You are now seeing those in your life coming to you easily, offering their service and opening their heart to you. It is now time for you to open your heart and allow it in if you so choose.

This is the beginning of moving from isolation and separation to intimacy with others. It begins by shifting your consciousness, so you can see those coming to you who are tapping on your heart space with the support, guidance, love and nurturing, you have always wanted. What you are used to however, is the opposite.

Many have created an illusion that support, guidance and love is an illusion and what is real is the opposite. You are moving now from a false reality to a new

reality that intimacy, love, connection, is real. You now can open your heart space to receive this and allow yourself to be in the process of it.

You are retraining your nervous system. Many are retraining themselves to love and receiving it. You are shifting the old resonance and vibration of the perceived reality that you are not worthy or good enough to be loved based upon conditioning from mom and dad.

When something in your life transpires and you seek support, guidance and assistance and it comes from many, you now can open your heart to see that this is no longer an illusion, it is real. You can now open your heart space to allow love to land.

Now dear ones, simply be. Connect with others who are also moving through this process of learning to love and receive love. Learn to trust that love is ever present. It is up to you to open your heart space and begin the process of receiving it.

