

Archangel Michael Speaks

Channeled by Jeff Fasano

Are You Stuck in Your Story?

Many sink or indulge into the drama and feelings of what is transpiring in their life and then get stuck in their story.

If you find yourself in this place, simply acknowledge this is where you are and then move to acceptance and compassion for you. Allow yourself to feel your feelings and nurture where you are. Be aware if you are judging and shaming you.

The next step is to “arrest” the patterns and behaviors as to where you are and how much you focus on your story and the “suffering” you are experiencing. You can do this by becoming aware of what you are doing and use your many tools that help “arrest” the pattern and behavior in the moment. Simply be aware of what is transpiring and ask yourself. Where am I right now? What am I feeling and what do I need?

Pain is the resistance to feelings and suffering is the story or the drama.

Many move into a “blindspot” and lose themselves in their story and drama. They forget they have tools and resources to help them arrest the behavior that will help them shift their focus not from themselves but from the drama and story. You can reach out to those whom you honor and value and ask for guidance and support. It is important that you are available to see the reflection when they hold up the mirror to you.

Your story can be your comfort zone. It is what you know and though you may say you want something different, you are comfortable where you are. Perhaps you are frightened of the unknown and releasing your story will force you to face the unknown.

The key to all of this is to ask yourself, What do I truly want?
If you answer that question honestly with yourself, you just might realize that where you are is not what you say you want. But a place you know and where you are comfortable.