

Archangel Michael Speaks

Channeled by Jeff Fasano

Saying Yes is the Key to Experience Life

Listen to what you feel.

If the impetus to experience something comes into your consciousness, ask yourself, how does this make me feel? Notice the feelings that surface. Then place yourself in that situation and see what surfaces for you. Possibly old conditioning will surface, the old conditioning where you might immediately say no. You can look at the situation and experience it if you would like to. Then make another choice if there isn't a resonance.

Perhaps it is time to move toward saying yes more often than no to experience something that may interest you yet challenges your comfort zone. All the while knowing you can make another choice if there isn't a resonance.

It is about experiencing life.

If there is a feeling, a nudge perhaps to try something new, move within and ask yourself, What am I feeling? Be aware of the feelings that surface when someone may ask you to try something new. You can make a choice to experience it and make another choice if it does not resonate for you.

Saying yes, might nudge you out of your comfort zone. Perhaps saying yes frightens you? Saying no is comfortable for you and will keep you isolated and separated. This is something you have built to keep you safe. You feel safe and comfortable isolated and separated. When you are presented with something in the unknown the question that arises is, will I be safe and secure? Your illusion is that by keeping yourself isolated and separated you will be safe and secure. This is what you know.

Opening the doorway to the new will challenge isolation and separation and your safety and security needs. It will challenge the old, your old behaviors and your conditioning. When this arises, simply breathe, feel your feelings and utilize your tools to move forward. Open your heart space to others by communicating with them what you are experiencing, what is challenging you, what feelings are surfacing.

When presented with a new experience, what will surface are your projections about it. You will see what you have projected onto others. These projections are used as a defense system. You project onto others what you want to and thus keeps

you isolated and separated and safe and secure. Your projections are an energetic push towards others that pushes them away from you through the projection. Projecting onto others is your behavior to keep them away from you to keep you separated, safe and comfortable. You are projecting what you think of others and your conditioning as well. When you do project onto others, stop and ask, what am I projecting, why am I, and what am I feeling? Look to see where this is happening in your life to become conscious of it. It is happening in the world outside of you right now.

Many who perpetrate this old behavior of projecting support the concept of all – inclusiveness. Perhaps it is time to include yourself in all-inclusiveness? You may resonate with the concept of it yet may unconsciously exclude yourself through projection. Now it is time to “be” the concept of all inclusiveness. This does not mean that you put yourself into situations that may not resonate to prove that your truth is all-inclusiveness. It is important to utilize discernment based upon your level of resonance and vibration. Ask, does this resonate or doesn't it? How does it make me feel?

There is a difference as to what you are feeling in the present moment and the feelings surfacing that have been suppressed and repressed.

When you open your heart to say yes, you will trigger repressed and suppressed feelings that are based in the conditioning of the old. Perhaps, I will not be loved or I am not good enough. What you are feeling is Now when you open your heart space, ask, can I be the concepts of all inclusiveness and how does this make me feel? How does it make me feel to open my heart with the intention to love and connect with others? By doing this you now can simply wade in that pool.

When faced with a new experience see what feelings surface within you that are challenging the old conditioning. You may project upon the new experience and define it before experiencing it. Be conscious of this. As you shift into a new consciousness of saying yes, with discernment and boundaries, it is then you can have a new perspective of it. You have the freedom of choice to discern and set boundaries. What you are saying yes to is life. You can wade in the pool of life with your boundaries intact and experience what you need to and make choices along the way.

By realizing that you can set boundaries, state your needs, use discernment and make choices, you move from the wounded child directing your life to the adult directing it.