

# Archangel Michael Speaks

## Channeled by Jeff Fasano

### Feeling Your Feelings

Now it is time to begin to feel your feelings on a regular basis. These feelings are very real, and, if you are allowing yourself to feel them, you are coming to know that not only does the truth of your life lie within the depth of your heart it also lies in your feelings.

You are undergoing a maturation process from wounded child to self-mastered adult. As you give yourself the freedom to feel your feelings with acceptance and compassion, you will begin to move into a place of greater self-empowerment. No matter what feelings come up, you can embrace them, begin to feel them and, as you do this, you will naturally begin to integrate them. Your resistance to specific types of feelings that you once thought were “bad” will diminish. It is important to know that what you are feeling is not who you are; your feelings are simply feelings. As you move past resisting them, you will also move beyond the drama and glamour they represent.

In allowing yourself to experience the depth and breadth of your feelings, you may occasionally feel afraid as you move towards what you want. In the past, this fear would cause you to move into resistance. But as you allow yourself space to feel a feeling, you simply can walk through the feeling and continue moving towards that which you would like to manifest in your life. Stepping into a place of empowerment, you can be who you are fully because you are simply allowing yourself to feel your feelings.

You move into true adulthood when you heal the perception of the little boy or little girl inside you who actually thinks he or she is what he or she is feeling. For example, if you are feeling “not good enough,” the little child thinks he or she is not good enough. If you feel angry, the little child thinks he or she is an “angry person” and yet is not permitted to express it. When you feel your feelings, you release the memories attached to certain feelings of Mom or Dad telling you that you aren’t allowed to feel.

All people have different feelings that they were conditioned to believe it is wrong to feel. Some believe it is not okay to feel anger. Some believe it is not okay

to feel sad. Some believe it is not okay to feel joy or enthusiasm. Some believe it is not okay to feel vulnerable or to love. Each time you give yourself the freedom to feel the feelings you have avoided—and as you allow yourself to feel these feelings again and again—you are empowered. With this empowerment you will begin to move swiftly and boldly into the unknown.

Your resistance to your feelings can hold you back in your life; it keeps you stuck in an experience of lack and limitation. Until now, many have made resisting your feelings more important to you than what you say you want. The truth you are discovering is that you can move swiftly toward what you say you want and feel your feelings at the same time. In doing so, you are releasing duality within your perception. Duality is the perception, “Either I do this or I do that. Either I feel a feeling or I resist it.”

If you move toward what you say you want and you do not allow yourself to feel your feelings, ultimately you will reach a moment where you will sabotage your movement towards the new simply because you are committed to resisting the feelings. You will remain on the hamster wheel of lack and limitation until you realize in the depth and breadth of yourself that you can simply bring your feelings with you wherever you go.

It is most important to understand this in the very moment a feeling surfaces; for your feelings are an aspect of your truth in every moment. How you feel will help you in discovering what and who you resonate with, so you can move forward.

In order to reveal your truth, ask, “Right now what am I feeling?”

Then identify your feelings; “I am feeling sad, anxious, happy, fulfilled, angry...and so on.” Practice naming your feelings as they arise one after the other. “And now I am feeling...And now I am feeling...And now I am feeling...”

Use your tool of breathing. When a feeling comes up that makes you feel afraid, resistant, or uncomfortable in any way, simply tell yourself that it is okay to feel it, breathe through it, and move the energy of the feeling with the sound, “Ahhh.”

This is your most basic tool: breathing with sound. This will allow the energy in your body to flow so that you can move towards what you say you want by being in the moment of truth and being who you are in that moment.

“Right now I am feeling sad,” you might say to yourself. “I know who I am. I know what I say I want. And I am moving towards having, doing, or being it, even though I am feeling sad.” The more you practice feeling, the more comfortable you will feel with feelings you have judged wrong and avoided. You will integrate those

feelings into your experience and thus you will allow yourself more space for being who you are.

What we ask you to do now is close your eyes and move within to a contemplative state. Breathe three times in through your nose and out through your mouth utilizing the sound of “Ahhh” on your exhalation. Then ask, “What am I feeling right now?” Allow yourself to be with these feelings.

Take a moment to connect with the wounded little child inside you who is feeling feelings that you once have resisted feeling, and ask the child, “What do you need?” When the child begins to tell you, allow the child to speak as long as he or she wants because many needs are likely to appear. Be as open as you are able to be to this experience. Write down everything the little child asks.

Then, look at what you have written, and ask:

“How do I feel about this?”

“Can I now move forward and toward what I say I want even with these feelings alive in me?”

“Can I give to myself whatever I need in this moment?”

Continue doing this exercise, preferably before you go to sleep at night. This is your chance to see that you can respond to your needs in each and every moment.

Be with your feelings no matter what they are. Your feelings will reveal your truth in each moment. They will also reveal what you have resisted and what has held you in lack and limitation—meaning, at a distance from having what you say you want.