

Archangel Michael Speaks

Channeled by Jeff Fasano

Self Expression and Understanding Being Triggered

Many are finding now that they have repressed and suppressed their self expression. Expressing how they feel. It is good to feel your feelings and move the energy that is attached to the feelings. Yet there comes a point of expressing how you feel, expressing what is in your heart space to others.

A way in which to begin this and communicate it would be to say;
"What you said, what you did and your actions triggered this within me and I feel it is important for me to express how that made me feel."

Many suppress and repress this expression based upon the need to be loved. So it is important now, using discernment to express to others your feelings. Opening your heart space and expressing to others with love how you feel. Expressing and communicating with love. By communicating from your heart space allows you to release energy as well. It is not important to do this with everyone but with those who you deem important to hear how you feel.

You can say for example;

This is not acceptable.

Your behavior is not acceptable to me.

What you said to me is not acceptable to me and it made me feel angry, sad unloved, disrespected, etc.

It is not about you, but it is my need to express this to you. And I am doing this based upon how deeply I love, honor and value me now.

I am no longer going to suppress and repress my self expression.

Quite possibly, this will educate you and wake you up to see how your behavior affects others.

We ask you to look at your relationships. Look to see how deeply they are based in truth, love and connection. If these relationships have this foundation, these are the relationships where you can express yourself.

If you state your needs, set your boundaries the fear that surfaces is that of the wounded child that says if I do this it will cause a conflict. You think that if you express yourself it will cause a conflict in the relationship.

This all leads to self value. If you value you and the relationship is rooted in truth and love, then you can communicate to express how you feel to an other.

It is not about projecting energetically on to another. Perhaps an other by what they said triggered deep anger within you. When this happens it is about utilizing your tools to have the feelings, and move the energy, release the charge that results when you are triggered.

It is most important to understand what triggering means. The example We use is this. Someone with whom you are in relationship with says something that triggers you deeply. Triggers deep sadness, and anger. Within your soul's divine plan it is important to know that this is supposed to happen. What happens is about you and for you.

So when you are triggered and deep feelings of anger and sadness surface, We have asked you to respond as opposed to reacting. Yet, many will react and project the energy of anger and sadness on to an other. This is an old behavior of the wounded child. If you see you as an adult and an other triggers old feelings deeply, it is important for you to move into a deeper consciousness and awareness of self so you can separate yourself from that wonderful and glorious soul, and have your feelings and allow the energy to move so the charge can dissipate.

When you are triggered, it is triggering something deep inside of you. Old memories, old suppressed and repressed feelings. It moves to a depth within you and it charges you, you feel a charge within your physical body. Being triggered ignites a charge within you. It is then the depth of the feelings surface. Understanding this will allow you to feel the feelings and move the energy by utilizing your tools, breath, sound, movement and expression. It is important to not project the energy on to who has triggered you by what they said or their actions. They may not even know that what they said or did triggered you.

As you move through this process, however long it may take and you to release the charge of the feelings, you then can move within and ask if it is important to express myself to that wonderful soul what has transpired.

So after you have released the charge, released the energy, had your feelings, though your feelings may still linger but the charge has been released, you can see if it is important to you to express to an other what has transpired, how it made you feel. Doing this can dispel the illusion that stating your needs, setting your boundaries, speaking your truth will cause a conflict and you will not be loved.

By understanding this you can now make new choices that serve your highest