

TEACHINGS OF MICHAEL  
Michael Message  
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Channeled and scribed by Jeff Fasano

The Transition  
Giving and receiving love with your Brethren

From the Archangelic realm of Michael this is Michael and We welcome you at this wonderful and most glorious time as you open to the depth and breadth of your heart to expand. You are looking to continue your expansion into life by opening up to new ideas and to the depth of the unknown.

Quite possibly you are still trying to control everything outside of you and looking at how things outside of you are going to happen, transpire and take place. How is my life going to unfold Michael? How is it going to unfold beyond this point? What should I do now outside of me so I will know how it will all unfold?

As you have closed the door behind you and continue to tie up loose ends in your life to make a transition look now at where you are at this juncture. Each and every one of you is now looking to make some sort of transition in your life from the old into the new by fully releasing the old to move into the new. Are you open to new ideas? Are you open to continually grow and learn? Are you open to look into the mirror to see your responsibility in all aspects of your life? If you are looking for assistance and guidance with your life, where have you given this to others? Are you still looking to get something that will support you, yet are you giving to support others?

We are here to speak to you about the unknown and in the unknown to create the known and create what you are looking for which is the balance of giving and receiving. This is your fifth agreement of the Five Agreements. In order to receive love one must know how to give that to themselves. So now that you have opened up to receive love from yourself and as you now move out into the world with new endeavors, where are you giving to others? You are now making the transition into relationships that are all encompassing and all inclusive and this is known as "the we". It is World Service and agreement number one of the Five Agreements.

Giving and receiving love is one in the same. As you give you are doing so from the depth of your heart with love for another. It is not about what, who, when, where and how, it is about love from the depth and breadth of your heart. I am giving with love thus I am receiving love in return. I am giving with full support for my brethren based upon the resonance and vibration that I have with them in our relationship and thus seeing their purpose is similar to mine. Can I now support

and guide another and state my needs and set my boundaries then receive in return that same support and guidance?

Giving is not one sided nor is receiving. Giving and receiving in balance is the transition each and every one of you is ready to make. Yet this is done by stating your needs and setting your boundaries. Each of you is now beginning to transition into the fifth agreement to fully embody it. Each agreement of the Five Agreements prior to the fifth leads up to the balance of giving and receiving with love. The premise of the fifth agreement is giving to yourself with love. Do you love you? Do you have a sense of self and a greater sense of this to give to you and receive because you love you? You transition from this to give to another with support and guidance for their growth and their transition as they move out into the world. Then in doing this receiving love based upon your needs and boundaries. The transition Dear Ones is giving and receiving love with your brethren.

### Receiving Love

Receiving love comes when you are fully open when reaching the end the agreements. Yet the Five Agreements is a cycle. You choose to make agreement one- World Service- then move through each agreement to give of your talents and gifts from the depth of your heart. Each of you gives, most with attachments and the need to get something in return for giving. The Fifth Agreement is about receiving love. All of you give and give inordinately yet do so with attachments. The transition is about giving with love and opening to receive love. Most are frightened of receiving love because they have been conditioned and taught that there is an attachment with this. I have to give myself up if I receive. Am I perfect enough to receive? Receiving love is the key to giving love. When you receive from yourself you then know how that feels and can give with that feeling intact. So when you give to another who is moving through a similar process as you, they will receive what you have given and you will know how that feels.

### Channeling

The energies and afterward

It is about responsibility and boundaries. The messages and energies from fifth dimensional realms and higher move through at various frequencies and contain a higher frequency of energy. Based upon the channel moving into trance and fully releasing and giving up his physical body for the greater good of the whole or the we, the messages that come through are pertinent and important and “not for entertainment”. This specific energy brings you exercises and lessons that support your growth in life to bring you to a greater soul purpose to live the soul’s divine plan and its destiny. And this is giving in World Service.

In order for the messenger, the channel to reconfigure his energy after the transmission it would be appropriate to take 1 hour to bring back and contain his energy. This is important to allow the channel to download the transmission into his physical memory system, the nervous system to retain the sacred geometrics of the frequency. These frequencies contain sacred geometrics and why it is called a frequency. As you record the message the words that come from the channel are your sacred geometrics. Within the frequency and the energy there are sacred geometrics that are downloaded into the channel's physical beingness in order for the channel to be the vehicle and to retain the energy and messages for "the we" for lifetimes to come and to spread the message. After the transmission it is suggested that in one hour's time period the channel, messenger or vehicle refrain from interaction on a deeper level with others. Because of the new frequency, the higher geometrics, the higher resonance of the frequency the channel needs to reconfigure the molecular structure of the physical body. It is important for the channel, the vehicle, the messenger to take responsibility for themselves by setting personal boundaries with this. The energies, messages, exercises and lessons are always mere suggestion. It is up to the individual to move within knowing the depth of love of self and their talents and gifts in order to contain, maintain and restore their energy after the transmissions. Taking care of the physical body in general is important here as well.

### Receiving the channeled message

This is an individual choice. Where each individual is in their process determines what they receive, how they receive it and what is important to them during the transmission. The transmission, exercises, lessons and messages are timeless and why you choose to record them for "posterity" and give them to the world. Based upon resonance and vibration and where an individual is in the precise moment they are called to receive the energy, that individual will come together with another individual who is a channel, vehicle or messenger for a message. And at times called to congregate with others who are in a similar place in that moment and form groups. Most however, only receive a fragment of the message in the transmission of the frequency. Thus why you have chosen to form The Angel News Network to be the messengers of these messages for posterity and lifetimes to come. Others now can reference from time to time a specific message that has come through to gain a greater meaning from the message.

Is your truth still a concept in your mind or are you embodying it in your heart?

As you have formed your new endeavor you have moved through the Five Agreements in order to form it? On one level or another each of you has embodied these agreements. You have gained a sense of self, loving, honoring

and valuing you to the extent that you know who you are. You now can live with what is in each and every moment and then begin to receive love from those outside of you because you have given it to yourself simply because you love you. In moving through all the agreements you gain a greater sense of World Service. You will move through these agreements again and again and each time you do so will continue to gain an even greater sense of World Service which is your purpose and why you are here.

This is not something that you are working towards to attain the brass ring at the end of the pathway. And when you get there and only then you'll be able to live your life. This is a misconception. Life based upon your Five Agreements is a cycle that you live by doing it and being it. They are tools to live life with. You are not working towards attaining anything, you have already attained it the day you came into physical formation through Mom's birth canal. You attained life in the third dimension and here now to live that life utilizing if you so deem appropriate the tools We have given to you through various teachings, exercises and lessons.

As you have now raised the level of resonance and vibration within, you can form the new soul family to give your talents and gifts in service to the world. You do this by continuing in a personal process to heal the aspects of the narcissistic me. This is a continuous process throughout your life. You can use these tools in your personal process and in doing so gain a greater sense of self in each and every moment to live in the moment with what is. Throughout this process you continue to give then receive love. Each and every time you move through this process you raise your level of resonance and vibration thus gaining a greater sense of World Service to give on a greater level.

There is no mythical end on this pathway. You will not reach an end to grab the brass ring and when you attain this you will be ready for something. It is not about working towards attaining your love of self it is a process of balancing giving and receiving.

In your endeavors now look at what your giving and at your relationship to what you are giving. Ask, where am I? How do I relate to another based upon what I am giving. It is about embodying what you are giving and being what you are giving to the best of your ability in your human form. For example if I am telling people about the concept of giving and receiving am I giving and receiving in balance in my life? Am I embodying this concept- the fifth agreement- and received love deeply to know how that feels so I can give to another then receive in return?

As you continue to grow you are making the transition outside of you to fully give of your talents and gifts that are a full expression of you. But in order to express this you must know how that feels. You must know what you are giving and

embodying it. And if you find yourself questioning this then you know there is more to learn.