

# **Archangel Michael Speaks**

## **Channeled by Jeff Fasano**

### **A Message for February 2023**

### **Move to a New Level of Self Compassion**

From the Archangelic Realm of Michael this is Michael and We come to you as you as you are moving into your brand new month of February of your year of 2023 and opening your heart space to a greater depth and breadth of you, who you are and why you are here. As you move into your second month of your year of 2023, the questions many are asking themselves now as they move into this period of time is, Why am I here? What am I here for? What is my purpose? How am I here to serve? As they open up the depth and breadth of their heart space to move away from the wounding of the child, they are moving into a place of giving. How can I give? When We came to you for your overview of your year of 2023 in your month of January, We said to you is now about giving of yourself. Giving the world you, the beingness of you, who you are from the depth and breadth of your heart space.

As you move into your month of February and through this period of time, a portal of time is opening up in your third dimensional realm. Many feel as if time is standing still, as if they are not making any progress in their life, standing still in inertia. We said to you as you began your year of 2023, your month of January would be a month of transition, a transition into the beingness of who you are. We asked you to tread lightly and move slowly through your month of January as you move into your month of February. Many now feel as if they are not moving at warp speed or the speed that they would like to. The healing process quite possibly has slowed down and they are not quite sure of what is transpiring.

What is transpiring is totally different for many as they are moving into the beingness of themselves and they are realizing that their nervous system is no longer stimulated from outside of them. As you move into your month of February many feel as if time is standing still and nothing is transpiring. What is transpiring and what is impervious is they no longer need the hit to the nervous system, the stimulation from outside of them. They no longer need to be stimulated from outside of themselves and this is very new for each and every one of you. This is part of moving into the beingness of who you are and allowing yourself the fulfilment of life, the fulfilment of who you are. You no longer need a hit of validation and gratification or stimulus from outside of you to stimulate the nervous system to simulate you are alive.

Many feel as if they are standing still because they are not receiving that hit or stimulus from outside of them. This is the hit or stimulus that says, I am alive. My nervous system

has been titillated, has been stimulated and this means I am alive. These hits could be hits of drama, creating drama in your life to know that you are alive, whatever that is for each and every one of you.

Now that you are moving into the full beingness of who you are, you are realizing that it is no longer necessary to be stimulated from outside of you. The nervous system, the old aspects of the nervous system now that you are retraining the nervous system and have retrained it to a certain place and time, you now no longer need that hit of stimulation from outside of you to simulate that you are alive. It is now about the knowingness and beingness that you are alive. You are now the radiatory force of life outside of you. It is why we have reiterated to you to allow that beaming white light inside of you to shine on the world, giving of yourself to the world. You are the stimulus in the world. As you do this you move into a greater balance of giving and receiving.

This is the difference, the balance of giving and receiving. This is the antithesis of needing to be stimulated from outside of you to know that you are alive.

When you are giving of you outside of yourself and you do so, and you then open your heart space to receive, this is the balance and flow of life. When you are in the balance and flow of life you are opening up to the depth and breadth of your heart space giving you to the world, giving your talents and gifts to the world and then opening your heart space to receive love. It is not so much as this replacing the stimulation of the nervous system, what transpires is a fulfilment. I am opening my heart to give to the world, I am opening my heart to receive from the world. This is life in the flow of life.

We ask each and every one of you as you move into your month of February look to see if you are still looking outside of you for that hit to the nervous system, the stimulation from outside of you that says, you are alive or simulates to you that you are alive. This is just another step to move into the beingness of self. Become aware when you might need that hit of validation and gratification from outside of you. When you may need that stimulus of drama from outside of you to catapult your nervous system into a frenzy that says, I am alive. My nervous system is titillated, I am alive.

What you have been doing over the years as you move within and take part in the personal journey that you all are taking part in, is retraining that nervous system, which is something you have heard over and over again. You are retraining the nervous system to move into neutrality. The nervous system coincides with the opening of your heart space. And when your heart space opens, you are opening up to receive love and to give love, the nervous system coalesces to that and you move into a place of fulfilment. Fulfilment in neutrality.

We ask each and every one of you, where are you still looking outside of you for the hit, the stimulation of your nervous system that simulates feeling of being alive?

My nervous system is on edge I feel alive. My nervous system is stimulated, I am alive. Or, are you alive when you open your heart space and receive love?

As you move through your month of February, We ask you to simply continue the process of moving into the world in the full beingness of yourself, the full beingness of who you are. It is a process and it is new for each and every one of you. This is just something else you can begin to look at as you move through your month of February.

Move with more compassion for self as you move through your month of February as well. Ask, Am I compassionate with myself as I move through this process? Or do I move into my mental body perhaps saying, I have been doing this process long enough, I should be past all of this? We bring this up because many of you are still looking outside of you for that hit, that stimulation, gratification and validation or whatever the stimulus is you need that says I am alive.

It is now time to open up your heart space and be. Be who you are. Move into the beingness of self, the full fruition of the beingness of self and allow yourself to move on the pathway and negotiate that pathway. Many are in a negotiation period in the relationship to themselves. Negotiating this newness of self. Negotiating a new beingness of self. Negotiating as you move into new depths of wounding. Many now are moving into greater depths of their wounds, moving into the core of their wounds and beginning to process the core wounding. And knowing the difference between what is transpiring in the third dimensional realm outside of them and the old habits, patterns, rituals and behaviors.

What is transpiring for many is old habits, patterns, rituals and behaviors are coming to the fore. Many are seeing that they are continuing old habits, patterns, rituals and behaviors but now moving to a place of greater understanding as to why. I am recreating these old habits, patterns, rituals and behaviors but many are now understanding why they are doing so. They are still perpetrating old habits, patterns rituals and behaviors simply as a distraction of the core wound. Distracting themselves from the core wound. Many are now beginning to realize that their old behaviors are simply a distraction from moving into the feelings of the core wound. It is now time for each and every one of you to move into the understanding of this. The understanding that your old behaviors, habits, patterns and rituals are simply a distraction so you can avoid the feelings of the core wound. It is now time for you, if you so choose, to move into that core wounding and begin to process that core wound. As opposed to recreating the old habits, patterns, rituals and behaviors that help you avoid and distract yourself from the feelings of that core wound.

We ask you as you move into your month of February to simply be aware of all of this and move through your month of February with a greater depth of self-compassion and self-love. As you are now moving into the beingness of self and navigating the pathway of life many now are open and aware of themselves and feeling quite vulnerable. This is because they no longer need the mask or the armor around their heart space. So they are feeling a newness, a vulnerability as they move into the state of beingness and being who they are.

This is a process. Many of you have released much of the old armor, the old wounding, the veil around your heart space. What you are navigating now is a newness of the being of the self. In turn as you do this, old behaviors, habits, patterns, rituals will seep in because you are in this navigation period.

It is important to understand this, in your process in life there is no beginning, middle or end, it just is. It is not as if you stop the old behaviors and everything ends. This is because you are in a navigation aspect of your life and a process of life as you move into your core wound. Many have healed a great deal of that wounding and as you move into the core of that wound you are moving into the core of the conditioning and programming from mom and dad and quite possibly all of what you came into this lifetime to heal from past lives. As you move into this, it is most important to open your heart space and be compassionate with yourself. Move into a new level of self-compassion. Open your heart space and be with who you are.

We come to you at this wonderful and most glorious time as you are moving into your month of February, continue the pathway at a slower pace. Open your heart space into the full beingness of self and move to a new level and a greater depth of self-compassion as you navigate the pathway in the new beingness of self in the month of February.