

Archangel Michael Speaks

Channeled by Jeff Fasano

A Message for March 2023

Experiencing You in the Experience of Life

From the Archangelic Realm of Michael this is Michael and We come to you as you are now moving out into the world being who you are, opening up your heart space to give and receive love freely in the flow of life. As you head into your month of March it is about the flow of life. Your month of March is about emerging into the flow of life as you are equalizing the balance of giving and receiving in your life in relationships. Equalizing the balance of giving and receiving in your life is important in the beingness of who you are. Setting your boundaries and stating your needs and opening up to the grandness and powerfulness of self.

As you emerge from your month of February into your month of March, this is a time for new beginnings so you can now step into the powerfulness of the beingness of yourself by opening your heart space. Moving into the flow of life, into the balance of giving and receiving, into the beingness of yourself. When We came to you last time We expressed to you to move gingerly into the aspects of yourself and open very slowly as you are navigating new aspects of your life and yourself. You are still in that navigation period but you are coming to an emerging period. Many are moving through depths of wounding as you always are. Yet it is most important as this wounding appears now, as it surfaces now, it is the lessons and gifts from the wounding that surface as well. Many are beginning to distinguish between the wounds of the child and the adult in the here and now. So as the wounding appears, the trauma appears, the feelings appear, and you move through that trauma and the wounding, the period of time it takes to move through the wounding and trauma is becoming shorter. The duration of time when you are moving through episodes (each aspect of your life is an episode in your soul's divine plan) is becoming shorter.

It is important that We tell you again, keep in mind that you are moving through aspects of your soul plan. Whatever transpires in your life at this moment in time is so based upon your soul plan. This is a way to keep in mind that you are living from the soul perspective. And what transpires in your life is in that soul perspective and to view what transpires in your life through that soul perspective.

As you move through and navigate the new you, being you in life where there is a balance of giving and receiving, in the flow of life, you are finding that during these episodes is when the wounding and trauma surfaces. And when it does so you will now be able to utilize your tools in awareness and consciousness that is based in the soul's divine plan. It is within this that you allow yourself to be with the feelings. We have stressed to you over

and over again in the many millenniums and years We have come to you about feeling your feelings as opposed to simply identifying your feelings, I am feeling sad, I am feeling angry, identifying these feelings. Now allow yourself to move in and experience the feelings. By moving in and experiencing the feelings you move through these episodes of life, the episodes of wounding more easily and gracefully. This is because you allow yourself to experience the feelings, experience the trauma. If you allow yourself to experience what is transpiring, it is then the energy will move. This is not something new we are telling you. We are just reiterating to you how you can move through the experiences of the wounding and the trauma when it surfaces by experiencing it. Allow yourself to experience it because it has been suppressed and repressed and avoided. It is experiencing it along with the wounded child and allow the child to experience the wounding, the trauma, the feelings. It is then the energy attached to the feelings, the trauma, the episode will move through you and be released. This part of our teachings We have been coming to you with for many years, many millenniums.

We ask you now, are you practicing this?

By practicing this you will move through these episodes in life more quickly by allowing yourself to immerse into the experience of it. Your life is simply a series of experiences. Are you allowing yourself to experience what is transpiring in your life? Or are you distracted by your doing?

If you are fully moving into the beingness of who you are you will allow yourself to experience yourself in the experience. As you move into the full beingness of who you are, you will allow yourself to experience you in the experience of life. Meaning, what is transpiring outside of you in the third dimensional realm as you walk through the outer world each and every day, you are faced with experiences. You experience what transpires there but you can also experience you, your reactions, responses, your feelings. This is what is transpiring in my life, I am experiencing the experience but I am also experiencing me in that experience. How am I feeling? What am I feeling? What is transpiring? What is triggered? All this based upon the experience of what is transpiring outside of you as you walk through on the pathway in your third dimensional realm.

As you move into your month of March We ask you to raise your awareness and consciousness to this in the full beingness of yourself. Are you experiencing you in the experiences that you are having in your life? Are you allowing yourself to be present by experiencing the experience? By being in the experience. By opening your heart space to give and receive love with another and being in that experience. When someone says something to you, quite possibly praising you; you are wonderful, you are a giving, honest, valued, important individual, what is that experience for you? Are you allowing your heart to open and receive that and experience it? Or does your wounding come up and deflect it? Be aware and conscious of this as well for this an experience in and of itself.

As you move through your month of March, We ask you to open your heart space and begin to experience you in the experience of life. That is in the full beingness of yourself. That is moving into your heart space and living from that space in your life. It is when you are in your mental body and thinking about what you need to do next or the wounding surfaces and the old conditioning and programming comes into your mental body and you are trying to understand the concepts and the experience and say, how can I understand this? Why is this happening? What is happening? Those questions will be answered if you allow yourself to experience it. Being in the moment of now as an experience surfaces in your life. Allowing yourself to be in that experience. By allowing yourself to be in the experience, you allow yourself to feel and experience your feelings. You allow yourself to feel and experience the joy from an experience.

Many are having a challenge experiencing joy in their life. Experience the high vibration of life. What they were taught and learned is not that. They were taught to survive life, endure life and when moments of joy would come into their life they were taught otherwise. So, now you can quite possibly experience joy in your life and allow that experience to engulf you. Or, are you repressing and suppressing joy in your life? Are you allowing yourself to experience those feelings of joy? The high vibrational resonance of joy. Or, does your wounding surface, programming seeps in and you move into your mental body hearing the messages from mom and dad about joylessness?

Now as you move into your month of March, We ask you to begin to experience yourself in the experience of life.