

I AM the Vital Health of My Divinity

Dearly Beloved

From me to thee my gratitude that you allow us to identify the message and to clearly bring it to you as representative of all those others who will hear these words, see these words and with enthusiasm take action on empowering the physical vessel in order to give honour to the Divine. I say and I identify that the body – the physical vessel that so many individuals devalue or tend to look at the Spirit within and do not give respect or regard or gratitude to the vessel that holds that Spirit for a time – and we say to you that as you give respect to, pay attention to and appreciate the form and shape and colour and dynamic of the physical form that holds water for you or holds some other energy, in similar manner this is what is being asked of the physical body.

When you agree to incarnate on the physical plane, each individual creates for himself, for herself the perfect vehicle to be part of the accomplishment of the patterns and the lessons of the life that is being experienced at this time. In this realm of the world, it is not possible to incarnate without a physical vessel. It is like expecting the water that nourishes the flowers you have on your table to stand in and of itself with no vessel in which to contain it.

We say to you that, yes, Spirit is important;

Yes, Spirit is the activating force;

yes, Spirit is that part that determines the direction that sets in motion the cause and the physical vessel responds to – positively or negatively, supportively or dissolvingly – all of those thought patterns but if it were not for the physical vessel, the Soul and the Spirit animating that body would not have the influence it does, would not be able to receive the energy that it can and would not have the opportunity to learn the lessons.

Therefore, we say as well that when Spirit incarnates in a body as water incarnates into a beautiful vessel, it takes on some of those qualities. Pouring clear water into a vessel that is translucent and of a beautiful shade of blue brings with it a different vibration than one that is metallic and shines forth with a glistening gleam of silver, for example. And, therefore, the physical vessel is part and parcel of the life experience.

Many, many individuals give honour to the Spirit and ignore the physical. We would say to you that those circumstances that are wise in the understanding of physical body have information to share with the consciousness that resides in the body, for very often the personality and the ego-mind that are created to facilitate interaction with others does not always pay attention to what is happening.

We say as well, there is a societal agreement, there is a tendency to bring patterns into form and leave them as solid and we say to you that although the body has a form, has

a shape, nonetheless, it is not that solid. It is changeable. Indeed, if you were to examine on a sub-microscopic level, you would be aware that there are vast, vast spaces within the cells of the body, between the cells of the body and that therefore, this that appears so dense is by no means dense at all.

It is vital; it is alive; it is exuberant; it moves with enthusiasm. Each part and parcel of the body has a role and not only has a role physically but is attached to a non-physical thought form or pattern or intention and that intention drives the experience that shows up in the physical body. The physical body evolves.

The physical body re-creates itself and different parts of the body re-create themselves at different rates. We say to you that those experiences wherein 15 and 20 years ago we would have said to you, the physical body is re-created in 15 months, now we are saying – and indeed, it is true: your idea that the world is speeding up is an accurate one – for now the physical body completely recreates itself in less than one year.

Therefore, there is hope!

The patterns that have been in place do not have to be carried into the future; do not have to be manifested in the present. And so that is given to you to encourage you, to allow you to understand that what has been in the past is not a requirement of the present and need not exist at all in the future.

For example, that which is the seat of anger in the body completely re-creates itself in six weeks and, therefore, any anger that you have had that is older than six weeks occurs and remains with you because you have brought it forward. Our recommendation is that you experience it; allow yourself the understanding of the lesson of it and let it go – in order that you can heal this space – for the liver is the single vessel, the single organ that is able to re-grow itself from the most traumatic damage. It is the single vessel that having been cut, can re-build itself – no other can do it to the same degree. It is saying that you can recover from your anger: you can re-evolve; you can re-manifest the energy of the liver.

The part of the body where you greet the environment, where you greet other people in touch, where you feel the wind on your skin – this is re-created on a monthly basis. All the skin cells slough off and they are gone. They are re-created anew in the span of a month and, therefore, the scar that you have had for 20 years is a pattern that you have also held for 20 years.

What occurred at the moment that that scar was caused?

What was the internal circumstance that showed up in this outer form manifestation and what is it saying to you when you go back and understand the circumstances and forgive yourself and love yourself, that it is no longer necessary to have this symbol, this reminder, that says to you,

'Look at me, see me, feel me, touch me, heal me that I might be gone from your experience so that you might focus your attention on that which has relevance for the here and now.'

Dear and Wonderful Ones, the physical body and the second chakra energy that we deal with here is, indeed, about being enthusiastic. We have dealt with passion and passion begins the creative process but when creativity shows up on the physical plane it shows up because you have the enthusiasm to take that originating base chakra concept and work with it and make it manifest. You need enthusiasm; you need excitement; you need outward moving energy in order to accomplish this.

It is of great joy; it is very much appreciating all that interacts with the physical body for this is where the sensation of physicality and the awareness of environment are very powerfully put in place. This is about sexuality and this is about sensuality and those vibrations are gifted to mankind not for procreation alone by any means. The higher purpose behind these manifestations is to assist you in being fully in the physical experience, in knowing, in understanding, in blending with and forming part of ... the Planet, the Nature, other individuals. To know that what you feel in your heart and in your physicality is experienced by all others around you.

This is where you come to know and understand that my physical experiences are no different than the individual in Africa and the individual experiencing the tsunami experience and the individual across the street with whom I have had arguing words. They are who you are; they breathe as richly or as shallowly of life as you have the choice to do. They experience the feelings of the physical body and they withdraw from it or they expand it and they accept even as you do. When you give honour to the temple that is your body, this is your church, this is your physical form representation of the interest the Divine has in you – of the gift the Divine has given you of time here to understand, to grow, to forgive, to manifest, to love and all of these occur because you have enthusiasm for what is occurring, because you are excited about being here.

It is all a choice. Are you going to go through your life in a state of blasé indifference? – Seeing nothing but gray? Or are you going to know and accept and allow the radiant orange colour of the rising sun? – To bathe your life with a beautiful glow. To know that as you honour the rising of the Sun with-out you so the rising of the sun-light energy with-in you sets the tone and establishes the theme energy with which you work for this day, for this week, for this lifetime.

At any moment, you can make a choice in a different direction. The body, my Friends, is a magic plastic substance and it can be moulded at will.

It takes very little in that linear understanding called Time to change the physical body when you understand and when you are in connection with the Spirit that animates the body. You have seen and you have heard and you are aware of those individuals who go through very intense emotional experience and overnight it seems the black hair has turned to white. Indeed, in every other physical manifestation, Time needs to be of no

*greater relevance than that. Therefore, whatever you would choose to change about the physical body can be changed and healed and set in motion in a new, brighter, more positive direction almost instantaneously. And we say almost because when you go to that place where you are connected to the Divine, when you go to that inner Source and you **know there** that that which was out of balance has been brought into alignment, loved, cherished and healed – when you know that it is healed within, it is only your consciousness that determines if there must be a length of time for the healing to manifest without.*

This is the condition under which miraculous healings occur. The individual in accepting – in saying to the Divine:

‘All that I can be, allow me to be. All that I can do for You set in motion within me. All that I am is You manifest through me. Allow me to be Your Gift as I accept Your Gift into my life.’

And at that moment – at that level of acceptance; at that level of love for the self and every part and particle of the environment that you touch – that is when healing occurs; that is when miracles occur.

Individuals who step into their self-empowerment; individuals who choose on a daily and regular basis to walk the higher path, to spend a moment or two at the start of their day –

Perhaps in a manner similar to Robert Frost who as he made his bed in the morning, made his choice as to how he was going to make his day –

Spending time in the beginning of your day to establish within you that choice as to how your day will be created, how it will manifest: this is moving into empowerment. This is moving in through the vessel of the body to create all the physical results.

As each of you makes that choice that you will work for a brighter purpose, that you will work for a more beneficial result, all of this comes from honouring and valuing the body and the body’s abilities and the body’s capabilities.

*We say as well that through the Practice of Gratitude for your presence here and **the Power and the Presence** within, you are able to co-create, you are able to be a participant, an equal partner in all that you see and if you do not like what you see, rather than dis-honouring what has occurred at that point,*

What is recommended,

What is required,

What is to be set in motion is a separation:

‘That is what I have done in the past. I separate myself from that. I choose to no longer be that individual; I choose to empower myself to be this better, brighter, more enthusiastic, more loving, more joyous, more excited, more clear, more fulfilled, more health-full individual.’

And so it is that cutting of the line that allows you to re-create from an originating pattern, a pattern that was given to you when you came into this life. Rather than pulling the weakened pattern from your immediate past into the re-creation of the body, it is going back to the Divine and saying, 'I forgot this part of my blueprint; fill me with that knowledge of Who You Are.'

*Let us have revolution here and revolution is the re-evolution of your circumstance. You re-evolve the physical form for as you allow the physical form to accept more, to be more, to shine more so too do you empower the **Spirit Within** you to work by, for and through you in a more empowered, more excited, more respect-filled, more loving manner.*

If you were to identify for yourself, going back to the vessel, the vase that contains waters decorated with the bright and sparkling energy of the flowers that you put in it and if, over time, the vessel is never cleaned but only more and more is put in it, then that bright beautiful healing blueness of it becomes grayer, becomes darker, becomes less able to transmit the light of the Divine within it – that life force essence is slowed down and is less clear. When you empower yourself, when you respect your body, when you cleanse it within and without, then the radiance of the Divine shines forth in a brighter and more perfect manner.

If you say, 'I love who I am, exactly as I am,' that is a marvellous choice because it is from that foundation that your options open up.

You can say, 'I like this grime right here – I'm not changing anything,' that is your choice. And if you find that over time, there is a diminishment of the vitality and the ability to express in a bright and positive way, then that is the result of your choice.

And if you say,

'This body serves me so beautifully; I would like to enhance that service,'

And, therefore, you go through the understandings that you have that which allows you to know that this behaviour can produce this positive result.

What we are saying to you is that your choice for manifesting the physical body as a temple of beauty, as a tool for dynamically being involved with all the energies of life, does not have to be step-by-step-by-step. You set, first of all, your intention: how do you wish yourself to be? And keeping your mind and your thoughts and your vision on that intention, do not worry about how you are going to get there. How is not up to you; how is the part that the Master Creator looks after.

As a co-creator, you sit there and you say, 'This is what I choose; there's my vision and I have another vision over here.'

The Divine says, "So be it. Which one are you focussing on most? Which one are you giving energy to most, because that will tell me which one you want to go for first."

*And if you allow society's thoughts to enter at an unconscious level and say to you, 'at your age, this occurs' or 'with this genetic history, you can expect...' and if you do not say, 'My vision for me is **this** and that's where I'm going.' If instead you say, 'Oh, OK I'll try to co-operate, society, yes, I'll ...'*

It is your body and it is your body because God gave it to you.

If you choose not to pay attention to it, not to even discuss, not to even make yourself available to knowing that individuals of thus-and-so age experience thus-and-so circumstance, then you do not have to go there. Your vision is to be younger than your mother was at the same age. Your vision is to be excited about life because life feels so good in the physical body. If you choose to be sensual and sexual and enjoy all the fruits of being in the physical realm, then we applaud that. You did not manifest here to skip over the lessons of Here. You did not manifest here not to be involved and involvement means feeling it, hearing it, seeing it, touching it, tasting it, smelling it – ummmm.

Taking it all in and knowing that every sensation is a blessing!

And some of those sensations will say to you, 'This is not enough fun. I am not going to do that again,' but you have again received your choice:

'I tried it; it was – interesting. Now I want to try this one; now I want to move on. Now I want more richness, more experience, more understanding that this body that I cherish, this body that is a gift to me, I will use in the finest and most complete way possible.'

There is, from time to time, circulated over the Internet a story that highly recommends that

*Rather than always sanitizing the self,
Rather than walking carefully through your life,
rather than holding your energy in and being absolutely focussed on the proper diet and the proper amount of exercise and the proper understanding for the body and the proper interaction with others and always washing your hands after touching money...*

This enthusiastic piece says:

'Go out into thunderstorms and stomp through the puddles, because it supercharges your energy and it feels really good and if you have to take a child with you to do it, then that's OK. Go and experience your life! Dig in the mud and not worry if there is dirt under your fingernails. Share a drink with a friend – you are connected enough and one enough that unless your concept says, "Ooh, germs! I'm going to get sick!" you don't have to get sick – it is a choice that you have made. And at the end of life – this piece tells you – you should come sliding in to the last moment of your life saying "Whoo-hoo! What a ride!"

And this, Wonderful Ones, is the energy that we would share with you. This honours the body that you have been given –

To experience in depth all that can be and

To choose pleasure,

To choose joy,

To choose fulfillment,

To choose to know that anything that you can ingest is perfect for you at that time and to know that anything that comes into the realm of the physical body is good for you provided you have decided that it is so.

You can only be overweight or underweight if you do not like engaging with food. If you are distracted or otherwise distanced or in disharmony with food, therefore, if you say, 'Food is a problem for me,' then you will have the problem. But if you say, 'Everything I eat nurtures and nourishes me,' and you bless your food, then, indeed, that is what your result will be. That, Dear Hearts, is what we encourage you to do for encouragement in all that you might experience in the physical realm resides in this energy as well.

So be excited and be enthusiastic and be encouraged to taste the whole banquet – indeed!

As you supercharge your energy, you uplift the vessel and make it more beautiful. Everything that radiates from Spirit through your vessel that is you is also more beautiful. This is the second stage of being in the physical realm and all else rests on it, for if there is not health, then it matters not what else you create in your life, life is diminished on this plane.

Michael the Archangel

This message was channelled from Archangel Michael through the Channel, Michel Green, as part of the teaching in the I AM Empowerment Series. If you are interested in further information on this class or the book based on the series, please contact Michel at veiledmoon@shaw.ca or at 780 457-6801.

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