Message from Archangel Michael, 14 January 2017.

Greetings to you beloved human beings, it is Archangel Michael talking to you.

It's a very short message I brought you to this time. Many of you are working on yourselves. Yes, it is so – even if your world doesn't reveal this to you. You, who are looking for the new opportunities, you can see through the filter of your world – the more sensitive ones can also feel what is going on in the background.

I've already talked to you about how your environment tunes in with you, how much it adjusts to what you stand for and how it „anchors" your energies. This information is important in order to understand your internal transformation, the relevance of your retuning. In this message again I intend to turn your attention to this – to the re-tuning of your energy system. There is no need of anything else, only yourselves and your attention, your conscience.

An important element in changing your life is your conscience – this is one cornerstone of your existence. During everyday life your attention is directed to many different things, that may not all serve the desired process on the right way. Sometimes you don't even think of paying attention to yourself because your physical world is the significant. This would be appropriate in an existence where only that exist what is explored by direct experience… You are more than this, and you would like to be more. This message is for you.

The balance, purity and resonance of your energy system greatly influence you biology as well as your mental processing. Continuous care and attention is needed for maintaining its existence and its highest level of efficiency. All this depends only on what you experience with conscience, what and how much attention you pay to yourself. Many of you control the outside impact, the outside stimulus – this helps partially only. If you turn your attention inwards and test your own system, you will learn to feel your own energy, then during the internal process the outside impact will be put into the background and will not be significant any more. This requires hard work, persistence and concentrated attention from you – but the course is exponential. At the beginning it will mean lots of work and seemingly little result. The experiencing of your time-line and your endurance will change this proportion and the process will start to show visible and noticeable results. As anything else in life, it can became part of your everyday life and then it requires much less attention and effort to keep an eye on the various processes – leading to the point when all this will be part of your conscience, part of your being.

The exercise is very easy and efficient. The emphasis is on doing it regularly. When you finish your day and you prepare for the cleaning of your physical system, your biology, when you take your clothes off. With the same move consciously take off that entire energy layer that didn't support you during your daily experience. Visualize how the energy is taken off, like your cloths, removing all that could overshadow your true-self, your internal world from you. Under the flow of the water (i.e. shower – the translator's note) continue the process and see how flows away all that energy that can cause unrest, tension, irritation, tiredness easily in your emotional system.

Let the beneficial effect of the water support your internal balance too. Many people use their thoughts during their cleaning. I ask you that you rather turn your attention inwards, work on your balance that your energies smooth out like the surface of a calm lake. Through this you can find tranquillity peace, joy that result in gratitude and acceptance.

From the aspect of your future, internal peace and tranquillity are crucial. The exercise is easy, still very efficient. As you change, your environment will pick up the resonance, the energy of your being. This is really an exponential „self-improving" and „self-generating" process.

Archangel Michael talked to you, the keeper and master of humanity's energy, in your service.