

*Messages
From
Mikael*

Sheila Kennedy

The bottom of the book cover features several horizontal, wavy lines in a light cream or gold color, creating a sense of movement and depth against the solid blue background.

Introduction

It is with pleasure that I once again connect with you for our journey has indeed been long and of much depth of feeling and emotion also

I understand well the connection of thy self and the beloved Mikael for there is much there of joy and wisdom between thyself.

There comes a time in the life of each individual that choices and decisions do be made and as in the journey along with myself the path ye chose took you in a direction of exploration and fulfilment.

It is the decision now that thee have made to release to the world the writings which thee deem The Archangel Messages that I would ask that ye hold the pen and scribe the words of others of the Archangelic realms that all may contribute to the knowledge and wisdom which thee will impart.

This may indeed be a series as ye would deem of writings rather than just the one which ye have held into your mind as ye call the reservoir from which you believe come your thoughts.

It is with thanks and gratitude that I speak with you this day and I await the time for our communication to be brought to the fore of the consciousness of humanity and beyond

Elohim Shalom Pax

Gabriel



A message from Sheila

One of the greatest gifts of my life has been my 'up close and personal' connection with an amazing being of love and light who I had always identified as Michael from being a very small girl in the 1950's until 1999, when I was given specific information that the name was indeed "Mikael" and he who was generally identified by humanity as the "Archangel Michael". However, Mikael has NOT at any stage ever indicated that he is "The Archangel Michael" and makes this point very clear

My "Mikael" writings are many and varied, both poetry and prose they span a number of years, and are without a doubt beautiful, uplifting and profound.

As an inveterate 'scribbler' I gain great satisfaction for writing, however never more than when I take up a pen to transcribe the beautiful words of my dear friend and mentor Mikael.

These words literally flow from the pen, a constant stream without a break, and are completed in minutes. It is only after I have laid down the pen and that I read what I have written that I have any idea of the substance of what the message contains. In most instances I will simply be given the title and write from there, or simply feel the need to pick up a pen.

Some of the 'quite different' poems in this book have come in a block with the first 6 of this series arriving one after the other one Sunday in 2008 . I had originally intended to use just these poems as a series on their own, however there were others which clamoured to be included also in this book.

I hope that you will enjoy Words of Wisdom from Mikael as much as I have enjoyed being a part of them.

Please note that the more you read them over a period of time the more you will gain from them.

Peace Love and Light

Sheila



Foreword

Sheila Kennedy is an inspiration, a teacher and a friend. It is a blessing to know Sheila, to follow her high guidance and to read her books and personal writings.

As a spiritual healer I have met many guides and masters on my own personal journey. It is my life dream to heal all my issues and to become the best I can be. I met Sheila while on this search and she has completely transformed my "soul wounds" and helped me to manifest my deepest dreams. I am forever grateful.

This current book is what I would call- a frequency injection. While reading the words it is as if an angel came out of the sky, touched your heart and put a spark of bliss in the center. Reading Sheila's work is an experience of light and wonderful peace.

Thank you Sheila for holding a quantum light for all of us to strive to reach. The world is lucky to have you, as you travelled far from a distant star to be with us. Thank you for sacrificing everything to help others.

I am blessed like the rest.

Audrey Hope
Spiritual Intuitive
Creator of REAL WOMEN TV
Creator of THE HIGH VOLTAGE HOPE SYSTEM
hopesvoice@aol.com

When Sheila told me that she planned to release a selection of the Mikael 'downloads' or 'channellings' into a book - I was thrilled.

Mikael has sent many, many messages to Sheila over the years and there is always something for everyone in every single message.

For myself, when we were putting the original SFS website together nearly 5 years ago - I suggested 'tongue in cheek' - that some 'promotional messages' would be nice to have and accordingly and surprisingly Mikael obliged and downloaded 18 beautiful messages to be released on our you tube channel.

These messages were and are simply wonderful, each one is gentle, warm, embracing and comforting - as are all of the Mikael writings.


I am so pleased that some of the messages thus far - have been put into this booklet.

It contains worth beyond measure.

Cheers,

Susan

(The 'other' half of SFS)



Love Words

It is with love that I speak with you today... and I speak of love to you...

The love of the creator... the divine source of all...

The love of a mother to a child...

The love of a family to one another...

The love of those souls who come together from aeons past...

The love of those who give of themselves so willingly...

The love of those who know not better and need to take... for in taking we are surely allowing others to give...

And the love of those who come with special purpose...who give willingly of the self with not thought of gain or recognition just to give...

The love of the Angelic realms who seek not to judge...merely to render that which thee would deem assistance...

The love of the Universes for there is much here which be not understood...

The love of the self... for are thee not beautiful and worthy of such love...

The love of the planets which we individually call our homes... we are indeed blessed...

The love of those who have gone before us that we might grow from their experiences...

And my love for you... child of the divine...woman of purpose...blessed in the eyes of the lords almighty...that which thee may deem God, Allah, Budda, Mohammed, Krishna, Christ,... and many other name such as may resonate on the soul and the ears of thyself...

Know that thee are truly blessed and truly loved...

Elohim Shalom Pax

Mikael



Compassion Words

It is with compassion that I speak with you today... and I speak of compassion to you...

The compassion for one who is hurting...

The compassion for one who is grieving...

The compassion for the one who feels themselves lost...

The compassion for one who feels unloved...

The compassion for one who has loved and then lost...

The compassion for the parent who has lost the child...

The compassion for those who grieve for souls taken in war and tempest...

The compassion for those who know not a home and a family...

The compassion for those who feel alone in their time of need...

I would ask that ye each have compassion... Compassion for the self, and for one another...

For in compassion there is love... there is grace... and there do also be humility...

For do not the Lords of Karma as ye deem them advise... that as ye sow so shall ye reap

Be compassionate towards those who are in need... to those who would suffer in silence... and to thine self...

For truly my child thee do be well worthy of compassion and of the unconditional love which is its foundation and its rock...

Step ye forth and walk in compassion for the world... for humanity...and for the love of the creator...for thee are much blessed

Elohim Shalom Pax

Mikael



Humility Words

It is with humility that I speak with you today... and I speak of humility to you...

For is not humility that which thee deem as being humble...

Yet is it the person or the deed which comes from humility...

Is humility a part of the self... or the cloak one wears in time of challenge...

And yet in humility be not submissive...

Remember that thee too are a child of the divine...

And as such, of great value, and great worth...

Disregard not the needs of the self in being that which ye see as humble...

For truly thy are worthy as any other in the universe...

Stand tall and proud, hold thy humility within where it may serve thee well...

Walk amongst thy people...and be at one with all...

For are you not each divine in the eyes of the creator of all beings, large and small...

Each of importance in their own way...

May the blessings of the universes sustain you now and always

Elohim Shalom Pax

Mikael



Respect words

It is with respect that I speak with you today... and of respect I speak to you...

Respect is word which thee deem for a term of reverence...

For does not one pay ones respects to the memory of thy brother or sister, he or she as ye deem, who has 'passed over'...

It is an honour of a memory... and only that for the departed soul as ye deem be not gone...yet merely moved on...

Where does one then place respect of the self... does one need to have become the dearly departed to be accorded such respect...

There is the respect of ones parents and elders... due from that of the child...

The respect of ones peers as ye deem of higher position or place of power...

And also the respect of those who art placed in control of thee...

Does their position make thee lesser and they more...

Respect comes from within, and thee needs must to honour that of thine self, as well as showing or giving that respect to another...

For in the honouring and respect of the self does not one move forward in grace and light...

So award thyself such honour for it truly is well deserved

Elohim Shalom Pax

Mikael



Gratitude words

It is with gratitude that I speak with you today... and of gratitude that I wish to speak to you...

For gratitude is that of thanks... and of the awareness of that which has been received...

I come in gratitude to you this day that my words and their meaning are plain to you...

And that of thy consciousness, has the awareness of my thoughts as they are expressed to you...

For in gratitude we acknowledge that of another... a word... a thought ... a deed...

The gift of receiving doth surely bring with it a gratitude to the giver...

And so in giving we also receive... often that which is unexpected or even unknown...

Close not thy mouth and swallow the words which there do be... for in expressing gratitude you also acknowledge thee...

Are thee not worthy also too... of gratitude expressed to you...

For is not each soul be it humble or strong... still yet a part of the heavenly throng...

Do not the sounds of voices clear...sing praises many, unheard by ear...

So listen well as through your day...others send kind thoughts your way...

For gratitude and love and care...are all around you in the air...

For blessed soul thy then do be... and much gratitude comes from me to thee...

Write on my child is much to say...as I send love to all through you this day...

Elohim Shalom Pax

Mikael



Pride words

It is with pride that I speak with you today... and of pride that I wish to speak of to you...

For it is proud I am of this special soul...who takes these thoughts yet not her own...

And puts them for the world to see... connecting then these souls to me...

Yet is not pride as has long been told...a sin that then we should never hold...

Is proud then something you should not be...

Yet proud of you, I am you see...

Proud of your achievements large and small... some long unknown, others hung on wall...

And yet more proud of whom you be... more than of a paper for others to see...

If pride in self goes out the door...does this soul then suffer ever more...

Or is there within a special part... of mind or memory, brain or heart...

A place of wonder, place untold...where pride and courage they are bold...

So ask yourself each child of light...where is my pride, do I show it right...

Elohim Shalom Pax

Mikael



Forgiveness Words

It is with forgiveness that I speak with you today ...and I speak of forgiveness to you...

And yet is it that I would need to forgive...

For to forgive, says that there is some thing to be forgiven...

A word... a deedor perhaps a thought...

And yet what in the infinite beauty which is you could need to be forgiven...

Is then forgiveness used as a tool... a way of control....

Or is it that of caring one for the other...

And that in forgiving there is love and there is joy...

Blessings and harmony...

Love and laughter...

Yet in the need to be forgiven there be there that of unworthiness...

Of a lack of sense of that which thee deem self...

Be thou too hard on thyself or on another...

Do thou reject that which is offered in the name of forgiveness...

Is it that thee see honour in thy own suffering...

For truly thee are a child of the universe...

At one with the earth and the sky...

Thee are as blessed as the birds that sing...

The flower which blooms...

The miracle which is birth...

And the love of the creator...

For in forgiving thyself thee may also forgive thy brother...



For in forgiving thyself thee may also forgive thy sister...

And in forgiving thy neighbour thee surely will bring about peace in the world...

Elohim Shalom Pax

Mikael



Happiness Words

It is with happiness that I speak to you today.. and of happiness that I speak to you

For happiness is surely a joyous space to be... I can be happy and so can thee

What makes you happy...even joyous within...

Is it flowers and sunshine

Watching the rain...

Children playing...

Or laughter again...

Maybe the perfume of your favourite flower...

Or curled up with a good book for many an hour...

Good friends and true...

Or not feeling blue...

The list can be endless yet we have a choice for surely then happiness comes from an inner voice

A voice yet so gentle but ever so true that whispers be happy from me then to you

Be happy each day as you greet the dawn and happy each night as the stars they are born

For happiness children it comes from within so listen then quietly for it to begin

For if you are not listening it may just pass you by then I am unhappy I may hear you cry

So savour the moments that I share with you be happy and joyous it's the right thing to do

Blessings Beloved

Elohim Shalom Pax

Mikael



Alone words

It is the intention of I alone which speaks to you this day... and I speak to you of being alone...

What is this awareness that is called alone...

Is it indeed that you are a lone individual...

Or even that you may feel that of alone...

Even though thee be in a crowded room...

Or is it yet that thee feel that of aloneness...

A speck in the universe of life...

Doest thou feel that all has left you alone...

Or even yet that thee are deserving of being alone...

Does alone become a self punishment for thee...

Is it a sense of being apart...

Yet verily do I tell you that thee are never alone...

For I am always with you...

For are you not a child of the universe...

Loved as no other...

Blessed and cherished...

At one with the heavenly realms from which thee came...

And yet in being alone there do be a richness of time, a period for that of contemplation, a sense of honouring of the self. Enjoy these times away from the clamour of the world around you, an island in the sea of sounds, a tranquil moment which thee do truly deserve.

Know that thee are truly blessed and truly loved and that the choirs of angels as ye would deem sing your praises into the stillness of that which thee deem alone...

Elohim Shalom Pax

Mikael



Joy Words

It is with joy that I speak with you today ... and of joy that I speak to you

For joy it is a special sense of communication with the self...

And also with that which thee deem life and others...

For many are the ways in which to feel that of joy...

The joy of being alive, a soul or a spirit experiencing a human emotion

The joy of the sunrise ...or the sunset...

The joy of the special souls in ones life...husband wife child parent lover friend...

The joy of giving and yet of receiving...for in giving we also receive...

Let us forget not the joy of the parent whose child thought lost... and returns to the love of the family...

And the joy of caring and sharing...of love compassion hugs and laughter...

Of friendship and family...

Nature and the universe...

And the joy of being connected to every living soul...

For are we not all one under the wing of the divine creator that which be known by many names in many tongues. Yet it is the collectiveness of love and joy which binds us all together as children of the divine source one to another for all of that which thee deem eternity

And my joy in connecting with you child of light soul from source joyous and blessed
as thee do be in mine eyes
Know that thee are much loved

Elohim Shalom Pax

Mikael



Prayer Words

It is with a prayer that I speak to you today and of prayer I speak to you

For prayer it is a sacred level of communication

We pray to a source we deem higher than ourselves

We ask for guidance in the tasks of our daily lives

There is honour in acknowledging that of a higher source

And honour in the being open to receive the messages in return

In prayer there do be a two way connection between thee and thine

A communication of soul to soul in a blessed state

An understanding and a love one to the other

There is a handing over of the concerns and worries of the day

And a trust that these issues will be taken care of

Yet is prayer understood or is it done with that of habit and need for truly prayer is your communication with the divine source of all that which thee may deem god allah budda mohammed and as such is as unique and special as the stars in the sky the smile of a child and you yourself child of the divine blessed in the eyes of the almighty for are thee not truly loved and truly blessed

My prayer for you this day is that thee may experience all that thee wish and hope for and that thy prayers be answered

Elohim Shalom Pax

Mikael



Thanks Words

It is thanks I give to you today and of thanks I speak to you...

What is that of thanks..... is it indeed a word of man..... or yet a word of God.....

Did not the angels, written of in times gone past..... give thanks.....and also that of man.....or wo...man as ye say

Is thanks a praise for that which is received..... Or has the meaning long gone in the use of the term

Is thank you..... the same as being thank full..... or full of thanks..... or is it merely as ye would describe a polite terminology which is accepted by the masses.....

And yet I give thanks to you this day..... child of the divine.....blessed by the lords and legions of the light..... for truly ye are worthy of such thanks..... and of the unconditional blessings which accompany themand as a child of the divine ye should accept these thanks gratefully given and allow them to cloak your shoulders in the love and the warmth of the creator for you truly are much blessed.....

It is thankfull I am and full of thanks that ye are that which ye are.....beloved and blessed

Elohim Shalom Pax

Mikael



Angels

It is of angels I speak of you today... and of angels I speak to you...

Much is written of that of Angels... beings we are told of light and love...

Yet truly there do be many an angelic being of warlike countenance and demeanour...

For do not the angelic throng guard that which thee would deem the seat of heaven...

Verily with their life if required...

And do not angels adorn many of the scripts of ancient battles such as do be told...

Indeed are not those with which ye are familiar likely to be carrying that of a sword or some such tool to defend that for which they are deemed responsible...

And yet ye make them pretty and of faerie hue...

To adorn that of the tree of Christmas rather than to hold the gates of heaven...

Are there not many whom do walk in they midst... yet unrecognised in human garb and form

Treat all with respect and honour... for thy know not when thee might be speaking to that of an angel in thy midst...

Elohim Shalom Pax

Mikael



Confusion

It is about confusion I speak with you today... and the reasons for that which thee deem confusion...

For what is confusion... is it that there is that of being confused in your life...

Is it that your thoughts are in disarray...

Or that thee are not aware of that which could be clear to you...

Yet again that which ye may well deem a feeling of being overwhelmed...

And yay even of not knowing of that which thee want or desire...

For are the choices for you to make of many options...

Will I do this or will I do that...

Should I go here or should I go there...

Will this suit me or indeed will it not...

Should I make this decision... or yet this one...

Such are the reasons for that which thee deem confusion... verily I say unto you to release those things which serve thee not... simplify that of life and choice...for in the being of many choices there then becomes that of this or that... should I or shouldn't I... will I or wont I... do I wish or do I not for that which I once held so dear and yet which now is of little importance to me...

Allow for that which thee deem clarity and discernment in thy life and the state of that which thee deem confusion will surely lessen...

For truly to be a child of the universe at one with the birds and the trees is preferable to that of disorder and disarray in the life and the mind of such as thee.

Go within beloved and question is it this which I am... or is there a part of me yet unseen which craves order and clarity...

Listen well to thy answer... and know that thee are truly blessed

Elohim Shalom Pax

Michael



Protection

It is with protection that I speak with you today.... and of protection that I speak to you

For what is that which thee deem protection.....

Is it the garments thee wear against the heat of the sun.....

Or that of the chill of the night.....

Is it that for which thee send prayers to our heavenly father for protection against the fear of that same night.....

Or is it yet indeed to protect those same things of an earthly nature which thee deem precious to you

Yay I say to you these are the things of the flesh made man and are of little importance in the majesty of that which surrounds thee

For indeed are you not a child of the universe blessed and beloved as no other

Honoured and appreciated

Blessed with the wisdom and the strength of the ages

At one with the divine source of all that which is deemed allah, budda, christ, mohammed, krishna and many more are the names by which prayer and supplication do be sent forth

Know then beloved that which thee deem protection is rightfully yours whether thee ask or request for it or nay

As also is the choice to refute or negate such love and protection by the choice of the individual hu-man should they feel it required or not of worth to them on their as you would say individual journey such as may be known or understood

For indeed my child that which thee deem protection is available to all merely in the acceptance and acknowledgement that it is so

Thee need not while away thy hours in supplication and that of ritual to create an illusion of a state of beingness

Simply be at one with all things

Elohim Shalom Pax

Mikael



Grief and Loss

Why do they call it grief and loss?
Is there a difference in grieving and a loss
Or in a loss and a sense of grieving?


For what is grief, a sadness, yet with a depth that few may understand
For the levels of grief are many fold, and of much variance of depth
Depending then on the impact and the resonance of such grief on the soul and on the spirit

Yet loss is none the lesser for all of it being a different word
The levels of loss can be many fold as in that of a grief
Does then the word set it part as having a difference

Does indeed the sense of loss bring its own sadness or despair
Is it an unexplained or an unrecognised grief
Or some thing more as yet unidentified or unexplained?

And in grieving a loss, does one then give to the grief that which should surely belong to that of the loss
Is then the loss at a disadvantage in being subjugated by the grief
Or even discarded or cast aside as it where?

Wherein lie the answers to these questions true
Are they inside me, or within you
Or are there answers yet at all
To questions thrown across a wall One
grieves a friend or companion true
They were part of what then makes you, You
And yet in going for a while
When they return you then may smile
But what of those who leave in pain
Was all their suffering then in vain
Or did you learn a lesson true
That they then brought to share with you
I seek and search for answers clear
To explain the loss of those most dear
And yet in grief while I remain
Do I then accentuate their pain
Or do I in loss then set them free
To once again return to thee
Answers many there may be
Yet in my loss I cannot see
And so I grieve for what was not to be.



Judgement Words

It is without judgement that I speak with you today.....and of judgement that I speak to you.....

For what is it that we speak of as judgement..... Is it the thought of the self or of another that is expressed as a judgment upon thee.....

And who has the power or the right to sit in or pass judgement upon ye.... Save for you yourself for you are indeed the keeper of your own soul and your own morality....

For even God doest not sit in judgement upon ye..... and yet is it not that the masses are led to believe of an avenging God who shall smite thee for that of thy misdoings.....

Be without judgement my child and allow those who would sit in judgement upon thee to do so without thee needing to fear that of the slings and arrows of thought deed and word for they are truly of a minor importance in the immenseness of that of which thee are truly a part.

Know that thee are truly loved and much blessed

Elohim Shalom Pax

Mikael




Children

A sacred gift given into care
Love and laughter they do share
A precious jewel
A sparkling gem
Enters our lives
How we love them

One of God's angels in human form
Is this unusual or yet the norm
This precious gift will stay a while
And into your life will bring a smile
Joy and frustration will abound
As love and laughter create blessed sound


And all too soon they are full grown
About to reap the lessons sown Did
you till the ground with care That
they may bravely walk on air Or
have they need for that of pain
That they may then new knowledge gain

Know that whatever path they take
It is their choice mistakes to make
And not reflection of the care
Or the love which surrounds them everywhere
So love them dearly as you do
And know that we also watch with you




Child

It is with pleasure child so true
That once again I speak with you
You walk your path and do so well
As love of children you do tell
For on your journey ever true
Love and light they shine from you
And are not children ever dear
To one who holds their welfare near
Each child they are a special prize
They teach us love and to be wise
They come with not a thought of gain
They do not intend to cause one pain
So love your children if you will
Move forward with them stay not still
For love and laughter do abound
In children's voices raised in sound




Joy

It is with joy my child of light
That I see you both day and night
For joy it comes from deep within
A feeling strong hold not it in
Share your joy with all around
Let there be not walls to contain sound
The sound of laughter bubbling free
Share your joy with all you see
Let it spread to all you meet
Both rich and poor mansion or street
For in true joy there is not a cost
And yet for many an emotion lost
So feel the joy my child so true
Know I share this joy with you



The Earth

A delicate jewel in a sea of blue
Of the Emerald Sapphire I speak to you
This land upon which you dwell
Takes care of you it serves you well
From aeons past it then was made
Long before the advent of man and spade
And yet with little care a thought
Man then allows it to be bought
For to the highest bidder goes
Its mountains high and deepest lows
Its treasures many there have been
As riches yet fit for a queen
Yet plundered well by greed and more
Tis no wonder then your earth be sore
So tread ye gently if ye will
On lowland plain and mountainous hill
For if not soon to treat with care
Why might not your earth become grumbling bear
And if this then passes as it may



Easter

What is this time as Easter known,
When were the seeds of the story sown?
A story indeed and long in the making
With liberties they do be taking
With the journey long began
Of he who was a son of man And
yet of God his father too Above
the heavens radiant blue
A special soul and full of grace
Love and joy shone from his face
In books many they spread God's word
Yet are these words he has never heard?
For much attributed to a man
May indeed come from another plan
For he who walked upon the earth
And to whom his mother did give birth
Was known by name as fathers son
And not by one now put upon
A tale long told and believed true
Takes this man away from you
And yet his journey continued on
He continued to travel, was not gone
With wife and child he could not fail
For this indeed was his holy grail
And not the cup so long been sought
By those who give their lives for nought
Listen well and take it in
For what is this word known as sin?
It is a word of man, not God
Place it back beneath the sod
Of earth from which it did emerge And
with the story then did merge And
know that the man as I know true As
Yesua ben Joseph walks with you

Elohim Shalom Pax

Mikael



Trust and Faith

It is with archangelic blessings and from angels everywhere

That I bid ye fare thee well my child the one who is so fair

In trust you then do know me

In faith I hold you dear

And as our journey takes us from aeon into year

A journey fraught with wonder and with times along its way

When hands and hearts then melded and words we need not say

For trust and faith they guide us with an unerring link

And our steps they walk in harmony of hearts and minds in sync

To share our wondrous journey it is a thing to do

So that others then may know me just as I know you

Elohim Shalom Pax

Mikael



About the Author

Healing facilitator, Metaphysical teacher, author poet and great-grandmother, Reverend Sheila Kennedy is a protagonist for social change: from the deep recesses of cellular memory to the vast expanses of the universe. A woman of Celtic and Spanish Gypsy ancestry, Sheila grew up in East Africa and the Australian outback. Sheila's work, like her background, is an eclectic and innovative blend of indigenous and contemporary healing modalities.

Sheila's journey into holistic healing practices began 30 years ago, traversing a range of modalities including: Vibrational Kinesiology [The Dawson Program], Reiki/Seichem, Atlantean Reiki, Spiritual/ Aura Healing, Chakra Balancing, Self Empowerment and Regression Therapies, Holographic Kinetics, Hypnosis, The Children's Learning Program and Vibrational Sound Therapy.

In 2004 Sheila co-created The Sounds from Source. 'The Sounds' are a synergistic blend of channelled information, the sound and vibration of tingshaw bells and, the power of intent. The sounds facilitate the release of cellular memory and assist in restoring the body to health and harmony. In more recent times, the sounds have evolved to facilitate planetary and universal healing. Similarly, Sheila's energy has evolved to support the healing of Mother Earth and broader expanses.

Sheila is currently completing a PhD in Metaphysics. She is the founder of The Children's Learning Program, The Sounds from Source Practitioner Programs, The Energetic Balance and Harmony Program, the Sounds from Source Academy, and Vibrational Sound programs.

