

The
Tapestry
of Life



From *Mikael*

The Tapestry of Life

Forward

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
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Some words 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. Sometimes they are for me, for someone specific or for humanity.

As an inveterate 'scribbler' I gain great satisfaction from 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, and in June 2020 the words The Tapestry of Life were followed by another beautiful message.

The Tapestry of Life is the third in the Mikael messages series following Messages from Mikael in 2011 and Words of Wisdom from Mikael in 2019.

I hope that you will enjoy the individual writings in The Tapestry of Life from Mikael as much as I have enjoyed being a part of them. There may be a message repeated from an earlier book in this version as I follow the guidance I am given as to what should be included.

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



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The Tapestry of Life

Woven threads of colours there
All around you in the aire
Some are long these threads of life
Mother father husband wife
Others then are shorter there
Those who have gone yet left a care
Within the heart and mind of you
Some to journey for to heavens view
Friends and children there may be
As threads connected then to thee
As the tapestry of your life grows
It connects you well to more than those
Who you would then as family see
It draws in threads of those who be
A part of heavens widespread sea
A sea of life and love and more
It moves and flows from shore to shore
Connecting then well thee to me
In a tapestry of a moving sea

Elohim Shalom Pax

Mikael



Kelly Oct 2005

It is with pleasure child of grace
that we see smile upon your face
Your journey child has long been set
And special souls they are well met
And as you walk our child so fine
Know that we walk along side of you
The path you walk it stretches far
So set your sights on yonder star
A star of wonder, star so bright
To one and all bring love and light
As on this journey you do walk
With souls many you will talk
You speak your truth and do it well
No need my child for magic or spell
So honour self for who you are
A beautiful bright and shining star

Elohim Shalom Pax

Mikael



Decisions Dec 2005

Beloved Mikael, I would ask for guidance as to the way I should make relevant decisions in my life, and the movement or movements that are right for my journey I ask your guidance at this time also as to situations in my life.

Beloved it is with pleasure I speak with you and there is much to be addressed at this time. There is definitely movement all around you child, and this will become even more clear as the weeks progress.

You have already received guidance as to the area that will benefit most from your earthly skills and angelic presence, and in this our beloved son is most connected to guide you in this direction.

Be aware my child that there will always be those who would prefer to see you fail, as it boosts ego of their own humanity.

As we speak, a place is being prepared for you, as you will have need of peace and solitude for the tasks which are to come.

Accept support from those who offer and who give willingly to you. Know child that you deserve and are well worthy of such support.

Learn also child that support comes in many forms and many ways and often the simple bequest hides a silver lining for you.

Reject not any idea which may prove to be of benefit to you for often it is only the tip of that you would liken to an iceberg which can be seen. Much more may lie beneath.

Know also child that you are much loved and that abundant blessing rain down upon you.

Learn acceptance as well as giving, for while you give much, you allow yourself to accept little. Believe that you are deserving and allow multitude abundance into your life.

Know child that you are much loved and much blessed.

Elohim Shalom Pax

Mikael



Trevor 2006

I would ask if there is a communication or message for the beloved being known in this incarnation as 'Trevor'

My child, it is with pleasure that once again we communicate with you, and even more so for our beloved son known to humanity as Trevor

My child/son of light it has been some time since we have been able to communicate to you through the written word and much thanks goes to the beloved child who hold the pen

Your journey my son has long been set, and the two of you are one soul well met

Your path to work with fellow man, chosen eons ago and long in plan

The separation of your souls brought sadness much and times of joy when you connected both girl and boy

This time for you has been long awaited and all of these souls held breath as bated

For children two ye may well be connected well are thee to me

And through this connection children dear you then have sight as in a seer

For on your journey ever forth time then will take you to the North for in the North is work to do and blessings many will rain on you

So forward children hand in hand serenaded by heavenly band and blessings rain both fast and clear on those of soul we hold most dear

So worry not my child of grace let this sweet child put smile on your face

For do you not deserve these blessings true for child much will be asked of both of you

And as you walk on path so true know love and light they shine on you

May the blessings of the angels and the love of the creator support you both now and always

Elohim Shalom Pax

Mikael



Sydney 2007

My child much is asked of you at this time and many are the drains on both your physical and emotional bodies.

Remember child that thee cannot put an old head on young shoulders

Yay not expect understanding where none is available due not to lack of caring or compassion for verily these are both available to you but to the lack of understanding of which thee speak which be like that of a foreign language and energetically not known.

Much may be copied and used but does not have the energy nor the purity of that which is the original and from source

It is with much haste that needs to be made complete that which thee deem the sounds, for verily they are needed to be heard on a larger stage than that you deem the world For the purity and vibration will resonate out through that which thee deem universes

Remember child that the task is not given if thee are not capable of it

Ye speak of fear and the emotions of jealousy and resentment

These my child are indeed real yet thee must realize that they are not aimed at you as the person however that which thee are perceived to be

Allow not the arrows and slings of words to penetrate that which may be seen as thy divine essence

For truly, child both thee and we know much of who and what they be

There is much of fear on many levels and the expansion of your divinity as ye step forward now as known thee must for much is yet to be done

And now my child a time to rest for much will be asked of thee both energetically and physically in the times ahead

Remember, my child thee are much blessed

Elohim Shalom Pax

Mikael



Sounds from Source for Sheila and Susan 2007

The Sounds from Source are a sacred assignment of knowledge and information most high and those who are allotted this honour are chosen with care nothing is left to chance in a matter of this magnitude and importance my child

Continue to honour as we know thee both do and will for much is there yet to unfold
The resonance of the sounds as ye deem them truly holds the frequency of all life forms and not just on this your 'earthly plane'

The resonance sweeps wide to encompass all in its path and realigns and cleanses as it may be required

It is true as ye speak that some of these sounds are not for all for their development and energetic flux are not of the levels with which to accept and utilise that of the magnitude and of the purity of that which do be created

Walk forward as ye can for the time draws nigh when there will be much need of that which thee both do know and do

Know beloveds that thee are much loved and much blessed in the eyes of the hierarchy of the combined worlds as ye would deem them that for which thee have no other name yet infinite knowledge of

We thank you child for the time to express these words and thoughts for there is much else for thee to do at this time to prepare thy message for the world

Our blessings do be with you both


Elohim Shalom Pax

Mikael



Sydney 20/11/2007

To manifest it is a must
Yet thee must develop that called trust
For trust it is acceptance too
That for which ye desire will come to you
Yet trust is often put aside, or in a box as if to hide
For expectation of that ever dear, is that it will appear ever near
In trust we hold that what will come
Will be that which we need, not want for fun
And times my children ever dear,
It manifests itself ever near
Yet in our haste to have and be
It is recognized do we see
For often children as we talk
We negate that on the path we walk
For opportunities they abound
To manifest and spread wealth around
So when you ask for it to be
Be aware ye look to see
See that which it is all around
And know that time is without sound
And yet also of mind of thee
For time has not a meaning for such as we
So patience children as you learn



You activate your skill to earn
Be open eyed and sharp of ear
For opportunity that thee may hear
Go with the feeling long within
If I do this who then will win
Will what I do pay me a dollar
Or will remain an eternal scholar
A one who studies evermore
Because opportunity was swept with floor
Or will I accept and yet believe
And yet be open to receive
The choice is yours my children dear
For much abundance is ever near
So choose thee wisely if thee will
Or then accept the tears that spill

Elohim Shalom Pax

Mikael



Dimensions 7/01/2008

Dimensions is a physical word

What is beyond dimensions? Levels of negativity and attachment need to be broken down into layers or areas

Entrapped allowed projected received condoned agreed to contracted to or for targeted and infused - is infused a genetic link to the blueprint of the soul which has been manipulated through time and space continuum?

Remember as you often say, negative souls are those who have chosen to experience negativity – eg 'There but for the grace of God go I' - and as such are honoured as a soul no matter what their leanings in this life or lives

That negativity was created at the beginning of time and gave forth to issues of jealousy spite resentment and fear

It is why we seek to attack that which we do not understand for it brings up in us fears of our own worth or lack of it

'Cling not to the things of the child' for will they not prevent thee from becoming the adult as ye deem it

Much of the work that thee will combined do will be with pure thought and intention

There will not be the need for words and rhyme or lengthy explanations which will fall upon deaf ears

Elohim Shalom Pax

Mikael



Trevor Sydney 2007

Our beloved son asketh to be given yay, receive the ability to heal as he known as 'Jesus the Christ' verily thee who thoust know as Ben Joseph

Realise that thee already have is connection to the divine for are thee not a part of the whole and as such connected on every level to the source of all

The lack of ability as ye would deem come from thy own unworthiness and lack of trust in the self as a perfect representation of the Divine source.

Many of the experiences of life will direct thee away from this knowing and onto paths which offer much in the way of learnings and knowledge

Yet in your awareness much needs to be weighed as to the levels as ye deem of power and worthiness of such learnings

Always question 'from where did this knowledge come?'

Do I already have this knowledge and does it's resonance fit well into the divine plan which is me?'

If ye need to question on any level then much care needs to be given to the answers which thee receive for many the prophet who is not recognized in his own country or time and many the prophet who preaches light yet stands firmly in that which ye deem darkness

Thy own awareness and the questions thee need to address must be of the highest levels of intuition and inner knowing as ye deem it

For it is often that which shimmers which is not true gold

As ye each be on thy own journey of experience there will be times that what has a resonance for one will have a different resonance for the other

Allow that this is thy own individual journeys and that each can only speak from their own knowledge or experience in the matter

For does not the child girl gravitate to the synthetic material with glitter and sparkle and the woman in her maturity recognizes the value and worth of the crystalline substance which ye deem a diamond or precious stone



Remember also my children that many are called not all are chosen and in being chosen there then is the level of responsibility to be considered in accepting the offered position but yai also the guidance and information which filters through with it and is verily a part of thee as ye would deem package

For in accepting the chosen position thee are not alone yet mightily guided by the hand of that which thee deem God or The Divine Creator as ye will.

Each guidance may be on different levels and each will receive that which is applicable to them at the time of such guidance

So be aware and block not the ears or other senses to the words thoughts feelings information and as ye deem, downloads as they present themselves for it is in the believing that thee already know all and do not need to be guided that the foot may step from the path into that which ye deem ego or pride

There is much to be done and I commend thee both for the courage and persistence thee have long shown

The mantle of peace weighs heavily I know my child, and yet thee carry it well

Remember many are called few are chosen

By reconnecting with our beloved son thy have become stronger and more resilient than ever before and the strength and purpose that he gives to your union is without measure

Use the foundation of thy love and commitment for one another to create solidity thee requires for that which is to come for much will be asked of thee both yai individually as well as combined.

Many will be the thorns along the way if ye allow and accept them

For was not the Christ, as ye deem him tempted by the darkness and yet not in the instance as written in that ye deem the bible?

Many will wish to infiltrate that which ye have as love and connection with false words and promises and yai flattering suggestions too



Accept not that which is not for the greater good of thy good selves and humanity for in cleaving together thee create a bond of strength and unity which knows no bounds

There is much to share with you my children yet each must be ready to hear

Be aware of thy own personal acceptance and rejections for much will be given

And now, my child, a time of rest for thee grows weary and eyes do close

My love my honour my presence hold and support thee now and always.

Mikael



25/01/2008

My children it is of utmost importance that thee concentrate on that which is to be done and from the highest of levels of consciousness

Concern thyself not with monetary values for thy work is without measure and the recompense will come in many forms both known and unknown at this time

For such as thee offer will never have been achieved before.

There truly is yet much information to be as ye deem downloaded and on many levels.

Listen carefully to that which each of ye has to say for verily then will the pieces connect together, yay, even as that which the beloved child deems pieces of a jigsaw puzzle, such as one may be

Be guided well by the inner knowing of the ages past and allow that thee each have different strengths and gifts to offer to humanity as a whole

Combined, the work that ye create together reaches new levels and awarenesses and much will not be that which is already written or passed to thee from another

Keep open the mind to new thoughts and awareness's for such are these to come that thee have not heard spoken or written by scribes in times before

Much awareness is available to thee both and the levels of understanding will expand accordingly


Allow that this indeed is a combined effort and requires much of thee both to facilitate its undertaking for those that connect with one on the higher dimensions yay may be not those that connect with the other and all joint forces will be required in this manner

For as thee are both aware in the coming together in blessed union thee do indeed become one on all levels and such separation of the selves is both unwise and foolhardy as ye would deem it

For as in that which is deemed yin and yang, ye are truly the parts of the whole

Much will be asked of thy combined and joint energies and awareness in the time to come

Cleave together strongly and allow not any undue influences to attempt to disconnect or reef asunder for it is in the blessed connection of thee both that this sacred work will come to light.



Remember my children that thee are much blessed and well loved

Allow thyself to experience such blessings on a basis of oneness with 'the all that there is the divine creator' as ye are truly are a part of such love and wisdom.

It is important that thee make time as ye deem to communicate with the divine source. For this will give thee much strength and purpose and yay cement that of the divine union of thyself

May the blessings of the universe, and the love of the creator be with thee, now and always

Elohim Shalom Pax

Mikael



Negativity 27/1/2008

Remember as you often say, negative souls are those who have chosen to experience negativity e.g. 'There but for the grace of god go I' and as such are honoured as a soul no matter what their leanings in this life and lives

That negativity was created at the beginning of time and gave forth to issues of jealousy spite resentment and fear

It is why we seek to attack that which we do not understand for it brings up in us fears of our own worth or lack of it

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of thy own personal acceptance and rejections for much will be given

And now my child, a time of rest for thee grow weary and the eyes do close

My love, my honour, my presence hold and support the now and always.

Mikael



Compassion Sydney 2008

Today my child you read the words of that of Compassion

And for the very first time you acknowledged Compassion of the self

For as you now know in honouring of the self there also needs to be that of compassion for the self for are you not also worthy of such compassion

And that of compassion gratitude humility pride love respect and honour are all due to you and verily a part of you

For you truly are a child of the universe beloved by many

Blessed by the suns and the moons

As well as the stars and planets of the universes

Walk forward my child into that which ye deem the future

Hold high that of your head and face the world with love

For in love there do also be that of humility and respect pride and love honour and compassion and yea much more that ye may not even recognise as due to thee

Know that thy journey is long ordained and that thee walk it well in the grace and harmony of love and life itself

My love and blessings to you

Elohim Shalom Pax

Mikael



Throat Chakra Sydney 24/3/2008**Vibration Energy and Sound**

In studying as a Metaphysician and Metaphysical Minister I came across a comment that elicited a response from Mikael.

The activation of the throat chakra ties into that level of the mind from whence the idea of sound comes. A great deal of emphasis is placed in Metaphysics on the idea of vibrations, energy and sound as a creating power.

A great deal of emphasis is placed in Metaphysics on the idea of vibrations, energy and sound as a creating power.

*An interesting concept and perhaps one that we can use, I have taken this from the words / notes (Metaphysical studies) it resonates not only with the throat chakra however also with the levels of the sounds and their frequencies and the innate power and force within them
(Sheila – notes to self)*

Mikael said

For surely such power and force coupled with the intention of the ages must hence dissipate that which was and yet no longer requires to be for verily such do be the power of sound and intention and especially when coupled with the vibration of purity of thought and mind as well as that of the blessed and sacred metals from which the instrument of sound do be created and in all coupled and connected with the purity of love and grace such as is seldom known in this troubled time

Listen not to the sounds and word which emanate from that which thee deem the voice of man for verily such may be tainted by the thoughts and deeds of those who would wish ill upon the race that thee deem huu-manity for such is the energies which abound at this time and may not be for the good of all concerned

Go within and listen to the inner voice as it guides and speaks with thee in sound and word that thee remember well for such is the purity of that which thee will be called upon to create in time as it draws ever nigh

For verily my child as thee listen well then much will be given to thee that will be of immense importance and bring clarity to that which thee do seek for do not the thoughts and words and yai even deeds upon which thee dwell in the deepest hour of that which thee deem night and is merely the cessation of that which ye deem day and a time for many to rest and rejuvenate the physicality of the being such as it be for not the strength of mind and purpose as thee have and have long remembered from aeons past

Dwell not on that which cannot be helped for there is much for thee to undertake in the days and yai even as ye deem years to come for thy strength and thy conviction will hold firm under the onslaught of much which would crush a lesser being accept that which thee deem support from those who would willingly show and give it for such are the gifts as thee may be sure will come your way

Remember beloved that non is asked of which thee are not able and the rod and the staff of the ancient tales support thee now and always yai as they have in days gone by and will again in days to come to pass

The tiredness which comes upon thee is well deserved my child for thee do much which do be unseen by human eye as ye would speak and identify allow that which thee need to achieve will be so and with honour and blessings to rain down upon thee for are thee not much blessed

So rest now my child for is the morrow not that which thee would deem another day

Elohim Shalom Pax

Mikael



Solutions 27/01/2008

Solutions child they are a must

For thee both to develop your pure trust

For the blessed son is still yet a child

Remember to speak with tone which is mild

The passions child that come to nest, we know sit square within your breast

And yet remember child so true for eons past we have walked with you

And knowledge deep such as you are aware, is all around you in the air

And yet for others still, though time there is a need to cling and do

To do that with which they feel secure

In time will move forward embrace more

So gently child with hand on rein for does not the ground prefer gentle rain?

So tread ye gently on the path for you know the way need not a map

For on this journey as ye walk are souls many who will need to talk

And as they talk they gain then too the love and healing thee both will do

And heed the words and do not allow actions of others to furrow brow

For peace my child it is a must

And with that peace will grow the trust

The trust that comes from hearts entwined

With sole purpose firmly in mind

For this my children ever time,

Is why connected then are you

Your paths connected long ago

Yet separated e'r sun and snow



And each they have a tale to tell
So listen carefully hear it well
Now dry your tears much yet to do
Remember child I am with you
It is not the time for thee to ascend
There are many many souls to mend
And this is your path as well you see
And guided well are thee by me
So patience child all in good time
Rejoice with twin soul and connect as thine
Remember child tread gently too
For other souls are not sure what you do.
It is with love my child so true that once again I speak with you

Elohim Shalom Pax

Mikael



Humanness Sydney 2008

Beloved know that what you are feeling and dealing with is your humanness the physicality of yourself in this current incarnation

It is understandable that ye grieve for the known and the beloved presence of those with whom ye are one

For we also grieve the presence of thine self from our midst

Yet verily I say unto you be of good cheer for thou create much which is of a blessing to many both known and unknown

The task is not given to one who is not capable of it and ye have shown yourself well capable many times in previous incarnations

You will move forward with grace and harmony as you know that you can and need to allow the emotion which as a human ye feel to be expressed as it needs for in the non expression there becomes trauma to the soul and to the spirit of thine self

Tears as they are known are a cleansing as such not to be dismissed lightly nor brushed aside

Begin to plan for that of the temple of thine self as in the form of thy physicality thy need that of a sacred space in which to rest and rejuvenate the self and the soul

Know that all is well and that thee are much loved and much blessed on many realms and universes

Honour well that of the self and accept not of dishonouring for verily in doing so thou doest lower thy own vibration and thy own sense of purpose

Verily doest the beloved Sussaan speak of that of the mighty Oak tree and she is well right in her words for from a tiny acorn the mighty oak do grow and spreads its acorns far and wide that it may have the companionship of other great trees of its own kith and kin

Know also that I am with ye and that I give willingly of my support in these thy sacred endeavours and those many which are yet to come into physicality

Be blessed my child and accept that of honour which is well due with grace and acceptance for thy truly are deserving of the same

Elohim Shalom Pax

Mikael

Mikael Imprint and Overlay 12/5/2008



Noosa after conversation with Debbie

Imprint and Overlay

I would beloved ask for your guidance in this matter

It is with interest child that I see the journey on which your thirst for knowledge takes you

You are indeed correct that which you deem an imprint is the sharing of the same area or space by two or more energetic energies or beings which may in most instances not be aware of one another or of each other

Imagine if ye will the coin on its edge and the ability to spin head to tail as ye deem the two sides of the coin one to the other

For when that which ye deem the head is to the fore front then that which ye deem the tail is to the behind or the back

Yet does either of the energies which do be imprinted one onto the other as they exist or co-exist jointly in the same energetic space recognise the influence or even the imprint of the other it would be true to tell you that in the majority of such circumstances it is not unknown by either

In some what you may call rare instances there may become an awareness of something being misaligned however it is not that which thee would term usual.

With the thinning of that which are deemed veils between the multi faceted areas of the universes much is the options and opportunities for awareness such as may not have been felt before and also for the gaining of knowledge of those things which have not been questioned before

The question then arises as to the correct and honorable manner in which the imprint can be addressed and yay even separated into its individual components or energies for much care needs to be given to ascertain that the individuality of these energies is not compromised or damaged in any way

One needs also to address that of the sense of loss or connection which may arise after such a disconnection do be performed and to replace that sense of separation with that which is deemed love and joy



Be aware also of the behavior of mirroring which may occur from one level of the imprint to another for verily is this the behavior of the being thee know or a mirroring of the energetic imprint which shares the energetic area or space with it

I heed your questions child of how such imprints can occur and I answer o you to be aware of the journeys through dimensions of many lives and the overlap of the dimensional boundaries as may be caused by energetic upheaval as well as deliberate modifications of time and space as ye would deem

For oft are the energies which require that of another to live through or to experience that of life and emotion

Such too may be the case of magic and mayhem as have been riven by those of the dark arts and as thee are well aware by those who would seek to control yay through fear guilt shame and even promise of wealth and riches as well as power for long have such institutions reigned supreme under the guise of good

It is of much benefit that ye share this information and much more which will be given as time progresses for there is much need of those who cast aside the scales of blindness to see of the light

Know beloved that thee are much loved


Elohim Shalom Pax

Mikael



Jim 2009

From far they came on a starry night
To walk this land with power and might
Their spirit true with depth of grace
Love and compassion shines from their face
These people proud and tall and true
Connect to land and sea so blue
Their purpose simple pure and true
Their words bring healing straight to you
Their world of splendor and ancient rite
Brings joy to heart and gladdens sight
It draws then many who never see
That which is revealed to thee and me
For those of wisdom ever true
Connect well then with skies of blue
And depth of sea and birds of flight
Share with you their ancient sight
And knowledge pure as it can be
Then floods the heart of thee and me
It is with pleasure son so true
We give this child these words for you
For long your journey as a man
And love you share it as you can
Yet deep within a knowledge rare



Coloured like raindrops in the air
Yet still connected do you be
To whence you came along with me
And to return to place of grace
Brings smiles many to your face
So walk you forth my son so true
As you return I walk with you
On golden sands and waters deep
Where secrets many they lie deep
For to uncover as you will
That part of you forever still

Elohim Shalom Pax

Mikael



Prayer for J 2010

Beloved know your prayers are heard
They resonate well with every word
A conclusion is a must
For then for man to develop trust
For much my child there is to be done
As you walk forward with favoured son
For blessings many they will reign
Before to this land you return again
For unity with man and God
Is what we wish upon the sod
Of the earth on which you walk
With man and woman will you talk
So rest my child for much to do
Know as always I walk with you

Elohim Shalom Pax

Mikael



Ghana 2010

Beloved you ask a question true

Am I happy just for you?

Happiness is not the word that came to mind when I heard of a connection strong and true between you and a son of blue

For together hand in hand supported by the heavenly band

You will both connect the races

Bring smiles of joy to many faces

For much my child is to be done

And by your side a favourite son

A journey long you undertake

For a difference then to make

Yet not alone as he walks with you

Assist one another in all that you do

Think not of colour creed or race

You bring a smile to the others face

Be blessed my children as you walk

Amongst the world with souls to talk

Elohim Shalom Pax

Mikael



Mikael Writing 3/7/2011

My child there is much for you to do
Many messages are coloured blue
The blue of wonder blue of light
You hear them well both clear and bright
As on this journey do you walk
With souls many will you talk
Yet care for self in all you do
For many will want much from you
It is a path you walk alone
To you a journey yet well known
And others will not see as you do
The messages surrounded in blue
So listen my child and be aware
For yourself you must have a care
For much to do as you walk on
And souls you touch a seal upon
That then allows them love and light
It opens minds to give them sight
So rest now my child for much yet to do
Surrounded as you are in shining blue

Elohim Shalom Pax

Mikael



Mikael Writing 1/9/2011

You question child why is it so

That your body wants to go

From A to Z and in-between

As energy it then is seen

Your structure human

Energy pure

One layer leaves as other comes in the door

And so an imbalance it takes place

As you move a level in your race

So rest a while all will be well

Much the information for to tell

All is in place and meant to be

And all will balance as you see


Elohim Shalom Pax

Mikael



Melbourne 2012

Is it concern or worry true
That brings a frown to eyes of blue
You need not concern our child of light
Know your star is shining bright
The time for action it is now nigh
To send yon sounds out to the sky
That they may well to all assist
For such as these are surely missed
By those who seek for answers true
And such as thee surrounded by blue
The journey child so long began
Was well before advent of man
When energetic thoughts did roam
Through universes seeking home
For home is where we seek to be
Yet home is different for you and me
We know your desire for home so true
Yet child we still have tasks for you
We ask on earth you remain a while
To the faces of others bring a smile
For of much importance is the task
To lift the shadows and the mask



The mask that humans long have worn
Why child well long before they were born

The work you do it serves then well

Of other lifetimes then to tell

With sound and healing intention too

Why child you spread the good of you

So walk you tall hold your head high

Remember smile no need to sigh

Elohim Shalom Pax

Mikael



Awareness Message 11/5/ 2012

Be aware of not allowing the thoughts and words of others to infiltrate that of thy divine space

For indeed there is much which would be directed towards thee than needs to be filtered and as ye would say refuted

Thee are not responsible for the thoughts r deeds of another and in allowing such thoughts and deeds to penetrate thy sacred self thy bring dis service to that which thee are and do

Elohim Shalom Pax

Mikael



A Shining Light 4/11/2012

You are my child a shining light
Reflecting through the heavens bright
Your path long set it guides you well
With souls many to share and tell
To tell the stories of your race
To bring love and laughter to many a face
Comfort compassion love and more
They will spread from shore to shore
For souls many there do be
Who need love and care from thee and me
So shine your light for all to see
Know that as always I walk with thee

Elohim Shalom Pax

Mikael



Energies 5/2/2013

Energies they do abound
With light and love vibration and sound
Surrounding us with knowledge and more
Above below and from sky to shore
An innate knowing a sacred trust
Bathes us in light as then it must
Fine tuned vibration cell by cell
Messages it then does tell
To those who listen and take it in
Who feel vibrations in their skin
The souls awareness resonating there
Says this being has a care
Connected well to above and below
Love and compassion do you show
You walk your path with care and grace
Love and light shine from your face


Elohim Shalom Pax

Mikael



For G 1/6/2014

My child I hear your questions true
That you ask of child with eyes of blue
The answers many if you will
And so for now to then be still
For aeons ago in time and space
There was another of your race
A warrior both pure and true
Who handed on a task to you
To create balance was that task
And to remove the still worn mask
Of those who would bring war and more
To other galaxies and shore
No easy task did you undertake
And many to stop the progress you make
Yet my child you soldier forth
Bringing light both south and north
And soon the day when ye will see
The blue and gold of thee and me
As the layers long encoded
From your soul then are enbolded
Light will shine for all to see
Earth and heaven sky and sea



Within this light there comes then more

A golden grid from shore to shore

Know then child that thee do be

A shining light in the darkest sea

Elohim Shalom Pax,

Mikael



Protection and Trespass 14/1/2015

Beloved you question that of the words of protection and trespass and why they as ye say are on a spiritual level

You described to the beloved Cathie that of the making of a cake and it is indeed so for each of the ingredients as ye would say is of a different structure and yay that of composition

Take if ye like the flour grown in that of the earth

The oil made from that of the food for the young four legged creature

And the cycle of birth of that of the feathered two legged creature

Each has energy and a force of what ye would call life of their own being and creation

Such it is with that of those with who you speak and come into as ye would say interaction with

I would ask that ye think of that of an as ye would say orchestra

Many instruments of music which then come together to make that of a piece of music

Each a thing of beauty in their own right and capable of the creation of an individual sound or sounds

Each with a resonance of their own harmonic and of their own frequency on your earth plane

And as such those frequencies resonate for those on the earth plane as acceptable and even that of a thing of beauty

The sounds which the beloved Cathie draws from that of the earth and the surrounding universe have that of a resonance and frequency of their own being as such are of benefit to many who will feel the vibration and resonance in that of their cells and yay even in that of their beings

It is as yet known and recognized that the beloved Cathie is of the that of the earth and that of the universe combined into the physicality of human

The resonance and the frequency of that which ye create with that as ye know as Sounds from Source has as ye were given the knowledge of in as ye would say years ago the frequency of all life forms and is recognized and accepted in that of as ye would



deem galaxies and Multiverses for it travels as a both known and accepted not as ye would say language however a life force of communication

Whilst both have resonance and frequency and may be included in that of the orchestra they do be as ye would say as different as chalk to cheese

The as ye would say cellular structure of thy body has been changed and refined over the years of now many from your first physical connection with myself through that of he who was known as my beloved son Michael Edward Mark and who was the catalyst as ye would say for the activation of that which ye came to the earth plane to do and to be for the resonance of the sound and the frequency come as ye know not just from that of the bells yet also form that of the cells of thy body and it is this fine tuning as ye would say that allows others to hear with the physicality of the ears that of sounds from you in the physical

Your earthly and spiritual bodies have long been shielded against that which would not be of benefit to you and as in the beloved Cathie experiencing that of a knowing in the body of that which is of benefit and that which is not so do you also know and perceive yet on an level of difference that which will resonate or harmonize with that of thy being and that which is not that of discordant however that of a different piece of music or musical score

Both have a beauty and a purpose and yet may not blend like that of oil and water each being true unto its own frequency

We watch with interest the plans for bringing together that of the energies of other souls to create a gathering of knowledge and resonance and say to thee be aware of that of interference and control for there would be those who would use or infiltrate that of the energies of one amongst thee for their own purposes and gains on an energetic level such as ye might see that of a puppet with another controlling the strings

I ask that ye step back my child and consider that of thy path and thy journey here on your earth plane

Does that which is being offered fit and connect with that of thy journey

Are there other forces in play as ye say to cause that of distraction and turmoil as a means of changing the direction of such a journey

As such this may be seen as a point of trespass on the person or on the energies of one or the group as a whole

In being as ye say aware of that which is shared or sent without permission as being that of a trespass and with the diversity of beings and energies this can not nor never



will be a ye say a one size fits all as each has a different frequency and resonance
unique and individual to that of the soul

That which ye are seeing as a detox at this time is the physical expulsion from the body
of that which has been projected energetically and that thee are not able to assimilate
on a physical level

I would say to thee to remember that the frequency that resonates for another may not
be that of benefit to you and yay may even make thee that of unwell as in not being an
energetic match with that of your physicality such as ye having that of the substance of
morphine in your physicality

Yes my child I see you smile as ye take that of the words from that of the oak and the
cypress

Rest now my child for this has been of some depth and required much from thee

Honour thyself in all things and know that as always I walk with thee

Elohim Shalom Pax

Mikael

*Following this message I was guided to go and get a card I had on my fridge with a
saying about the Oak and the Cypress.*

Stand Together

Love one another, but make not a bond of love

Let it rather be a moving sea between the shores of your souls

Fill each other's cup but drink not from the one cup

Give one another of your bread but eat not from the same loaf

Sing and Dance together and be joyous but let each one of you be alone even as the
strings of a lute are alone though they quiver each with the same music

Give your hearts, but not into each other's keeping. For only the hand of life can contain
your hearts




And stand together yet not too near together for the pillars of the temple stand apart and
the oak and the cypress grow not in each other's shadow

The following messages are not dated and span some twenty years

The Essence of You

Pride Respect Humility too
All of these are the Essence of You
Love Compassion and Gratitude there
All abound within the aire
Of Forgiveness we do speak
For both the strong and the meek
Joy and Happiness Trust and faith
All of these a human make
Yet not Alone for Angels there
Who give thanks for you and have a care
Let not Judgement and Confusion be the rod
That spoils for you the Earthly sod
On which you walk as Children there
Protected well by Angelic care
Think not of Grief and Loss and more
As you visit the emerald shore
For Prayer do be in all you do
As you communicate the Essence of You.



Elohim Shalom Pax

Mikael

As I speak to you this day

It is with faith and gratitude I speak with thee this day

For much my child of wonder there is for me to say

Of changes to your being as energies arise

The sights that surround you as ye look to yonder skies

Of love and joy and happiness, of grief and sadness too

All of these abound my child beneath a sky of blue

Yet within ye have a choice

For some to hear an inner voice

A voice of wonder ever true

That brings each day my love to you

For blessed thee are that hear the cry

That stirs the heart and gladdens eye

And so I say to thee this day

I hear the words and thoughts you pray

For peace and love forgiveness too

These are gifts I send to you

So with abundant blessings and joy to make you smile

May beauty then surround you and keep you safe a while


Elohim Shalom Pax

Mikael



You ask

You ask my child for message true
For those who will read the words of you
This message then comes filled with love
From those ye deem as from above
Of guides and angels do ye ask
For those who would then have the task
Of communication strong and true
Why straight from us to them and you
It is well true as you do say
In the writing done just this day
That for us to perform a task
Why then a soul doest need to ask
For otherwise we cannot be
Ears to hear and eyes to see
For trespass then it would surely be
Without the permission of such as thee
So listen well to the heavenly call
Is it a picture on yon wall
Or even yet a voice ye hear
That seems so far yet ever near
And is that gentle brush of hand
The breeze in tree or unseen band
For bands of angels ever near



Await your questions loud and clear
So ask your thoughts long held in head
The answer may not be one of dread
For love it moves with speed of light
Whether it be day or night
So ask your questions child so true
Know that we await to answer you

Elohim Shalom Pax

Mikael



Wonder

It is of wonder that I speak with you this day

And with wonder that I speak with you

With wonder at the knowing and the remembering of that which once was

And of wonder at the lightness of that which thee deem self

For in wonder my child do thee look to that of the future and that which thee deem past

Indeed there do be wondrous sights indeed

And that of wonder in thy knowing and remembering

Yet even more of wonder in that which is to come and which has long been a part as ye would say of that of the fabric of time

Let wonder hold thy sight and they imagination

And wondrous blessings abound for thee truly are of wonder and that of light

May the blessings of the universes support you now and always

Elohim Shalom Pax

Mikael



Family

It is of family children that we speak
Some strong and bold others quiet and meek
Some we are born to parents true
Others become family like me and you
The boundaries stretch for those we care
Our inner thoughts and fears to share
For some in judgement come to be
Others accept us as we see
So family is more than the bond
Of blood and genes and hereditary song
For many then we choose to be
Our family like you and me
Yet does then family come to the fore
As our knowledge expands more and more
Do we still cling to bonds of old
Listen to the stories often told
Or do we honour life then given
And move then forward by knowledge driven
To search and seek for those gone before
With whom in common we have more
For is our family just of earth
Related to those who gave us birth
Or yet connected well you see
As special souls like thee and me

Elohim Shalom Pax

Mikael



Smile

So heed my words given with love
Know child they are direct from above
Above this world of human trials
There are then the aeons full of smiles
So smile within and then without
Let heart be glad and shine that out
For children may need to see
The love that comes from me to thee
Remember, child you are not alone
For do you not have heavenly phone?
Your prayers are answered as you ask
So now move forward on divine task
See light ahead it guides you well
As souls many will you tell
Rest now my child time to repair
For words create discordance in the air
So let them go in love and peace
This time your life it has new lease

Elohim Shalom Pax

Mikael



To Deborah

A soul so wise and pure and true
Love and light they shine from you
As on your journey you do walk
With souls many do you talk
You speak your truth with wisdom true
And many lives are touched by you
This task my child you think you chose
Was to assist others with joys and woes
Yet guided child your steps do be
Often your words then come from me
For special soul with style and grace
For all do see light in your face
Your love and care they shine forth clear
And comfort, faith and wisdom too
Are in the words that come from you
So honour child your inner gift
That allows others then to shift
To step onto path of truth and grace
Aided by smile from your lovely face

Elohim Shalom Pax

Mikael



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



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 thankful I am and full of thanks that ye are that which ye are.....beloved and blessed

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




Michael's Song

I was blessed many years ago in the late 1990's to meet a wonderful man who 'formally introduced' me to the amazing being I had communicated with all of my life. I had always known my constant companion as Michael, and it was through my friend and mentor Michael Edward Mark Scott that I came to refer to him by his name of Mikael.

Michael's passing in December 2002 created an enormous hole in my life and it was about 6 months later that the main part of Michaels song came through. The last 4 lines came about 6 months after the first part

O Michael O Michael you showed us the way
Each step of the journey yet you couldn't stay
O Michael O Michael were better by far
For earth and for heaven and each shining star
O Michael O Michael you willingly showed
In oneness that we all could be
O Michael O Michael your blessings remain
You gave them with kindness and no thought of gain
O Michael O Michael how blessed I be
For I know you and you know me
O Michael O Michael as the journey moves on
We become ever closer to becoming one
At one with the I AM the presence so right
It holds and supports us it fills us with light
Each step of the journey with you by my side
I know I wont falter with you as my guide
O Michael beloved each day of this life



You keep me from harm torment and strife
I know your beside me I feel you so near
In the presence of the I AM I need not fear.
O Michael O Michael as onward I go
Your memory sustains me and I love you so
My friend and my brother the presence so right
Your love it supports me and fills me with light

O Michael O Michael how blessed I be
For every day you walk beside me
My friend my protector by day and by night
You hold and support me in your shining light

The Tapestry of Life book is dedicated to

Michael Edward Mark Scott

Man extraordinaire

Thank you for joining me on my journey with Mikael and I hope and pray that his blessed words may shine a light and bring understanding and comfort to you.

Peace Love and Light

Sheila



More Books by Sheila Kennedy

Meetings with Spirit

Meetings with Spirit 2

Messages from Mikael

Words of Wisdom from Mikael

Friday Night Love and Laughter

Aspects of Love

Spring Summer Autumn Winter

Healing Homes

The Body Balance Book

Help – Someone's moved my plumbing

Autism Need Not be a Life Sentence

The Road to Wellness

Working with Crystals and Vibrational Energies

The Optimal Athlete



For more information on Sheila and the alternative / holistic programs she creates please see

www.sheila-kennedy.com

www.thebestworkoutforyou.com

www.yourenergeticbusiness.com

www.anewyoungeryou.com

www.soundsfromsource.com

www.soundsfromsourceacademy.com

Free Anxiety give away at - www.the7stepstofreedom.com

Free Depression give away at www.the7stepstofreedomfromdepression.com

Additional give aways at www.sheila-kennedy.com

Spiritual and Metaphysical Practitioner and Teacher

Sheila Kennedy is a holistic health and energy wellness facilitator offering unique solutions to everyday issues.

Drawing on more than 40 years of research and clinical practice to assist you to make changes in your life.

Whether you are looking for an answer to anxiety or depression, have specific health or learning difficulties, or simply know that more is available if only you could find it Sheila may be the key.

Her own health and looking for answers to assist her children started Sheila on a journey of discovery and of wanting to create solutions as well.

A spiritual and metaphysical practitioner and Vibrational Kinesiologist Sheila is able to assist you to identify your issues and to heal yourself quickly.



Many people credit Sheila Kennedy's programs with their return to health and wellbeing and of shining a light for a brighter future for their children.

A variety of Sheila's books are available on Amazon, she is a regular contributor to the Oddities E-Club online Magazine, has regular articles at www.sheila-kennedy.com and has recently finished hosting the weekly 'Welcome to the 1%' radio show on Revolution Radio to focus on interviews and podcasts under the SoulSpirit radio brand

Sheila offers Holistic Consultations via Phone, Skype and Absent appointments

