

*Words of
Wisdom
From
Mikael*

Sheila Kennedy



Words of Wisdom from Mikael

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

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. Often for myself or about a situation, and at other times for a specific person.

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 as I write, 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.

The 'first' Mikael book, 'Messages from Mikael' was published some years ago and I said then *'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 clamored to be included also in this book'.*

The 'writings' in this second book are many and varied and span a number of years from 2002 to 2016. Some have been personal to me and yet hold profound messages for others also and I have included some which provided insight for others in need and hope that they too will bring comfort and clarity.

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



Contents

Introduction- A Channeled message from Gabriel

Words of Wisdom from Mikael

A Channeling from Heather

Write

Geelong

Torrington

Changes

Purpose

Vibration Energy and Sound

Honour

At times I will ask for guidance

Kelly

Guidance

Guidance 2

Manifest

Sounds from Source

Human Trials

Communication

Solution

Consciousness

Dimensions

Aloneness

To Deborah



Fear and the emotions of jealousy and resentment

Ghana

Mikael Writing

For D

At This Time

Stars and Planets

Deception



Introduction

A Channeled message from Gabriel

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 fulfillment.

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

The Archangelic Messages are a 'work in progress'.



Words of Wisdom from Mikael

*When I began the process of collating the messages for **Words of Wisdom from Mikael** I received the following message from Mikael in 2016.*

It is with heartfelt love and gratitude that I speak to you this day

For many as we know child have fallen along the way

Your strength and your conviction hold strong as ever more

Your words of wisdom echo from shore to shining shore

And now the time it does begin

To share the words to absolve sin

For those with ear to hear and heart to know

Blessings as bright as sun on snow

Take heed my child for much to do

As I as always walk with you

Elohim Shalom Pax

Mikael



A Channeling from Heather

Love and blessings to the lovely Heather who's words have inspired and guided me since 2001.

Dear Sheila

It was lovely to receive your thank you note and to hear that you are following through with your chosen path.

I continue to live my life very quietly and no longer have any contact with "New Age" groups. As I am a very simple soul at heart, it satisfies my spiritual needs well enough for the time being to continue serving as "scribe" for the writings which come to me. Much of this poetry is of an inspirational nature for those who are hurting and finding it very difficult to cope with life. I have been down that path myself and know how alone a person can feel.

Enclosed is a channeled poem which came through very strongly after reading your note, so I presume it is for you

All the best for your future and in your work

With Love, from Heather

Heather's channeled poem follows, and when I 'found' it again in December 2014 it resonated so much with the words of my beloved Mikael that I felt it was the perfect opening to this first book of Mikael's wisdom and writings.



Listen with the heart and
Speak from the soul
Listen for the winds of change
And hear the message spoken
Of what it is you need to know
“To build from what is broken”
We ask that you give of yourself
Helping others heal their pain
Do this from the heart with love
With no thought of what’s to gain
So listen with your heart to hear
One of the things you’ll need to know
Just what it is that’s asked of you
Where and when you’ll need to go
It will not be to a mountain top
Nor along the shores of pleasure
But treading often beaten paths
You will find a hidden treasure
As you travel your life’s journey
Have courage to bear your pain
Give of yourself to those in need
And with love, your best attain
With Blessings of Love, Peace and Joy

2001



Write

Write, what do I need to write?

To write my child it is a must

A way to develop your pure trust

To trust in you and trust in me

As with my help you then will see

See what you ask with smile so true

Why sun of gold and sky of blue

To see within and yet beyond

Will it be a sea or yet a pond

The time it draws yet ever near

To use your skills are you not a seer

And so my child as write you on

For many souls you do come upon

For souls they need what you can give

To give them hope to help them live

To live their lives in your pure trust

Why then your help it is a must

And so my child it does begin

The journey forth to go within

To go within to you know where

And you can do it without a care

For precious child is it not your goal

You come equipped with a special soul

A soul of wonder soul of light




We see your light is shining bright

So shine it forth for all to see

As I see you so you see me

Interesting that the writing is different, also word Write came through strongly, I had to get up to 'write', not a message coming through as usually happens. Although not the beginning of my 'writing', this was a powerful indicator of needing to have a written recording of what was being shared with me.

17/2/2002




Geelong

Welcome home my child of light
Surrounded by royal colors bright
The day it dawns both new and bright
You know that this path is right
And so my child as on you go
To talk with souls seeds of light to sow
Know that you are not alone
As in each soul these seeds are sown
We walk with you our precious child
Whether road be flat or stormy wild
Sao walk you tall with head held high
Remember to smile no need to sigh
To sigh it is a soul's release
And you already have that peace
The peace that comes of being one
With father mother holy son
And so as child in peace you go
Remember that we love you so

24/11/2002 at Geelong with Jane and Melinda

Written after dream sequence with Jane, I felt as if I had been flying. Connected with a huge Mikael – Golden hair, bright blue eyes, who took my hands and said 'Welcome home'



Colors

My child the door we left ajar

Know it will open ever far

Know it will open ever true

And we are always there for you

And with that door we left ajar

May you travel from earth to star

Travel on the rays of blue

In around and all through you

The blue of wonder blue of light

It envelopes you in love and might

And so now child with eyes of blue

Know that we watch over you

With Mikael blue and Gabriel gold

Now must the future then be told

The future child of which you are a part

In blue and gold it now does start

And now my child to rest a while

Soon on your face will be a smile

A smile of wonder smile so bright

As all around you see the light

*Message don't try to understand with your brain, you won't understand it, feel it in your heart
(Talking rather than written words)*

3rd day after huge energies had come in at Geelong with Jane, Melinda and the gift of the blue gown. I was still in an altered state and finding it difficult to cope in the 'human / daily world'. Jane talked me out of it via telephone through a 'door' prior to the channeling.

27/11/2002 4.15pm

Torrington

Sit up straight and put your feet on the floor

Tears

Today is the biggest step you have ever made in your life. Smile, hold your head high and know that you can do it.

Know children mine you are divine
Under sky of blue and sun that shines
And on your journeys both do go
As sister dear in joy and woe
And so my children ever dear
Know that I am ever near
On ground you walk and sky of blue
Know that I am there with you
Enjoy the journey take it in
For are your lives not free from sin
And special children both you be
And I love you as you love me

Torrington with Jane 31/12/2002 9.15am

Changes

Beloved Mikael

I would ask about the energies and physical changes in the body as these are at times most profound

Elohim Shalom, blessings my little one

I hear your questions true and clear

Changes to your physicality are in order that you may receive and work with the higher energies that will be required of you

These energies are most high and require your vibration be raised to contain them

The discomfort will soon pass as your body in the physical makes its adjustments

This is not the first of such changes as you are aware and will not be the last as more vibrations will become necessary as you develop

So patience little one allow for sufficient rest of spirit and physicality of the body as these adjustments take place

For although much is asked of you it is not more than you can give

There have been great changes around you and these are changes for which you have long been prepared

Move forward steadily and continue to shine love and light upon all

Give of the guidance and wisdom that others seek with no thought of gain or selfish purpose

Know my child that you are much blessed

Aspire to clarity of mind that allows no confusion

Accept that which you know to be truth and wisdom

Accept the inner communication and the love and blessings of the universe

Know child that you are much loved

Understand little one that the aspect of your physicality creates much emotion in the body and the mind and allow this to flow through you as you move forward on this your chosen journey

Communication between us has always been most high and will continue to be so

You need only ask for an answer to come to you

Allow yourself to hold the pen for in this way you clarify that which you already know

And now my child a time to rest for physicality requires time to rejuvenate the cellular body and to harmonize the vibration within


Elohim Shalom Pax

Mikael



Purpose

You speak of purpose child so true
As love and light shine down on you
The journey that you all began
Well before the advent of man
Was to create a sacred space
A land of light and love and grace
As on your journey you all walk
With souls many do you talk
You speak your truth and do it well
As souls many you do tell
So walk you on my children true
As God and angels walk with you
For much is yet to be then done
For sake of stars and moon and sun
Your lives together long entwined
For are you all not then divine
So to remember ancient past
Why then together sailed before a mast
A captain bold and crew so true
Why love and light they shone from you
So gently children as you walk
Remember take the time to talk
To spread the message everywhere
Of love and light then in the air



Such blessed souls then numbered five
You keep love and grace then well alive
Our blessings then reign down on you
As you all sit then cloaked in blue
Elohim Shalom Pax
Mikael



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 in to 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.

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 than 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 yay 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 yay 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 yay 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



Honour

Honour thyself and others will honour you

Fail in your own honour and others will fail to honour you also

Acknowledge that which you do and that which you give as having a worth beyond diamonds and surely such honour will return to you in that which ye deem financial abundance and blessings evermore

For it is in not accepting of your abilities and your giftedness that you fail to acknowledge your true worth and value such as is without price

For without that which ye deem the sounds much would still be in as of the dark ages of the cosmic and galactic realms for surely it is a light of love and hope that you shine for all

The combined and even the separated universes give thanks and blessings to you for without your purity of intention and wisdom then the messages such as these would not be heard or yay even acknowledged from those who would communicate with you



At times I will ask for guidance

Beloved Mikael is there anything which I need to know or that you wish to communicate at this time?

Beloved child I hear thee well

As ye ask for words to tell

That of the present and future too

Know child that all is well with you

For stars and planets gather there

To watch over you with a care

For the future as it comes to pass

All will be as clear as fine spun glass

For your journey long began

Was for the betterment of man

As well as those of ancient race

Who connect with you and walk a pace

Or two or three depends on the day

As thoughts and words to you they say

So worry not my child of light

Know your star is shining bright

Elohim Shalom Pax

Mikael



Kelly

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

Oct 2005



Guidance

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 connect 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

Dec 2005



Guidance 2

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 correct 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

Dec 2005



Communication

Beloved Mikael,

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


(Trevor was my Twin Flame and now deceased ex-husband)

2006




Manifest

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 ye 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
20/11/2007



Sounds from Source

This message came through in the early years of working with the Sounds from Source programs.

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 awareness's 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 thyselfes.

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

Elohim Shalom Pax

Mikael

25/01/2008



Human trials

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



Consciousness

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 awareness's 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

25/01/2008




Solutions

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
27/01/2008



Dimensions

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 – e.g. “There but for the grace of God go I”- and as such are honored 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 they will 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.

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 comes 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 learning's and knowledge. Yet in your awareness, much needs to be weighed as to the levels as ye deem of power and worthiness of such learning's.

Always question 'from where did this knowledge come?' 'Do I already have this knowledge and does its 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 yea 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, yay 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 yay 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

27/01/2008




Aloneness

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



Fear and the emotions of jealousy and resentment

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 realise 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



Ghana

Beloved you ask a question true

Am I happy just for you?

Happiness is not the word that came to mind when I hear 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 favorite 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 you do

Think not of color creed or race

You bring a smile to the others face

Be blessed my children as you walk

Amongst the world with souls many to talk

Elohim Shalom Pax


Mikael

2009



Mikael Writing 3/7/2011

My child there is much for you to do
Many messages are colored 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



For 'D'

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



At this Time

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 realise 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



Stars and Planets

Beloved Mikael is there anything which I need to know or that you wish to communicate at this time?

Beloved child I hear thee well
As ye ask for words to tell
That of the present and future too
Know child that all is well with you
For stars and planets gather there
To watch over you with a care
For the future as it comes to pass
All will be as clear as fine spun glass
For your journey long began
Was for the betterment of man
As well as those of ancient race
Who connect with you and walk a pace
Or two or three depends on the day
As thoughts and words to you they say
So worry not my child of light
Know your star is shining bright

Elohim Shalom Pax

Mikael



Mikael channeling on Deception

Deception is all around you like a cloak

You are being asked to see that which is not true

Know that thee see clearly in all as always my child and have an awareness that those who would wish for darkness will use those with whom you speak and work most closely

Remember my child that much can be given which sounds of love and light and yet in sounding need not be that of love and light


Verily you speak your truth as ye know and believe and as ever you question much of which is heard and given

Continue to shine in light and love

Elohim Shalom Pax

Mikael

4/4/2014



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

Friday Night Love and Laughter

Aspects of Love

Spring Summer Autumn Winter

Healing Homes

The Body Balance Book

Help – Someone’s moved my plumbing

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.soundsfromsource.com

www.soundsfromsourceacademy.com

Free anxiety give away at - www.the7stepstofreedom.com

Spiritual and Metaphysical Practitioner and Teacher

With a lifetime connection to the higher spiritual realms Sheila Kennedy has devoted much of her adult life to 'working with energies' A connection with the body of consciousness she recognizes as Sounds from Source in 2004 led to the co-creation of the family of Sounds from Source programs. '

The sounds facilitate the release of cellular memory and assist in restoring the body to health and harmony. In more recent times they evolved to support the healing of Mother Earth and broader expanses, and especially those related to planetary and universal healing.

Well known as a Metaphysician, author and poet 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.

She is the founder of The Children's Learning Program, The Sounds from Source Practitioner Programs, the Sounds from Source Academy, the Energetic Balance and Harmony and High Order Programs, Vibrational Sound and Energetic Frequencies programs.

A variety of Sheila's book are available on Amazon, she is a regular contributor to the Oddities e-Club Magazine, has regular article and blog posts on both Sounds from Source and Sounds from Source Academy websites, and hosts the weekly 'Welcome to the 1%' radio show on Revolution Radio.

Sheila offers Holistic Consultations personally and via Phone, Skype and Absent appointments