

The Michael Messages

Unified You

Loved Ones, you are living in a time and place full of wonder and promise. Recalling the memory of the total you enhances the experience and expression of who you are and where you are.

To navigate in the world of matter you are housed in a magnificent body, also composed of matter, complete with all you need to assist in manifesting your chosen reality. Encased in this body, you have a mind that enables you to rationalize and direct data pertinent to whatever you choose to create. The eternal you, your spirit or soul, permeates every atom of your body. It reaches beyond the physical body and mind to animate, activate and energize the expression of you. Encapsulated in your soul is free will, enabling you to determine for yourself how to express your own nature by invoking the power of choice.

Awareness and acceptance of your totality allows joy of living to your full potential, because all aspects of self are free to express in an attitude of co-operation. The expression "I am my own worst enemy" is the antithesis of a unified you, but awareness of this disharmony also serves to enlighten the concept of becoming "your own best friend" through unification.

Because you are only conscious of reality in a physical dimension, you automatically believe in those things that have weight and density. Even though technological advances have proven there is more to life than what you can see, taste and touch, you persist in doubting that which has not been scientifically proven. This is the biggest hurdle to a unisonous you because you have not yet "proven" the existence of your soul. This is ironic because you would not exist without it.

Consider the incredible feats accomplished by your world-renowned athletes. By allowing the mind, body and soul to believe in the unknown – or the unproven – the united self is able to feel the flow as it works in harmony toward its goals. The soul is the impetus, which inspires the mind to create the reality for the body to activate the dream. By acting in unison with the self, the potential for positive energy is unlimited because embodied in your soul is the power of your individual connection to life and All That Is. This joining of soul, mind and body is what enables you to be a human becoming and unfolding in a physical reality.

Scientists credit the mind for being in charge of your individual identity. They also proclaim that You are the control mechanism of the mind and You are responsible for your actions. Who is this "You" they refer to, if not your soul or spirit? Through this obvious dichotomy, the scientists have inadvertently proven the reality of the soul, but will not claim this proof until the soul can be seen, tasted or touched. There is nothing wrong with the scientific approach to proving or disproving reality. It has facilitated miraculous discoveries to enhance the quality of life. It is only when science excludes the unknown as nonexistent that it impedes the innate wisdom encompassed in what is yet to be proven. The existence of the human soul will be proven through the advances of scientific technology. When humankind's focus is on the peaceful uses of energy rather than manipulating energy to create weapons to destroy, scientists will also make this shift.

Dear Ones, over the ages many of you have demonstrated the courage to believe in the unified you through faith in your own connection to All That Is. You simply "believe" and allow science the time it needs to prove or disprove. Through your free will you choose to manifest self by using all your abilities and gifts to create a better world. You are becoming aware of the "universal you" by expressing the unified You, allowing your body, mind, and soul to work in harmony. Consciousness of the "universal you" leads to the ecstasy of imagining, creating and fulfilling your destiny because the "universal you" believes in a truly wondrous miracle: You.

