



S A

DOB: 9 * 19** @ 06:00hrs, ****, England**

Hello S,

As you already know from my website, I work with beings in the non-physical, like angels, spirit guides or helpers and in particular channel information through my own guide who calls herself Alleyna.

I have no control over the responses I receive and sometimes the angel's terminology can initially be unusual and it can sometimes take a bit of getting used to.

We will connect to you and your angels, through my own guardian angels and see what we can about you. I type as I get the information and it comes as the angels chooses to tell it. We'll just have to see how it comes and see where the angels want to go with the reading.

As stated, I'm just going to start typing now... the rest of this reading will be directly from the angels. Finally, any typing errors are mine!

... Lots of love to you ... Jill Harrison xxx



"I would like to know why I can't understand my own emotions. I get strong feelings but do not know what they mean: Particularly over DT and CR. Plus any other info that might help me now."

Greetings daughter of light, I am Metatron, it is my pleasure to speak with you today in the hope that you will find the necessary enlightenment and answers you seek.



Always remember , you're a pure being of light, you have within you everything you need. It is not that you cannot understand your emotions. What you lack, is the awareness, and the ability to stop, listen and experience the feelings you have.

Your feelings and emotions are tools by which you can learn whether or not, caution is needed. When you ignore these emotions because your head or heart dictates you'd prefer another answer, then you will feel confused, and at dis ease with your own energies.

When you're having strong feelings or emotions, it is so important to relax and breathe, go with your feelings. Understanding and allowing your emotions to surge through you, will enable you to understand the events of your life. Being aware of your feelings, acknowledging those feelings will help you to learn, grow and change.

Learning to be deeply aware of your feelings may take a few minutes, it may take an hour, a day, a week but, by allowing your emotions to come to the surface, you will release your old patterns of ruminating and questioning, to arrive at a fresh vantage point.

Let us look to your feelings and emotions regarding C**, whilst your acquaintance with him may appear fun and exciting, C** can be subdued and inhibitive, so you will find over time, if you pursue this friendship, that C** will become emotional, jealous and intense. Should you really wish for a long lasting relationship from C**, he would need to learn trust and confront his emotional issues. Failure to do so, would only result in him feeling insecure and at times threatened.



C** emotional and jealous nature will make you feel uncomfortable. It is your own ability to attract and be at ease with others, that C** tends to feel threatened by. Always remember we tend to attract those, who have the qualities we would most like, the soul's choice here however, is whether to use those strengths of the partner from a positive perspective, or alternately from a negative perspective, which results in resentment and bitterness. Your emotions have already indicated this to you, and that in your heart of hearts, you know your pathways are not meant to be in the same direction.

You are probably aware within yourself, that there are hidden levels to C**, but as you're not able to pinpoint them exactly, you will feel uncomfortable, this is why, your intuition is telling you to be careful.



D** on the other hand, has a lot of qualities that balance your energies when it comes to matters of the heart. D** can be jealous, if he feels he's not in control of a relationship but, together your energies are well matched intellectually and in your core beliefs. If you wish for a long term relationship, remember it's important for D** to have excitement in his life, with a partner who can offer him stability and emotional equanimity. If you decide to invest in a long term relationship with D**, both of your life's lessons will be that of learning to embrace change and be open to new possibilities.

For you to find fulfillment , learn to see things objectively, others peoples opinions, or ideas. It is your own personal pride that inhibits your growth. Don't be afraid to express yourself and show the strength of character you possess inside.

Life is an opportunity for a soul to experience self-discovery and self-realisation, the only boundaries you face, are those which you choose to accept.

As Archangel Suriel has mentioned previously, learn to orientate yourself in the world of your feelings. Look to reading and expanding your knowledge of behaviour and emotions. I will ensure my little one here, suggests a little light reading for you.

Blessed be, daughter of light
Metatron