

Channeling by Pamela Kribbe from Egypt

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Your Soul's Journey: Healing Your Shadow and Receiving Your Light

Dear Friends,

I am Jeshua. I am your brother and friend. I welcome you here in this ancient country of Egypt. Please say hello to this country, to this land where most of you have been before in other lives. The energetic roots of Egypt are deep, go back a long way, and are connected with the history of light workers.

Say hello to the energy of Egypt and to your own history here. You felt called to be here and your history is not just a collection of facts which belong to the past, no, your history is a living energy. It's a part of your soul that wants to rejoin you. Invite this part of your soul to return to you in whatever form or shape. Do not be afraid of it. Become aware of who you are in the present, in the now moment.

Energies from the past, from your own past, are energies that are looking for your light, for your guidance. You are their guide. Energies from the past are mostly energies that got stuck along the way. Because some of your past lives are frozen in time, they did not know how to liberate themselves from the heavy energies they encountered. You are here now as their guide, a teacher if you like.

I'm asking you now to welcome a part of you that is from the past that's in pain, a part of you that felt rejected, hurt, or misunderstood. Welcome this part of you. Say hello to it. Ask, "who are you"? This part of you that may be very old and ancient is alive inside you. Perhaps you've carried it with you all your life, and inside this part there is a limiting belief. Somehow you took from the past a belief that is now limiting your ability to fully believe in yourself and connect with your light.

It's important to find out what this belief is that somehow you absorbed in the past and is now limiting you and hurting you. Oftentimes, once you have absorbed a certain belief about yourself, it gets reinforced by experience because you expect it to be true. Along with the belief goes an energetic load, a heaviness, and the belief becomes like an energetic prison which is inside you. It affects your emotions and your body, so it is essential to go to the source of this belief.

We welcome this dark part, this shadow part, which feels isolated and alone to step forward now. You are not alone here. We are together. We are with like-minded souls. Imagine that together, we

create a space of loving awareness, a field of compassion, and we welcome the darkness inside us. We do not judge it because you are here to be human, to experience all that is human.

Imagine now that from the middle of this circle, our circle, your dark part steps forward and it tells you what she or he believes. For example, I am weak, or I am not able to live here, or I feel rejected or I am bad, I'm sinful. Try to capture this limiting belief and observe it with open eyes. And if you can see this shadow part of you in the shape of a child, a person, or an animal, whatever shape it likes to take, say, "You are welcome to be with me. I accept you."

You are light worker souls and that means that you share a common pain or trauma which has a lot to do with not fitting into mainstream consciousness, mainstream ways of thinking and feeling. You are an outsider, and this has caused confusion and pain inside you. When you grow up as a child and you come from a realm or atmosphere of light and joy and compassion and then you enter the realm of earth, it can be suffocating. It connects you almost directly with the pain and trauma of past lives so you go under due to this heaviness because as a child you are trying to feel safe and reconnect with the light that you are familiar with.

But often this light is not reflected back to you by your parents, family, or the environment so you lose touch with your soul, your wisdom, and then you start to compromise. You're trying to receive love and acceptance from others, from your parents, family, or other people, but at the same time you know you can't do this, can't stay true to yourself, so you make a kind of deal with yourself to emotionally survive. At some point in your life, you start to feel so miserable doing this that you cannot get around it.

You are different. You cannot fit in. You're here with a different kind of awareness, a kind of sensitivity. You know it inside and you are meant to express this awareness but the shadow part or the inner child feels very insecure about this. There's a tendency in many light workers to just hide and feel alienated from this earthly reality. Many of you are struggling with this old pain of not fitting in, of feeling rejected and so the feelings or the limiting beliefs that are inside your shadow part are often connected with your history as a light worker soul.

This is a time of change, the world is changing right now and mainstream consciousness is hitting a wall, it's in crises. It somehow is starting to understand and recognize that it can't solve the problems it created itself. It's looking for a different way of looking at things, looking at life. You're the ones who are channeling so to speak, a new awareness into mainstream consciousness. This is your light part. The light and the dark inside you are closely connected.

I'm asking you to connect with your light. It's actually precisely the part of you that does not fit in, the part that feels like an outsider, the part that recognizes that this mainstream consciousness is largely insane. It's based on fear and control and that's why a lot of people are suffering.

I ask you to connect with your wisdom now and see the lightest part of you or feel it around you and welcome it. You have something so precious to offer to earth. Feel the energy of mother earth right now, she's here to welcome you. The energy and vibration of mother earth is different from the energy and vibration of human consciousness, humanity, or society. You feel at home with

mother earth's vibration even though you don't feel at home with humanity's vibration. Mother earth has a vibration that is both natural and angelic. The source of mother earth's being is angelic—it's from a very high level. Feel embraced by her love. She's welcoming you. Allow the lightest part of you to enter your energy field in your body and come down and flow into your heart. Feel how your energy is welcome. Your specific wisdom, your empathy, your understanding is most welcome on earth and is needed. Even if you do not feel the acceptance, recognition, and understanding from other people, connect with mother earth, connect with me to feel that you are welcome.

Thank you very much for joining me today. I truly rejoice being with you.

Remember, I was a human being too. I was very human. I had feelings quite similar to yours. I rejoice in being with you. It's like joining—like spending time together with my family. You are honored and respected and surrounded by friends from the other side who you call guides, but essentially, they are like soul friends or soul mates.

You are never alone.

Thank you.

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