

Pamela Kribbe Channeling from Egypt

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Your Soul's Journey: Receiving Your Light

Dear Friends,

I am Jeshua. I am with you, and I am here with your dear sister Mary Magdalene.

We are here with a lot of joy. We were human beings like you and although we relate to you from a spiritual level there is also a very precious human level from which we know you and there is this feeling of family. When we connect to you from this level there is this very human sense of joy and sense of recognition and familiarity. We welcome you with all our hearts.

When you are here, you enter a certain space and energetically it's like you go to a space that one might call interdimensional. You let go of your personality, your lifetime a little bit, and you go to a space that lifts you up and connects you with other lifetimes. This may bring up deep emotions, pain, and memories to your conscious mind. It may seem hard to grasp, to understand what's happening.

I'm asking you now to focus your attention on your body and really connect with your body for a moment. Breathe consciously and be present. Feel your feet on the ground, become aware of your legs, your knees, your root chakra. Connect with your abdomen. Breathe in and out and say yes to the energies that are here to visit with you and connect with you. They are a part of your history.

Go to your heart and imagine that there is a beautiful, lovely garden in the center of your heart with flowers and trees. Feel at home there. This beautiful garden is a mirror, a reflection of who you are. This garden is removed from earth but also connected with it. Breathe in the vibration of this garden and notice that everything there, the plants, the leaves, and the flowers are so alive. It's as though you can feel the consciousness inside them.

All these beautiful life forms tell you and assure you that you are fine, that you are an angel exploring life in duality and that you can rest now for a bit. Focus on what's important to you. To focus on what's important to you right now, you may ask for a guide to be with you in this garden. Find a place to sit down. You see someone approaching you, someone who looks at you with a smile and a sense of recognition. A friend who knows you.

He or she takes your hands and first of all, this guide or friend reminds you of who you are. You suddenly realize that all these heavy emotions and thought forms that you have absorbed are not really you. You're here to investigate them, to experience them to some extent, but you are the loving awareness, the space around these emotions and heavy energies. Ask your guide what matters most in your life right now, so you can focus on it.

If you don't hear words or feel specific information just allow the energy of the answer to flow through you. Allow it to flow into your energy field and body so that you can intuitively sense what it's like to feel balanced, centered, and focused.

(Pause)

The day before yesterday, we talked about dark and light, and you connected to your shadow part. Today I'd like to say something more about the Light part of you. The highest or lightest part of you is a deep love for humanity. You have gone through the extremes of reality. You have truly visited the darkest places that human life can offer. You also visited the highest states of awareness. But often, in many lifetimes, you could only receive glimpses of your true light because you got so caught up in this reality that it was hard to remember who you really are and to step out of this duality game.

These dynamics can keep you kind of imprisoned for a long time, although it is not really a prison because the soul wants to explore it. It jumps in freely but at some point on your journey, you can get this feeling of being stuck, not knowing how to get out. It's actually when you feel very tired, worn out and don't feel your light anymore, the joy of your light anymore, that you're about to find the door, the gate. When this gate opens, you find your way out.

It doesn't necessarily mean that you leave this reality or physically die; it means that you remember that it's a game here, but a very intense game. It's when this door opens, when you're about to step out of the intense drama of reality—when you're on your way out, so to speak—that your divine, angelic light comes in. It's a huge relief for you. You have a sense of homecoming, and you get back in touch with your light, your true original light and at the same time it's a blessing to other people. It awakens them. It encourages them to remember themselves.

Your only job in this life is to find that door and open it, but it's not something you *do*. The human personality is very much focused on doing, choosing, acting, and creating, but actually, it's more from the feeling part of you that you slowly move towards this door and release and let go of some deep-seated negative beliefs about yourself and this reality.

There is not some discipline or specific rules or anything that guarantees that you will get there, but the most important key is love. I told you that your highest, lightest part is your love for humanity. Some of you may feel resistant to this notion because your relationship with being human and being amongst humans is ambiguous. You often feel different. You need to distance yourself from mainstream consciousness. You're very sensitive and sometimes you down right hate this reality, don't like it, don't understand what you're doing here. When you truly reach a point of accepting and even loving this reality, then you are about to leave. You are releasing. You are liberating yourself.

I'm asking you now to connect with this light, this highest part of you. Visualize it in a way that your mind can understand. Imagine that you meet your future self, and this future self is in touch with this highest energy inside you. This future self is free, joyful, but in a very grounded and focused way. Imagine that your future self is approaching you in any form or shape. Maybe you see an older version of yourself. Try to feel this future self with all of your being, not just with your mind or eyes, but feel it.

Essentially, this future self is the accomplishment of many many many lives. When I speak about your original light, it seems like I speak about something that is very far back in your past, but that's not actually true. Your future self has integrated all the experiences you went through on earth and when this integration happens, it's something sacred. It's holy.

When you witness someone dying and are in touch with it on an intuitive level, you can sense that when someone leaves the body, it is something sacred. In a similar way, when you integrate all your experiences, and you embrace them with your light, something is dying inside you and something is being born. This transition is a sacred moment.

I'm asking you now to receive the energies of your future self, feel the healing power and feel how much you are respected and honored for what you are going through right now.

And then ask your future self, how can I get closer to you. How can I embody my light more strongly.

(Pause)

Now my dear sister Mary Magdalene would like to say a few words to you.

Dear Friends,

I am Mary.

I am more practical in the sense that I am very aware of what it's like to be in a human body and experience all the emotions through the body. Therefore, I'm asking you to close your energy fields a little bit, because you're going through so many things, so many impressions when you're here in this land of Egypt; meeting with like-minded people and at the same time focused on your own inner journey. Feel free to protect yourself a bit more and truly focus on your needs. Remember what you're here for.

In order to do so, it's helpful to focus on this area of your abdomen, your belly, which is your center, physically speaking. It's the anchor of your being and for many of you, you're not used to being present in your abdomen, second chakra and first chakra. You are often inside your head, and your hearts can be too open.

You're sensitive. You easily tune into other people's energy fields and although this is a gift—having your heart centers awakened, you're still here on earth and there's a mixture of energies from high to low. Take care of yourself and close your heart to the extent that it feels right for you.

To say *no* to certain energies around you actually means to say *yes* to yourself, to energies inside you that need your attention. Your heart center needs to be connected with your abdomen; it needs to be grounded. When the heart is too open, it starts to fly around like angels do, but you're an angel in human form. You need to respect your boundaries, otherwise you cannot share your light.

Please feel the joy that *we* have, that *we* feel, sharing this moment with you.

Things are not as heavy as they seem.

You are completing your journey on earth. The energies of joy, lightness, appreciating the good things of life on earth—you are meant to feel all of this. It's part of your healing.

Thank you.

We both thank you for being here with us.

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