

The Fire of the Soul-The First Chakra

Pamela Kribbe channels Mary Magdalene

Dear Friends,

I am Mary Magdalene; I am your sister and friend. Join me on this journey together.

I'd like to invite you to go inside yourself where there is a space, a universe full of knowledge, wisdom, and experience.

In your everyday lives, you are often distracted and focused on the outside world. You react to it by trying to fit in, handle your problems, and you live in fear. As fear overtakes you, you start to feel empty inside. It is this emptiness that so many people in the world suffer from. When life is dictated by fear, it loses its meaning and joy.

You constantly run around trying to survive, but even though you're busy, the fire of your soul is sleeping. The fire is like a beautiful colorful dragon. When the fire of the soul is not utilized and cannot flow through you, in the end it will turn against you, causing you to feel lonely or depressed without meaning or purpose in your life.

The tragedy of this world is that you are not taught to use your soul's fire. You are not taught to play with the dragon inside you. You are taught to obey and live up to the expectations of family and society. But your soul cannot live like this, your soul is not made to obey. Your soul is the most alive part within you. It is curious and wants to explore life.

We will be together in this series of workshops for four days during which I invite you to welcome your fire, to trust it, and to get to know it from the inside out.

First of all, focus your consciousness and attention on the first chakra which is at the base of your spine, the lowest point on your back. Keep your attention there for a while, and let your breath touch it. Every time you breathe in, touch this part of your body. This chakra is called the root chakra because it symbolizes your roots in mother earth. Many of you are not fully rooted, you are like trees whose roots have been partly cut off. When this happens you cannot take in the nourishment from the earth; the water and food that you need.

Imagine that you are the energy of this tree and feel what it is like to actually be a tree. Focus your attention on the roots. How do they look? Are they big and strong or are they tiny? This is only a fragment, see it like it is, how it is now, and don't try to change it.

Try to determine what the roots of your tree are missing. Is the earth too dry, does it need more water? Or maybe the earth is too wet, which is unhealthy for the roots. Play with this image and ask yourself what is needed for this tree to become more healthily rooted. What would the tree

look like when it is healthy? Your imagination will help you and show you what is needed. Nature is very rich and full of symbols.

Focus on the element that your tree needs most, whether it is sunshine, water, or space. Then tell yourself, “Yes! I am ready to receive this.” As soon as you know what you are missing or lacking and you say “yes” to receiving it, you start to attract it to yourself. You are very creative and strong. But something happened to your first chakra which left you feeling unsafe. Most of you have experienced this.

I invite you to look at yourself when you were a newborn baby. Fly through time with your intuition to the beginning of this life, and see yourself as this tiny, beautiful baby. As you hold the baby in your arms, you recognize it, “yes, it’s me.” You look into the baby’s eyes, and you see that inside there is a lot of wisdom, it is not young at all, it is old. You ask this baby “what is your biggest fear about life here?”

The baby cannot speak, it has no human language yet, but you are very sensitive, and you are close to it. You tune into this baby, and you start to feel what he or she is afraid of and what it needs. Then, you embrace the baby with love and care. You tell it “I am here for you now. I know that your parents did not truly understand you. But I am here now. You are safe with me.”

As you reach out to this baby that you once were, you are creating a sense of safety and a new foundation in your first chakra. Many of you feel unsafe on a deep emotional level. There are many reasons for this, and the causes can be from this life, other lives, and probably from both. But when you hold this baby in your arms, you don’t need to exactly know all the reasons and causes; you just hold it and love it.

With this, I’d like to end this first part of our journey. And I’d like you to remember these two images: the roots of the tree and the tiny baby in your arms.

Thank you and I will be happy to address your questions now.

© **Pamela Kribbe**

Edited by Suzy Conway