

# The Fire in your Soul- The Second Chakra

*Pamela Kribbe Channeling Mary Magdalene*

Dear Friends,

I am Mary Magdalene.

Welcome! I am so happy you are here. I hope to be a mirror for you because that is what you are missing. You feel drawn or attracted to me because you recognize yourself in me.

Let us explore the second chakra or energy center located in the middle of your abdomen or belly. The most important point I want to stress is that this chakra is the center from which you relate to the outside world and to other people. Relationships are important to all of us. It's through them that we get to know ourselves, find love, recognition, and friendship. Most of our hopes as human beings are tied to our relationships but our deepest pain and suffering are also due to our relationships.

When we were exploring the first chakra, I talked about feeling safe, focused on the baby child inside you. When you don't feel safe on a deep level, you try to find safety in the arms of someone else. First, you do this with your parents. As a young child, you look for safety in the arms of your parents. Most of you do not feel recognized by your parents and grow up feeling lonely as a teenager. Your hopes and desires focus on having a romantic relationship. Society holds up images of ideal, romantic love where two partners completely merge together, completely understand each other, and become like one. However, there is something very wrong with these images. No one can give you the kind of safety you are truly looking for. If you give that responsibility to someone else, then you will be dependent on him or her, and eventually fear will enter into the relationship.

When the fire in your soul flows freely through the second chakra, you feel safe inside and can relate to others without needing them. The truth is that you can only reach real love and intimacy with someone else when you remain free on an inner level. You are an independent being.

Imagine that in the center of your abdomen, your second chakra, you see a young child standing there. It is a sensitive child—it is you. Imagine that you are moving toward this child as a mature adult. You tell this child how beautiful and special he or she is. The child is too big now to carry around like a baby, so you put him or her on your lap and ask, "are you afraid other people will hurt you?" Allow the child to tell you what it is afraid of. It doesn't have to be in words because you are extremely sensitive and can tune into the child. You can feel and understand the fear inside. Feel your own presence as you hold this child; you are there for her or him.

Remember a time in your life or a moment in which you felt rejected by someone and how the child within was shocked. He or she didn't understand; felt betrayed and abandoned, alone. Say to the child, "it's okay, I am here now. You are beautiful and worthy."

Maybe you attracted this experience to you because you wanted to learn from it. See if you can help this child get over this pain, this hurt. Sometimes experiences of rejection make you feel stronger. When you are rejected, especially by someone you loved or trusted, you are deeply challenged. You are challenged to love yourself and stay true to who you are. Stick to your own truth.

All of you have been wounded in the second chakra by your personal relationships. This wounding also happened to the lightworker souls who tried to express their consciousness to the outside world. But you are still here even after repeated experiences of rejection in multiple lifetimes. You are still here. The reason why you are still here, the reason you came back, is not to save the world, but to truly grow and awaken inside and know that there is nothing from the outside that can truly hurt you. You are here to understand that you are truly divine, you are light. Allow that light to shine in your abdomen, in your second chakra.

The second chakra is traditionally associated with the color orange. Imagine that there is an orange flower inside this chakra. Give it the shade of orange that you like—it may be peach, or a darker, warm orange, whatever you feel is best. Feel your own light inside this orange color, the fire of your soul. Even though you have been hurt and experienced rejection you are still warm and caring on the inside. This beautiful sensitive child is still inside you. That's your real strength that nothing can destroy. You are the flower of life.

I will end this journey into the second chakra by asking you to remember these two images; the child you saw and the orange flower.

Thank you.

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Edited by Suzy Conway