

The Fire of the Soul - Third Chakra

Pamela Kribbe channeling Mary Magdalene

Dear Friends,

I am Mary Magdalene.

I say hello to all of you one by one and invite you to turn your consciousness inward, to let go of distractions and things you were thinking about before this workshop started. Focus your attention and energy completely on yourself and remember that your energy field is a living thing; it's not an idea, or a concept, it is a living thing.

Realize that before illnesses express themselves in the body, they are already manifesting themselves in the energy field. The energy field is closely related to your body, and it stores your emotions, your moods, and your beliefs. If you have strong negative beliefs or emotions then sooner or later, they will put pressure on certain parts of the body. The more you are intuitively in touch with your energy field, the more you are aware of your energy, and your body.

We are now going to visit the third chakra located inside your stomach. Feel it from the inside. The color associated with the third chakra is yellow. This chakra is located in the solar plexus area. The word "solar" means sun. Imagine that inside your third chakra you see a sun shining its bright yellow light. This sun, which is actually a star, shines its rays from the inside out. This is what the third chakra does, it brings energy from the inside to the outside, from the inner level to the outer world.

For this sun's light to shine brightly you have to be self-aware, self-conscious, and feel that you are important enough to shine and stand in your own space. The sun is also an element of heat; it's warm, it has to do with passion. When your third chakra is functioning well, you are in touch with your passion and you're not afraid to express yourself. The third chakra is about self-expression and manifesting from the inside outward. What you want and desire you manifest outward. It is a chakra that maintains your sense of boundaries. If you are extremely open to receiving energy from the outside, and you absorb emotions and expectations from other people, for example, you do not have strong enough boundaries. You put others above yourself in a way, and lose touch with your center, your own sense of self.

Let's find out how your third chakra is doing right now. Imagine that you're standing on a stage before an audience of people. You are about to express yourself; to express your unique energy. See if you can do this. It doesn't matter how you express your energy—you can imagine colors emanating from you, or you can speak or sing. Whatever way you decide to do it, you're allowing your light to shine out to the people. For many of you this is extremely hard to do. When you try to shine your light out to the people you may feel resistance inside you, or something blocking you. There may also be a part of you that wants to escape from the stage and hide.

Focus on the part of you that is afraid to express itself, the part that would like to hide and stay in the shadow. Allow this part of you to present itself in whatever shape your imagination conjures up, a child, an animal, a grown-up. I wish to remind you that for most of you who are light worker souls, this part that is afraid to shine and express itself is the wisdom part of you. You may see it as a witch, a wizard, a priest, a shaman, or a healer. Become aware of this part of you that wants to hide and is afraid to express itself. Ask her or him “why do you resist, why are you afraid?”

As a light worker, you all have deep fears about expressing yourself. It is important to accept this fear or resistance and then ask this part of you “what would make you feel more comfortable, more at ease with being on this stage shining your light?” This traumatized part within you needs protection, a sense of safety.

I’m asking you to feel how we are all connected. The Christ energy is present right now for all of us. It sees you and understands you. Tell yourself, “I can express myself peacefully.”

Imagine again that you are standing on this stage, and now there is an energy right behind you that is protecting you. This is a higher energy, a mixture of your soul and your guides. They will help you find the right environment to express yourself. You are very welcome on earth. Consciousness on earth is in the middle of a big transformation and you need to find your own space, your own unique way of expressing yourself. Allow yourself to receive guidance about this. Ask your soul or one of your guides, whichever one speaks to you, to give you a message or a hint on how to express yourself peacefully.

See if you can allow this sun inside the third chakra to shine now and feel relaxed about it. You don’t have to convince other people; you don’t have to share your truth with everyone. Sometimes you feel there is a good connection with certain people, or something invites you to express yourself, and then it is okay to do so. At other times you may prefer to withdraw and stay quiet and just surround yourself with things, activities or people that nourish you and make you shine in a quiet way.

The most important thing is to be aware of your light, and let it shine from the inside to the outside world. When you do so, you do not take in negative energies from the outside. You stay close to yourself even when you are in the world.

With that I will end this journey to the third chakra.

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