

The Fire of the Soul - A beautiful garden

Pamela Kribbe channeling Mary Magdalene

Dear Friends,

I am Mary, I am with you.

First of all, I want you to appreciate your own courage. It took a lot of courage to come down to earth again and face your fears and your emotions. Most of you somehow feel that you were without family in your childhood. Most of you felt that your parents, even if they had good intentions, did not understand you and recognize you. Your soul knew that this would happen and still your soul was determined to come down and incarnate again. Now you are here, and we are family. Please feel that there is family around you both on earth and from the other side. You often feel like a stranger in this world.

In this short channeling, I'd like to offer a way of protecting yourself from energies that do not match with yours, that do not resonate with you, are not your frequency.

I ask you to imagine that you hold a sword in your right hand. A sword is a weapon, but sometimes you need a weapon to protect yourself. However, the weapon is not physical, it's about energy. Many of you have an open heart and your energy in general is wide open to others. This is partly because where you come from before you were born on earth, it was a vastly different frequency.

Imagine that you were in a beautiful garden full of life. There was beauty around you and kindness, friendliness. Really remember this place, this frequency. This was natural to you. You can even imagine that you had a house there, a wonderful place in nature somewhere, and you felt extremely comfortable there. Sometimes you would go out of the house and meet other people, other souls, other beings. Your interactions and communication with them would be gentle and respectful. This was normal, this was your normal way of dealing with energies around you. There was no conflict, the energies around you mirrored who you were. But at some point, somehow you felt a calling, an urge, you had the feeling, I'm going to leave, I'm going to go on an adventure.

There were guides who showed you planet earth, and you knew you were going to go there, even though it was going to be hard. You decided to do it. You are here now but in the back of your mind, in the back of your being, there is a strong memory of a different more harmonious place. That's why you feel confused in this world. You don't want to have to protect yourself; you want to be open.

However, on earth, there is a fear-based consciousness that can bring you down. The sword I talked about—it's not something aggressive—you need to use this sword to protect the higher frequency inside you.

So again, I'm asking you to see this sword. A strong bright light is shining out of it that says "NO!"

You do not have to interact with fear-based energies, you do not have to cure them or change them. Even in the people you love most, you don't have to change them. You cannot change them. You have to protect your own inner space.

Imagine that you now place this sword in front of your abdomen and stomach, the lower three chakras and withdraw into your own inner space. You remember this heavenly garden. You fill yourself up with the frequency of the beauty of this garden.

Whenever you are in a situation in your everyday life and it is particularly challenging or exhausting for you, put this sword before you.

This doesn't mean you are escaping; it also doesn't mean that you are unkind to other people. It just means you make space for a higher frequency. Feel the energy of this sword and feel that it is very right and okay to put this sword in front of you.

Thank you.

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Edited by Suzy Conway