

# The Fire of the Soul- The heart Chakra

*Pamela Kribbe channels Mary Magdalene*

Dear Friends,

I am Mary Magdalene,

I am your sister and I greet you with love.

You often feel unloved in this life. There's much pressure on you to fulfill responsibilities, obligations, and duties. You forget that your most important duty is to stay true to yourself. No one can tell you what it means to be true to yourself. You are unique, you have your own vibration, your own gifts, your own history. To stay true to yourself, you have to be able to listen to yourself and close yourself off from all the outside voices.

I am inviting you now to go to the center of your heart and imagine that there is a temple there. This is a sacred place which holds your soul's energy, it's uniquely yours. Go with your attention to the middle of your chest, and feel it, be there. Now enter this temple and look around. Notice if it's light or dark there. You notice that you have not been there often enough and maybe you need to clean or open a window. The light of your consciousness is shining inside this temple, and you see how it becomes brighter and more beautiful.

You sit down in the temple, and you listen. You listen not just with your ears but with all of your being. Your heart chakra is the doorway, an opening to your soul and to other dimensions. By other dimensions, I also mean that time doesn't really exist there, so there is an opening to the past, an opening to the future there.

I'm asking you to invite your future self to enter the temple. This future self of you has a lot of heart energy. It has fully integrated heart-based consciousness. It has a bigger overview, and it has a wider perspective on your life. It is free from the fears that you are now struggling with in everyday life. Your future self is like a beautiful bird or angel flying to you from the future. She or he enters the temple and looks into your eyes. You feel the light and the joy. Whatever you are going to do in your life on earth, this is your purpose, to achieve this frequency, this light.

Now you're going to ask this future self a question. Think of yourself right now, and what you are struggling with the most. What worries you on a daily basis and keeps you thinking about it or feeling doubt about it. Then ask this angel or your future self, what is it that you need to understand, what is the answer? Let this radiant light-self embrace you. It might be that there are no words or messages in the beginning. Just allow the energy of this heart-based awareness to enter you completely, your head, your shoulders, your heart. Let this light go down into your abdomen and into the lower three chakras. This light is the fire of your soul. It is kind and gentle. It has love and understanding for who you are right now. And it understands that you cannot change everything immediately, so please ask it what you can do specifically to embrace heart-based consciousness more deeply.

Most of you are struggling because you are afraid. You fear loneliness, illness, or lack of money. But your biggest fear, even if you don't know it, is when you get disconnected from your soul's light. Truly open up to the presence of your future self, you may also call it your higher self, and feel how it brings you into a feeling of trust and freedom.

Realize when you are there in this temple in the center of your heart that your soul is old and has lived many lifetimes.

The lower three chakras are focused on earthly reality right now. But the heart has a more cosmic energy which reaches out to other dimensions, to the past and future, but also to other lives.

While you are still inside the temple of this heart, I invite you to connect with a lifetime in which you expressed your light in a powerful and peaceful way.

Last time, we talked about you standing on a stage and expressing yourself to other people. We talked about the fear or resistance you were feeling while doing this. But right now, I ask you to focus only on the specific light frequency that wants to flow out of you into this world. I'm asking you to connect with a past life in which this actually happened in a peaceful way.

Go into the past and feel or see yourself expressing who you are in a natural peaceful way. Many of you lightworker souls have experienced past lives in which you felt rejected for expressing your light. But there have been other moments—and they may have been quite simple, when you felt that your energy was flowing easily. Go to such a moment, allow your consciousness to simply give you images. Feel how your natural energy that belongs to you affects other people, what it does to them. All of you have the power to lift other people up to a higher frequency. Some of you do this in the way you listen to someone without judgment and with compassion.

Sometimes you say simple things that may affect other people deeply. I told you in the beginning that many of you feel unloved but there is a tremendous amount of love and wisdom inside your heart. If you start giving it to others in simple ways, by just being yourself, you connect with it and you connect with your true self.

Light work does not have to be spectacular. It doesn't have to be a big thing where you become famous or successful at something. Think back on moments when someone said something to you that meant a lot; it's often the simple things that matter.

This world is much in need of love, kindness, and compassion. Start by giving it to yourself.

Don't judge yourself.

Feel the energies of trust and freedom flowing to you from your future self.

Thank you.

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