

The Fire of the Soul- The Throat Chakra

Pamela Kribbe channels Mary Magdalene

Dear Friends,

I am Mary Magdalene.

Let me start by saying that it brings me and everyone here with me much joy to connect with you in this way. When I connect with all of you, I don't see just the human you, but I see the greater self, I see the future self, I see the past self. Have no doubt that you are all beautiful beings full of courage, experience, and wisdom. Respect yourself. Take pride in who you are. It takes a lot of courage and determination to live your life here on earth. Focus on your own growth and wellbeing. This is how you will channel your light to earth.

We are going to talk about the throat chakra, which is a center of communication and self-expression. We have discussed this chakra in the past because it is this center where many lightworkers hold blocked energy.

Imagine the fire or light of your soul flowing into this center, into your throat. Feel this gentle, warm light from your soul touching it. Your soul is patient and loving. It doesn't want to push you or force you to do anything.

Now, imagine that in the fifth chakra you see a lake. A lotus flower is floating in the middle of the water and the water represents your feelings, your emotions. Water is a flowing element and like your emotions and feelings, it comes and goes, it flows. Try to feel what emotion you often block inside of you. What energy wants to come out of your throat that you are holding back. It may be a mixture of emotions, sadness, anger, or frustration. Feel these emotions and allow them to be.

Focus on the lotus flower that is floating on the lake and imagine that these raw emotions, like anger or grief, are flowing into the lotus flower. The lotus flower brings light and consciousness to these emotions. Become extremely aware of this flower and tell yourself, "I am allowed to express myself. My emotions deserve to be seen and known." The lotus flower is a symbol of transformation. Every emotion that you have, even if it seems ugly and dark, has some message and truth in it. Imagine that a child is sitting in the center of the lotus flower. You see your emotions in the eyes of this child, and you tell him or her that it is safe and okay to express yourself.

When we talk about self-expression, we have to distinguish between two levels. The first level is how you relate to yourself, whether you allow yourself to feel what you feel. For example, when you feel angry or upset about something that someone said to you, the honest thing is to allow yourself to feel this anger, not to suppress it, not to hide it, or tell yourself I will ignore it, I will control myself. The first level of self-expression is that you acknowledge and accept that you feel

very hurt now; upset, angry, or sad. If you stay in touch with these feelings, you don't suppress anything and don't block the energy.

The second level is about how you express your emotions to other people. Before you do so, you first need to explore the emotions that you are having, for example, if you feel angry about something. Sometimes, it may be the case that someone said something to you that is very offensive and not true. In other cases, it may be that the other person did not mean to hurt you and that you're reacting to old pain that can cause you to be overly sensitive. Sometimes you don't know if the other person is being mean to you or if you are being too sensitive about it.

On this level of self-expression which is about what you're going to say to the other person, it's important that you tell the other person exactly what you feel without blaming or judging them. If you start blaming or judging, communication and self-expression stop. Instead, what you do is to tell the other person, "I feel upset by what you did or said to me. I don't know why you said it to me, or if you want to hurt me. I just want you to know how I feel about it." You take responsibility for your emotions, and do not speculate what the other person's intentions are.

This second level of self-expression is especially important, but it takes courage to express yourself in this way. It is important to speak your truth and to do so without attacking or blaming anyone. In general, people find it hard to communicate in this way; they either shut down and don't express themselves or they become angry and aggressive toward others.

Self-expression is about this middle way. You express how you feel and what your truth is, and it doesn't matter that much if other people like it or not. On the deepest level, you are doing this for yourself, not the other person. The more you speak honestly and gently about what your feelings are, the more space you create for yourself, the more grounded you become.

Let's end by again tuning into the lotus flower inside your throat. The lotus flower filters your emotions allowing them to be consciously expressed.

Thank you for being with me here today and I will be happy to address your questions.

© **Pamela Kribbe**

Edited by Suzy Conway