

# Fire of the Soul- The Crown Chakra

*Pamela Kribbe channeling Mary Magdalene*

Dear Friends,

I am Mary Magdalene. Jeshua has joined me for this message to you. Feel the male and female energies united in the Christ Field.

When we connect to the energy of the crown chakra on the top of our head, we go beyond the physical. We invite you to feel who you are beyond the physical. You are not your body. You are the soul who inhabits the body.

Feel your energy field, not your body, but the energy moving through it and feel how Mother Earth supports you. Her energy is strong and supportive. Remember the image of the tree and the roots of the tree that we talked about previously. Even though you may feel small and helpless as a human being, the earth is carrying you and protecting you like a mother.

There is an energy center on the top of your head which connects you to the universe, the cosmos. All of you have spiritual guides who are constantly by your side. Feel their presence, feel the trust they have in you and feel their kindness. If you don't feel it, simply breathe, and say, "Yes, I am open to feel my guides." Your guides are like very good friends of yours.

Imagine now, you are in a heavenly garden that we have visited before. You are far away from the heaviness, fear, and chaos on earth. It's very peaceful in this garden, you notice the flowers, birds, and trees. Everything seems so alive, there is consciousness in every leaf on every tree.

Take a deep breath. This garden feels like home to you. Your journey on earth seems like a short visit when you are in this garden. Find a nice spot to sit down, there's a bench there or you lean against the tree. You feel— "I am a very powerful being. This garden truly reflects who I am."

You see a guide approaching you now. He or she is walking toward you and smiling. You are happy to see this guide. He or she sits down next to you, and you look into the guide's eyes. You feel that he or she understands you and understands the hardship you have been through. Somehow, when you look into these eyes, you feel that the darkness you have experienced has meaning.

Ask your guide, "help me remember what my next step is, what is the most important thing for me to know now in my life on earth?" The guide may not use words, maybe they want you to *feel* what you need to know. Allow the guide to send healing energy to you and notice where it goes, to what chakra in particular. If you like you can ask, "which chakra needs the most attention right now from me?" and allow the guide to send healing energy to this chakra.

Breathe-in the frequency of this garden, really fill your energy field with it. Your purpose is to hold this frequency when you are in your everyday life while doing the things you need to do. The energies on earth are often quite dramatic, they are full of drama, and create strong emotions. You become overly excited about something and then extremely disappointed. Extremely happy and also sad. Earth is a place of duality, of extremes. As your soul grows older and wiser, you start to observe these ups and downs. When you awaken, you distance yourself from these extreme dualities. You start to value the energies of peace, quiet, and calmness.

To the ego, or the human personality, this may seem a bit boring, because it is easy to become addicted to strong emotions and drama, especially if you have gone through deep and dark, hard challenges. You know the truth lies in peace. Only if you distance yourself from chaos and fear-based energies, only if you put distance there, can you truly be close to yourself, truly one with your soul.

This garden that you are feeling and seeing now, is not someplace far away from earth. It's a frequency of light and peace that you can bring down on earth, that you can hold onto in your life. People who do not get caught up in the drama of fighting, conflict and strong opinions are what is most needed right now on earth.

Light work means to hold the frequency of light. That's it.

This heavenly garden inside you is the new earth. It starts on the inside in people like you.

Thank you for being here and for your brave intention to move toward the light.

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