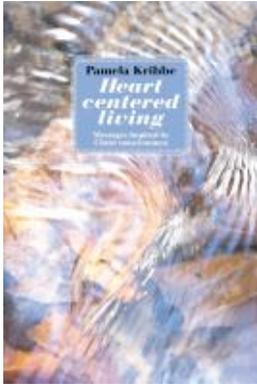


**Pamela Kribbe**  
*Heart  
centered  
living*

Messages inspired by  
Christ consciousness



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# HEART CENTERED LIVING

*Messages inspired by Christ consciousness*

*Pamela Kribbe*

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## 1 - Surrendering to your soul's passion

I speak to you from the heart of Christ consciousness. I am Jeshua, but I am not solely that one particular personality who lived on Earth two thousand years ago. Here, I represent more than that. I represent the Christ energy that lives and vibrates in all of your hearts. The one who speaks here now thus also represents your own energy and vibration; it is your own heart-felt longing that is turned into words in this room we are sitting in.

Being together like this, is not simply about delivering a lecture....it is a gathering and celebration of the New Era. The awakening of a new consciousness seems to be far off at times. There seems to be so much disharmony and conflict in your world and, indeed, within yourselves as well. Yet the awakening has begun. A new dimension of consciousness is being birthed on Earth right now, and after a long stage of preparation, it will gradually gain a foothold and spread a wave of enlightenment across Earth. You all take part in this wave of newly awakening consciousness, engulfing the Earth right now. In many senses, you *are* that wave of energy.

Whether you trust to surrender to your heart's calling is a big issue within this process of spiritual awakening, both at the individual level and at the collective level. At the political level, world leaders often find themselves confronted with this issue. It still is very difficult to be in charge politically and make decisions from the heart. Politics does not seem to be ready for this yet. Nonetheless, surrendering to the wisdom of the heart is the only way out of the great conflicts on Earth right now, the only chance for a peaceful resolution of these conflicts.

The universal sense of connectedness and unity that is possible between people of very different races, religions or cultures, is the foundation for world peace. The recognition of each other as human beings, despite the external dissimilarities, is growing among the world population, and it is stimulated by your modern information technology, which greatly diminishes

distances in time and space. At the same time, the growth towards mutual understanding is threatened by old, fear-based notions of “us” and “them”. Thinking in terms of good and bad, right and wrong, “us” and “them”, perpetuates age old hostilities and fuels a great deal of emotional turmoil. These divisive notions are still used by politicians to sustain their power.

However, what ultimately determines reality at the political level is you, the individual. Politics mirror the consciousness of the majority of individuals together. It is by the awareness of many independent individuals together that a new level of consciousness comes alive. Rather than dwell on the political level, I would now like to speak of the individual level, at which you are all working to integrate the energy of the heart into your lives and at which you are dealing with the issue of surrender and control.

Meanwhile I ask you to simply feel the energy of surrender, as it is gathered here today and flowing out of your hearts. You all strongly crave for the sense of liberation and trust that is inherent in surrender, letting go. But often, you do not know yet how to integrate this energy into your day to day lives.

What is the source of control in life? By control I mean: wanting to exert power over life, forcing it to flow according to your desires, which you perceive as right and just. Why do you mean to exert control over your life, and continually live in tension and anxiety because of it? The source of control is fear. Fear is deeply ingrained in the structure of your life: your upbringing, education and society. Control mechanisms are present everywhere and are taught to you as good habits. Apparently, you are a sensible, rational person if you want to have control over your life and organize it accordingly.

Surrender and unpredictability instill a sense of fear in you. Surrender you associate with giving up, not knowing what to do, being overwhelmed by emotional turmoil or crisis. This, however, is a very limited conception of surrender. It is a conception born from fear, from ego based consciousness. There is a much more positive notion of surrender, one that points at a lifestyle, a way of being, in which you live your life in trust, without the need to control, force or manipulate it.

The ego craves control because it is scared. The ego identifies with images that do not come from the soul but are fed to you from the outside world. The

ego is constantly running around to preserve its self-image, be it successful businessman, caring housewife, or able therapist. It wants to keep up this image to have control over other people's thoughts about you. However, there are always moments in which the ego fails and loses. This may be the case when you get overworked, sick or your relationship breaks down. The ego considers such crises, which at some point force you to let go and surrender, to be deadly blows.

The ego thus associates surrender with crisis. The ego lives in a continual alternation of control and crisis. Often, in moments of true crisis in your life, you are invited to look at the hidden treasure inside of it. There is always a positive element hiding within the crisis, which beckons you to get closer to the heart of you. In that way, life is always moving you closer to yourself, your inner knowing and wisdom, even if you live by the ego's dictates. For there will always be situations in your life that challenge you to surrender sooner or later. Life is always offering you opportunities to choose surrender as a lifestyle.

You know this. You all know these moments of surrender after a crisis, precious moments of clarity and awareness, in which you realize you are carried by the flow of an invisible, divine breath. You realize this divine flow of life wants the best for you, and that you can rely on it even if it does not necessarily bring you what you expected. What you all long for is to live according to this higher consciousness more permanently; to incorporate this way of being into your everyday life, without having to be pushed into it by deep crisis and despair. You all long for surrender as a lifestyle.

You are all worn-out warriors. You have come a long way. Sometimes you feel very old and tired within, but it is better to say that you are very tired of the old..... You are searching for a way of being that is effortless – inspiring and yet light and flowing. The key is that you do not empty yourself out in your relationships, work or other goals, until you crash and crisis forces you to surrender. Take one step further, or rather take one step back, and focus on a lifestyle that is always marked by letting go, trust and surrender. Surrendering means: not struggling, not resisting but going along with the flow of life, trusting that life will offer you precisely what you need. Trust that your needs are known and will be met. Accept what is in your life right now and be present with it. About this way of living I wish to speak, as your

longing for it is deep and sincere. It is a spiritual longing that comes from your soul, the divine flow within you.

### ***Blockages on the way to surrender: three false gods***

On the one hand, you desire to put down your masks and live openly according to the original blueprint of your soul. You long for sincerity, honesty, love and connectedness. On the other hand, letting down those masks is a very difficult thing for you. You have been raised with beliefs and structures that have become rooted in your psyches and that keep you from connecting to your own soul. In particular, I would like to address three idols or “false gods” that you often turn towards for guidance but which in fact take you off-center, out of the balance needed to live in surrender to who you really are.

#### **The first idol: God as an authority above you**

The first false god is God himself, that is to say God conceived as the lord and master of creation. That type of God is a human construction, an image of God that has deeply influenced your culture.

Many of you think that you have let go of this traditional image of God. You say you do not believe anymore in a judging and punishing God, who stands high above you and keeps a record of your successes and failures like a school master. You say you believe in a God of Love, who forgives you at all times and who cherishes and encourages you. However, in the rigid and loveless way you often treat yourselves, this old God is still very much alive! Do you not often say to yourself that you have failed, that you are not right, that you should have progressed further, whether in the area of relationships, work, or the spiritual. You torture yourself with ideas like: I do not live up to God’s expectations, I am disappointing my spiritual guides or higher Self, I have failed my mission, I am not contributing anything meaningful to the world.

Many of you believe, secretly so to speak, that there is a higher order that you are supposed to obey or answer to. Whether it is a “soul mission” or a “life path” that has been laid out for you, a spiritual hierarchy that has an “assignment” for you, or a spiritual guide telling you what to do or where to go.....in all those cases you believe in the existence of a higher authority, a spiritual level above you, that you had better listen to. But as soon as you

believe in an authority outside of you, who is able to offer guidelines about what you should do in your life, we are back with the traditional God. According to this image, there is a level of truth, at which things are fixed and determined, and all you can do is live according to it or not. This is a false image.

Certainly, when you are born, there are intentions in your soul for the lifetime to come. One might call these your higher purpose for this lifetime, but it has not been ordained by anything outside of you. It is you yourself who has chosen it and it was born from your own desires and wishes. The things in your life that are “predetermined”- in the sense of very likely to happen, nothing is ever fixed completely - have been created and chosen by you. You can connect to your life purpose or higher inspiration anytime by listening to your feelings, to the voice of your heart, your deepest longings. I would advise you not to listen too much to high-strung spiritual doctrines about how you should live. Listen especially to the so-called lower part of you: powerful emotions that manifest in your everyday life. Through these emotions, the soul is trying to reach out to you and tell you something.

If you would like to know what your soul wants to tell you right now, look at the emotions that recur in your life often and absorb you the most. Look at them in a kind but honest way. Do not accuse anyone else of your emotions, do not pay attention to causes outside of you; see them as the result of your choices. For instance, if you are angry and annoyed often, where does that come from? Is there something you are lacking? What does the anger tell you? What is the message hidden within? Is it a sense of not being recognized or valued by others? Are you afraid to show them who you are, afraid to stand for your truth? Do you hide your true feelings often and is it difficult for you to clearly state your boundaries? Often, through the anger, a genuine message is crying out to you: a longing to be who you are, to show your original soul energy to the world. If you recognise your soul's longing through the anger, you are seeing your angelic self shining through your inner child.

The angel inside of you is the “higher self” who wants to connect with physical reality, incarnate and shine its light upon Earth reality. It is the knowing part. Your inner child is the passion of life itself: it is desire, emotion and creativity. It is the experiencing part. The child part in you is your “lower self”. The inner child is a source of joy and creativity if it lives in harmony with the angel within. But if it breaks away from the angel's caress and goes

adrift, it is the source of emotions running wild. Anger will turn into hatred and vengeance. Fear will pervert into defense, neurosis and frustration. Sadness will deteriorate into depression and bitterness. The original emotions are pointers...messages from the experiencing part of you. It is the child that, through these emotions, reaches out its hands to the angel inside of you. The emotions express the pure, un-knowing experience. They are an expression of misunderstanding. It is in the connection to the angel that emotions can be picked up as pointers and understood. As such, the emotions become instruments for transformation and exploration: the "lower self" enriches and fulfills the higher self as it provides the knowing part with felt content. The angel in you comes to life and experiences deep joy if she is allowed to enlighten the child. And if the higher self shines through in this way, your emotional body quiets down and gains balance. The fruit of the flowing together of angel and child is an intuitive, inner knowing that can imbue your life with light and effortlessness.

The higher and lower principles in you, the angel and the child, are an organic, meaningful whole. The notions "higher" and "lower" therefore are not really right. It is about a joyful playing together of "knowing" and "experiencing". It is this interplay that leads to true, incarnated (as opposed to theoretical) wisdom.

To find guidance about your life in the now moment, you can best address your inner child. By giving it the attention it needs, you shower it with your higher consciousness, the touch of the angel. To illustrate this, let's return to the example above in which I spoke of anger and irritation. Once you have connected with this emotion and envisage it as a child, you can invite the child to come to you. You can ask it what it is upset about and what it needs from you to heal. Let the child answer you and allow it to express itself very clearly. Imagine it talking to you in a lively way, with a distinct expression on its face and clear body language. Perhaps it is giving you specific answers, such as "I want you to quit your job!" or "I want to take dancing lessons", or they may be more general, like "I need to play and relax more" or "I can't be nice all the time, you know!" Take the answer seriously and live according to it as much as possible. Maybe you cannot instantly do the things your inner child desires. But you can start small and step by step start to realize your longings.

If you embrace the angry, frightened or sad child inside of you with love and acceptance, it is touched by the angel inside of you and the result is that your soul speaks to you. Start with the emotions, find the true longing behind those emotions, and find a way to realize them step by step.

In the image I am drawing of the angel and the child within, there is no place for an authoritarian God figure. The “higher” and the “lower” complement each other in an open, dynamically evolving relationship. The angel does not dictate anything to the child, nor does the child have authority over the angel. It is in their interplay that you discover what is right for you in this moment.

You will find your life's goals through this intimate connection between angel and child. In this connection, you discover what really moves you. No authority outside of you can replace this connection, or make the connection for you. A teacher can only point to that sacred area within, where you can allow the child inside to be cherished and inspired by the angel in you. In this area, you find out who you are and what your passion is. General guidelines about how to live a spiritual life are nearly always inadequate, or at least not universal in nature. Truth is formless. Every creature has its own form, its own way of living the Truth. That is the miracle of your unique soul essence. Real spiritual teachers do not teach specific do's and don'ts, such as “do not eat meat” or “meditate two hours a day”. A real teacher knows that it is all about you finding your own truth, in deep communion with yourself. Teachers may indicate what has been helpful to them on their way, but they will not turn this into a rule or dogma.

If you take a look at the way God has been portrayed in most of your religious traditions, this is exactly what happened there. Most of them are traditions of fear and power abuse. The need for clear cut rules and dogma and the tendency toward hierarchic organizations always show that fear and power are at play. The same thing however also happens in new age spirituality. Take for instance the many predictions and speculative theories currently circulating. If you go along with this without consulting your own basic feelings about it, you may get insecure and start to wonder “am I doing things right?”, “what if I don't become enlightened in 2012?” or “is the state of my chakras pure enough to enter 5th dimension?” These types of questions are certainly not helpful to your inner growth. I ask you: turn towards yourself. Do not focus on the movement of the planets and stars, the climate changes, or the judgment of an “ascended master” to determine your level of self

realization. You are the center of your universe, the standard and touch stone of your world. There is no God outside of you who knows better or who determines things for you. Not only does the God you formerly projected outside of you, reside in you, this God is not all-knowing either. The divine principle in you and all of creation is a playful force, growing and evolving in open and unpredictable ways.

In this image, the “lower” has an indubitable reason for existence: it is the fuel for growth and fulfillment. Light and dark have their own role to play and it is in the acceptance of both, that you find enlightenment. Reaching out for the light in a one sided way, ignoring or fighting the dark, which some spiritual groups aspire, creates imbalance and a subtle resistance to (and contempt for) life on Earth.

Doing things wrong, making mistakes, is alright and it may even bring you greater growth than trying to avoid mistakes. In the “bad things” the seed of light is dormant. Only by experiencing the bad from within, can you experience the good as beautiful, pure and true. You cannot learn “from without”. You, God inside of you, has plunged into the deep (into material reality) to become knowing through experience, not to apply knowledge to experience. In that sense, not many things are non-spiritual. All experience is sacred and meaningful. Do not let yourself be guided by outside rules, dictating what is healthy, right and spiritual for you to do. The touchstone is your own heart: if it feels right for you, then it is okay. Let go of anything else.

### **The second idol: the standards and ideals of society**

Another false god which estranges you from your original soul energy is “society”: the standards and values which control your social world and are passed on to you through your upbringing, education and job environment. Many of society’s ideals are rooted in fear, in the need to control and structure life so that it becomes a neatly arranged playground. Many rules of behavior are not so much inspired by what people truly feel and experience, but on what it looks like from the outside.

Trying to live up to such external standards of conduct can put a great pressure on you. Think of the fear of “not fitting in”, not having accomplished enough, not being beautiful enough, having no relationship, etcetera. By

comparing yourself to unreal images of success and happiness, your creative energy gets stuck and you do not feel at home in this world anymore.

Because of all these do's and don'ts, which have become like a second skin, you hardly dare to explore your original creativity. You are afraid to step outside the beaten track. But it is exactly this original soul energy, the energy which wants to flow uniquely from you, that is so welcome on Earth! It is this part of you that is meant to bring about the transformation of consciousness on Earth right now.

Connecting to your creative impulses and expressing them in your own unique way often demands that you deviate from society's aims and ideals. It may be the case that your natural rhythm of exploring yourself and then expressing who you are on the material level, does not fit in with society's schedule of how and when to achieve certain things in life. You may first go through a long process of getting to know yourself deeply, not achieving or producing anything on the outer level. While this may seem ineffective or unsuccessful to people, you may be working very hard on the inner level, discovering a lot of valuable things about yourself. Take your time to discover who you are, where your natural energy leads you, and to integrate it into your emotional and physical being. Do not pay attention to external success. Focus on what feels good and right to you, what makes you feel relaxed and inspired. If you find that way of living, and experience peace and quiet within, you will most easily get in touch with your original soul energy.

There is much fear in people about what society dictates and expects from them. The strange thing is that "society" as such does not even exist. What we have is a lot of people together, each with their own sincere longings and their deep-seated fears. Everyone longs to be free in the deepest sense of the word: to simply be who they are without fear of being judged by "the others". Think again therefore, whenever you are paying a lot of attention to what others think of you. You are in fact becoming the other's worst enemy too, since by abiding to their rules and fearing their judgment, you keep false ideals alive and suffocate the both of you even stronger. You become "society" to someone else.

Especially you, who are the pioneers of the New Era, can be an example to people who are caught in fear. You are that example when you truly stand by yourself, listen closely to your feelings, live accordingly and let go of outside

judgments. These judgments are born from fear, not love, and they are often based on old rules and codes that no one remembers the true origin of. These old standards, which bear no connection to the human heart anymore, wait to be transformed from within, by people who dare to open up new vistas. Society waits for you; it waits for inspired ideals and standards that help people connect to their hearts and their true desires. You contribute to the collective transformation of consciousness by being an example of love instead of a follower of fear.

Dare to invite in the playful, childlike part of you. Get in touch with your inner child often: it knows very well what it wants. Often you can hardly sense what your heart truly longs for and you feel like you have lost your passion. This is because you do not let the inner child play, fantasize and dream anymore. When you measure yourself to external codes (what is appropriate for my age, gender, social background) you limit yourself and you do not allow the child, the dreamer and visionary, to take you outside of those limits and connect you to your “inner code”.

You were all born with an inspiration, a desire to manifest something on Earth, both for yourself and for others (“society”). You have not come here to live in an ivory tower. You are part of collective consciousness on Earth and you have come here to be a leader and inspirer of change. That will make you happy and fulfilled. By connecting to your inner child, and once again feeling the magic of that original passion, illusory limits and boundaries will be lifted and you will find your way in life in a much easier and lighter way. The more you set yourself free from the false gods that keep you small and fearful, the more you live from a sense of freedom and surrender to the heart, and the more the universe will support you and provide you with the means necessary to bring your passion to fruition.

### **The third idol: pitying others and going along with their suffering**

There is one other false god which I would like to mention and which perhaps preoccupies you the most in everyday life. It is pitying your fellows, sharing the burden with your dear ones by suffering along with them. Now, you may ask: how can that be an idol? Am I not supposed to connect with others, especially my loved ones, and help them if I can? What I am talking about is a tendency of yours to connect so deeply with people around you, that you are drawn into their pain, their problems and negative emotions and lose touch

with your own core and inner peace. This kind of pity and co-suffering is not your duty, it is not helpful to the other person and does not speak to the truth of who you are.

Much of what you call “high sensitivity” is being so open to other people’s energy that it wipes away your own. Your empathy (i.e. the ability to feel other people’s moods and emotions) is in that case insufficiently balanced by the insight that the negative energies in that person belong to them and not to you. You are not realizing clearly enough that this negativity plays a viable role in the other person’s life and that you may enlighten them through your compassion and understanding, but that it does not serve anyone’s purpose if you suffer along with them.

Of course you would love to see your dear ones lead happy and fulfilling lives (whether it be spouse, child, parent or friend). You wish they would feel better and that their problems would be solved. Always remember though that the problems they have are their own creations. Relationship problems, money issues, health problems, psychological disorders....they all mirror deep-seated inner conflicts within the soul. Somewhere deep down people want to experience these problems, in order to get clear about something. It may seem that they are victims, especially when they are running around in circles over and over again. But often that means they still want to experience some aspect of that problem more thoroughly and that they are not open yet to your help. If you try to help them anyway, you will easily become pushy and controlling and you will exhaust your own energy sources. You then give up on surrender as a lifestyle.

By giving too much or inappropriately, you waste energy and you chain yourself emotionally to the one you are helping. This makes you dependent on the other person for your sense of well-being. Your emotional energies get mixed up and this is one of the major causes for loss of strength, vitality and self-awareness. Few things can break down your energy so easily as a persistent sense of duty, guilt and responsibility for someone else.

In such a “helping relationship” power issues often arise, even if no one intended this. By giving too much or inappropriately, the helper in fact tries to cover up an inner emptiness that goes unnoticed if one is preoccupied with someone else. Helping someone else may make you feel stronger and more self-assured. The one who gets all this attention from you experiences this as

nice and comfortable, and they soon notice they can influence you with their moods and emotions. They know that if things get worse for them, they get more attention from you (because you want them to get well so badly). The “sufferer” therefore senses that they have power over you and that it pays off to remain in the victim role. In such a relationship, a strong energy exchange is taking place, and it will drain the both of you, because it is not in alignment with what your souls really want. There is no spiritual truth in the way you are reducing each other to very limiting roles. The helper will eventually get frustrated because the sufferer will not progress enough: it is not in their interest to change, for they have invested in the victim role. And the sufferer gets even more stuck in their victim role; they dig themselves deeper into it, which may completely paralyze them. Both will get angry and blame one another.

You easily sympathize with and feel sorry for the people around you. Especially lightworker souls, who have a deep impulse to spread light and awareness on Earth, are very sensitive to the suffering of others. It is hard for you to see suffering on a global scale, for instance in regions in the world devastated by poverty or war, or the destruction and pollution of the environment. But when it comes to suffering that is close to you, in your personal environment, you are affected most profoundly. And it is especially here that you are challenged to take back your power.

It is important to realize that you are not helping someone by making yourself smaller. You often think that if you absorb and swallow part of the other person’s emotions, you connect deeper to them and therefore help them. It is like you are sharing the burden. But by taking in the other one’s troubles, you only double the burden. The shadow deepens. By going along with the other person’s suffering, your power gets fragmentized and shattered by the negativity in them. You will think you are not entitled to be happy, peaceful and satisfied yourself, while they are suffering. This is a grave mistake. In actuality, the opposite is true.

To be truly helpful to someone means that you put your energy at the service of the solution of the problem, not of the problem itself. To do so you need to make yourself bigger rather than smaller. The more self-consciousness and independence you radiate, the more you represent the “energy of the solution” and the more you can mean for someone else without exhausting yourself. If you are going to suffer with them, you are really only affirming the problem.

If you stay centered and calm, not resonating with the heavy emotions of the other, you open up another angle, another way of looking at the problem. Precisely by not resonating with the energy of the problem, you shed new light on it.

True spiritual guidance never involves solving someone else's problem. Rather, it means to be a beacon of light and awareness to them, which mirrors their problems back to them in a way that enables them to take another look at it. It enables them to see meaning and value in the problem; it returns to them a sense of free will and responsibility. Something inside of you touches their heart and inspires them: it is the energy of love. It is the energy of acceptance. In this way, you offer the "energy of the solution" to them, not by doing anything for them, but by being it. That is light work: being your natural self, having peace with yourself and radiating that peace to others. It is not about carrying other people's burdens or finding solutions to their problems. It is about carrying the energy of the solution in your own being and openly sharing it with others. That is the core of your mission on Earth, the core of what it means to bring light.

Being true to yourself, taking good care of yourself and listening to what your intuition tells you is a prerequisite to anchor the frequency of love to Earth. This is what your soul wants for you. Anytime you let others run away with your energy, or give too much of yourself out of fear or a need to control, a part of your light gets shattered and you will need to recuperate and emotionally heal yourself to regain your natural balance and vitality. Notice how this happens in your everyday life. If you are worrying about other people, about how they perceive you or how you should help them, and your thoughts are going in circles, and the same emotions repeat themselves, you are stuck in the rut of fear and control. Often, you tend to give away your energy because you think you are making things better, helping people out or solving a problem. But pay attention: does your contribution really serve the solution of the problem or does it affirm and thereby perpetuate the problem. Ask yourself whether you aren't really serving an idol, instead of your own inner light.

Trying to control things often seems right and sensible, but often it is just fear that forces you to. You frequently feel tired and exhausted from all your exertions in different areas of your life, but often you stick to it and feel that you are obliged to put even more energy into it. You think you owe it to

someone, to some organization, to society or even to God. But anytime you feel emotionally exhausted, pushing it too far, it is really time to let go and find some quiet space for yourself. It is time to let go of the world and turn within. Cutting the cords for a while and reconnecting to your inner child is of great importance to remain centered and balanced. By connecting to the child, you also awaken the angelic you, the keeper of the child. You connect to your “lower self” and “higher self” and by feeling them inside, and listening to them carefully, you start to sense how they can play together joyfully in your present. It becomes clear what things you need to do or pursue to become centered and peaceful again.

### ***Finding and following your passion***

Everyone is born with a passion. Imagine that passion to be a beautiful red rose. Imagine that, just before you are born, you are standing at the edge of heaven, holding this exquisite red rose in your hand. Though you may hesitate to take the leap into the Earth realm, even wondering gloomily whether you are really up to it, you sense a fire deep within, a passion, which presents itself to you as the red rose. Now imagine that you take the leap, you incarnate, and now you carry the rose within, in your belly and heart. Let the energy of the rose come to you now. Allow your original passion, your inspiration to present itself to you in this moment. Take a look at the rose, what does it look like now? Take the first image that springs to your mind. Does the rose look a bit sad and worn out, or does it radiate vibrantly? Do you see a rose bud or a blooming flower? Does it need anything from you in this moment? Perhaps more water or sunlight, or some more love and attention, or does it want to be removed to another spot, to more nurturing surroundings? Imagine that you give it exactly what it needs, and feel how this affects you on the inner level.

Red is the color of the Earth and of the base or root chakra. Red is the color of passion. You are often afraid of your own passion. You are afraid to let this original flow express itself openly in your lives, because it goes against what society or tradition considers proper, right and sane. However, in each one of you there is an original passion and inspiration that is the very source of your existence here and now. You cannot really be fulfilled and inspired, until you allow that energy to run through your life and guide it. The essence of surrender as a lifestyle is that you surrender to yourself, to your soul’s passion, the inspiration that cradled your current lifetime.

There are a few ways in which you can recognize whether you are connected to your soul's passion.

**1. Feeling inspiration – wherever it flows, that's where you need to be**

Surrender as a lifestyle means that you let yourself be guided by what truly inspires you. Surrender is not a passive energy. By surrendering to what really motivates and inspires you, you open the gate to a lively and active flow of energy within. To discover that flow for yourself, you need to find out with what kind of activities your energy naturally flows. What things make you feel happy and peaceful? In what kind of occupation or pursuit do you feel that things move effortlessly and gracefully? What is the essence of these things or activities? Feel the essence of it – and know that there may be a variety of ways for this essence to take shape and form.

**2. Being true to your own nature - what you do naturally, is what you are good at**

To recognize your passion you need to realize that it is always something that is very natural to you. It is something, an activity or occupation or expression form, that you are drawn to, feel interested in and enjoy pursuing. It is something close and natural to you, almost self evident from your perspective. To bring your natural gift to fruition, you may have to learn some skills or pursue some formal education, but it will be relatively easy and joyful for you to do so. Your passion is something that your abilities and talents are attuned to; it involves activities that you are good at from the start.

**3. Maintaining clear boundaries and daring to say “no” – take yourself seriously**

You are in the flow of surrender to yourself if you take yourself seriously enough to say no to things or people that inhibit or cut off that flow. You can only follow your passion if you dare to say no to what does not fit or feel right to you. Surrendering to yourself, to your unique inspiration, entails being precocious and stubborn sometimes, standing apart and trusting the messages of your heart even if people say you are silly and foolish. It is about loyalty to yourself. Dare to be grand, dare to make a difference! There is really no alternative, you know. The alternative is that your natural flow of inspiration gets stuck and dries up and you start to feel frustrated, empty, angry and

unfulfilled. If you do not choose for yourself, you choose against yourself. The energy of the rose, your passion, withdraws and this creates psychological problems such as loneliness, estrangement and eventually depression. Therefore, dare to say no, dare to take up space with clear boundaries. Do not fear to be “egotistical” according to the standards of false gods.

#### **4. Patience and rhythm – do it step by step**

If you are connected to the energy of your soul, your inspiration, it will clear a path for you in your everyday life. Opportunities (in the form of people or situations you encounter) will come to you in a pace and rhythm that suits you. If you want to be attuned to that flow of manifestation, stay in the present and take it step by step. Try to not run ahead of all the things that need to happen to realise your dreams and passion. Life takes care of you, you need not take care of life. Simply feel your passion and entrust it to the hands of the God within you. Let the angel inside keep and watch over the dreams and longings of your inner child. Surrender and trust!

Thank you so much for being here today. It is a great pleasure to be with you and remember that the I who is saying this also very much represents your own energy. It is your own energy that beckons and invites you: dare to live, dare to be who you are!

## 16 - Guiding our children

I am here. I am Mary. Before I say anything about today's subject matter, which is about the new generation of children, I wish to draw attention to you. Each and every day, you try to embody more of your light and inner being on Earth. You often experience heaviness in your lives and it seems sometimes like you are imprisoned in your body or in moods and emotions that suffocate you. We – me and my friends - would like to tell you that we trust and respect you for all that you go through and accomplish in your lives. We love you just as you are and we wish that you would have more respect for yourself and all that you have already accomplished in your life so far. By staying hopeful, cherishing your dreams even when you have to deal with setbacks, you show your greatness and strength. You are planting seeds of light on Earth and these will bear fruit. Thanks to your inner work, you have created a bridge for a newly incarnating generation of souls who wish to shine their light on Earth. It is about these souls we wish to speak today.

Before we talk of them directly, I ask you to go back in time and feel who you were when you entered the realm of Earth as a newborn. Feel the innocence and beauty of your energy. Sense the sincerity of your intentions and the delicacy of your energy. Ah, you have been connected to Earth for so long! So many times you have plunged into the deep as a small babe. Now feel what your intention was this time. You probably carried some personal baggage that you wished to solve in this lifetime. There may have been wounds deep in your soul that you wanted to heal and overcome. But apart from that, you were also guided by a vaster and more universal ideal, which is to enhance spiritual awareness and growth on Earth. You knew you were going to be born in an age of transition, an age of crisis as well as opportunity. You knew there was “work to be done”, work on the inner level that would open up new pathways in thinking and feeling. You felt a connection with this great global transformation on Earth and you were prepared to take the plunge into the deep once again to help make true this old vision of a peaceful Earth:

a new consciousness of unity among men and a renewed harmony between all living beings on the planet.

Time and time again you have broken through old boundaries of thinking and feeling. Every time you felt suffocated in traditional structures and rules, knowing deep inside that your soul could not flourish in a fear dominated environment or relationship, you have felt the necessity to break free. It has been painful at times, to say goodbye and travel new roads, yes difficult and very heavy, but you had to stay true to your sense that something wasn't right, that it did not make sense to you or that something was missing. This nagging sense reminded you of the original intentions and goals of your soul. You have not been able to become well adjusted to the demands and ways of society, because they did not correspond with what you as a soul wanted to live by on Earth. You were destined to be "different", not because God or any other external authority planned that for you, but because you are who you are. You have, at some point of your soul history, become inspired by a new consciousness, that we may call Christ consciousness, awareness from the heart, or love. It is not so important how you call it. What matters is that you have been touched by it, that you have been hit by a sparkle of inspiration that has ever since propelled you to go on searching, dreaming and expanding your consciousness. The sparkle that is kindling a new consciousness on Earth is now hitting many. For that reason, the "children of the new era" feel called to come. For that reason, they have been incarnating on Earth for several decades now in great numbers. They are here to complete what you have started.

You who belong to the previous generation of lightworkers, roughly born before 1980, were the forerunners and trailblazers. You were inspired by the same ideal as the "new children" now; it was the same calling of the soul. But the grounds that were opened up by you, especially in the sixties and seventies of the 20th century, were much more marked by conventional beliefs and deep-seated fears about freedom of self expression, emotions, creativity and sexuality. When you go back forty or fifty years in time, the collective energy field of Earth looked much different from now. It was less transparent, more dense and clouded and therefore less accessible to the loving and clear energies that are now finding their way to Earth. One of the things that have enhanced this gain in love and clarity is the rise of equal rights for women (starting at the beginning of the 20th century) or in other words, the growing awareness of the equality and unique qualities of the

female energy. The badly needed rehabilitation of the female energy has supported a growing awareness and validation of the dimension of feeling in life. During the sixties and seventies of the last century, much has opened up in the area of emotion, intuition and creativity.

Much work has been done by the older generation of lightworkers and it has cost them much, for they have crossed the inner valleys of self doubt and loneliness, before they could open up a new horizon for the generations to come. If you are part of that older generation, know that you have set a beacon of light for the ones after you.

Now you are passing on the torch to a new generation. And as you are passing it on, you can provide them with support and encouragement, while they can inspire you by their passion and the purity of their hearts. They are “different” to an even larger extent than you were. While you could temporarily or partly adapt yourself to an environment that didn’t truly resonate with you, they are unable to do so even at the level of outer behavior. In other words, they cannot even fake it for a bit. Their emotions and their physical body protest at a deep level as they are confronted with the limiting energies of many traditional education systems or ways of raising children. Adaptation is not an option for many of these children. Especially the most sensitive among them will physically and emotionally crash in an old energy environment and their behavior will become so problematic that the environment has to respond and change. Repressing or ignoring the problems is not possible anymore. The children that come in now will force society to deeply reflect upon its own assumptions about children and about life in general.

The children who are being born now (and have been incarnating on Earth for some decades) carry a larger part of their full soul consciousness into the Earth realm than most of you did. As you enter the Earth realm, you go through a “veil of ignorance”, which keeps you separate from the dimension from which I presently speak. This veil is like a pair of glasses which, once you wear it, makes you believe you are a separate I, locked into your body. In fact, the veil of ignorance enables you to experience duality on Earth, so it has its value, but at this moment the time is ripe for the veil to become more transparent and allow more communication from one side to the other. There are more and more people who reach through the veil and who realize they are one with something bigger than just “this body” and “this personality”. The more people do this, the more a channel is formed through which loving

cosmic energy pours into the dimension of Earth. On this wave of cosmic energy the new children ride in.

Try to feel the energy of these children for a moment. Sense the wave of cosmic energy they are riding. Don't think about it, just open your heart and allow the sensations to come through you. They vibrate at a higher level. Their energy may feel playful, light and butterfly-like but at the same time uncommonly wise and deep. They choose very consciously to embody a greater part of their soul, their divine self, on Earth. They do this as they want to contribute to the transformation of consciousness on Earth and they fully realize it might get them into trouble. At the level of their higher self, the most aware part of them, they have consciously made that choice. But on the level of the emotional self (or "inner child") they might get traumatized by the clash they experience with the reality of Earth. They run the very real risk of getting lost and troubled in the realm of Earth, as they cannot switch off their sensitivity and higher vibration when they are in a less developed environment. Thus, they will have to either find a space on Earth to express their energy safely and freely, or they will have to cope with intense doubts and frustrations inside. You can see how courageous and loving these souls are, running the risks they do. The same courage and power of love were displayed by you, when you incarnated on Earth.

I will now go into some of the characteristics of this new generation of children. Not all children are the same of course, and some children display these characteristics more than others. There is a sense in which all children are "different" nowadays. They enter through a different (thinner) veil and with the intention to express more of their soul into matter than ever. But every soul has its own development and within the new generation of children there are the extraordinary sensitive ones, which are more different than the rest and which are often called "the children of the new era" or simply "the new children". I will now list some of the most important characteristics of this specific group of children, and bear in mind that these characteristics also apply to a lesser degree to all children nowadays. Actually, by the development of consciousness on a collective scale, a "new human" is arising on Earth. An evolution is taking place towards a socially and spiritually more intelligent human species, capable of living in harmony with nature and connected to its fellow humans by a sense of unity and respect. The development towards this "new human" is foreshadowed by the children.

## ***Characteristics of the new children***

- The new children are increasingly clairsentient, empathic and telepathic. They easily absorb other people's moods and emotions. The boundary between the world perceived by the five senses and the invisible world of feelings and energies is very fluent for them. They perceive the inner side of things often as easily as the outer (physical) side. They are not misled by outer behavior that does not truly mirror what is going on within. Their intuitive perception is astute.

- The new children are peacemakers. They feel the impulse to bring together opposing parties and appease conflicts. Together with their intuitive abilities this often means that they mature early and are wise beyond their age. They often understand their parents at a deeper level than the parents understand themselves or each other. They try to help them or build a bridge of understanding between them. They easily become the "parent of their parents" and this may take away from their spontaneous, uninhibited, childlike part. When they identify strongly with the role of helper they may carry too great a burden of responsibility.

- The new children are idealists. They are spiritual, philosophical and imaginative. They are inspired by ideals such as equality, fraternity and respect for nature. In their aura you can often notice that the upper two chakras are wide open. Through these higher energy centers they often receive plenty of inspiration, insight and enthusiasm. But on the other hand they can easily get restless, overly dreamy and unrealistic because of these widely opened higher chakras. Their energy has not become fully grounded yet; it still has to connect fully to the body and the Earthly plane of reality.

- The new children are feelers more than thinkers. They have trouble adjusting to preset structures and rules that leave little room for intuition, unpredictability and individuality. They are actually here to teach us how to break free from a tradition in which thinking and analyzing was overemphasized. All children are to some extent feelers rather than thinkers. But what distinguishes the more sensitive new children is that for them it is physically and emotionally impossible to adjust to a rigid and overly structured environment. They become sick or display severe behavioral disturbances. They are already anchored into a heart-based consciousness to such an extent that they cannot go back anymore.

- Because of their strong intuitive awareness and their inability to adapt, these children may be viewed as obstinate, rebellious and “different”. It is actually not their intention to be rebellious. They just want to be themselves. But if they feel there is no room for that, they can become isolated and even drop-outs living at the edge of society. As they are less driven by fear and the need for self-preservation, they are less responsive to discipline and authority. Yet they can suffer intensely and be confused by the lack of understanding they encounter. They can feel alienated and lonely because of that and wonder what is the meaning of their presence on Earth. If they do however find their way in life and start to express their creative and spiritual energy in material form, they will flourish and many people will be touched by the profundity of their ideas and by their gentle, non-competitive way of dealing with people.

### ***Problems faced by the new children***

Summing up these characteristics already shows what problems the new children may run into. The biggest problem is that their specific energy is not recognized and understood by the people around them. When they are not given the means or opportunity to express their feelings and there is a lack of real communication, several “behavioral disturbances” may arise.

Children may become rebellious, hot-tempered and hard to handle. They feel misunderstood and mistreated, and they really want to say “no” to that, but they do not know how. They do not have the right expression and communication skills yet. What happens after a while is that they themselves do not understand anymore what is going on inside. When their inner life is not mirrored back to them by an understanding parent or teacher who gives a name to their feelings and listens with an open heart, they can get locked inside themselves and act out in ways that seem unmanageable and irrational. At that point it requires a lot of attention and a deeply attuned awareness to understand what is moving these children, as they themselves have lost touch with their feelings.

It can also be the case that children, feeling not welcome or misunderstood, withdraw and disconnect from the environment. They do not vent their emotions through aggressive or unruly behavior. They are locked into their own little world and it is difficult to get through to them. Often these children are extremely sensitive, reacting strongly to discordant energies around them. As it is hard to imagine what it is like to be so sensitive, their boundaries are

easily overstepped, and to survive emotionally they shut down their feeling center. This survival mechanism is generally called “autism”. It is a paradox that autistic children are called non-empathic (i.e. not able to see things from another person’s perspective) because they are extremely sensitive. One might say that they have so much trouble holding onto their own boundaries, that they cannot allow themselves to reach out to others, to expand their consciousness in such a way that it includes the other. They feel their world would break down if they do so, and they would be swallowed by chaos. The non-empathic behavior of the autistic child therefore stems from an enormous impressionability regarding the energy of others. It is in dealing with this overwhelming sensitivity that the autistic child seeks to protect itself and shuts down emotionally. The non-empathic or non-social behavior of autistic children is a survival mechanism and not an essential characteristic of the soul.

Children who try to solve their problems in an extraverted way (rebelliousness, agitation, lack of concentration) as well as children who seek an introvert solution (withdrawing and shutting down emotionally) share a number of common features.

- They feel unwelcome, unrecognized or not truly appreciated for who they are.
- They are not firmly rooted or grounded in their physical bodies. This you can literally perceive in their aura which often does not fully connect to Earth at the underside. Practically it means that they lack an emotional foundation or anchor of safety inside from which to explore the world in a relaxed and open way. There is a basic “not feeling at ease” which makes it difficult for them to “just be” in a carefree way.
- As a result, they may display physical symptoms and disorders and/or react strongly to certain foods or substances.
- As they grow up and become teenagers, it can be difficult for them to find their place in society (by finding the right form of education or a job that suits them).

I would like to say a little more about the ways in which these children and teenagers can be supported to feel more welcome and find proper ways of

self-expression. But first I wish to emphasize that it is very important not to think in terms of guilt as we speak about the causes of the problems the new children experience. The parents of these children often do their utmost to support and take care of them. A number of parents are very aware of the special qualities of their child and are getting more and more intuitively tuned into them. By their openness and willingness, an enormous learning process takes place. It is these parents who, together with their children, will pave the way in society and prepare the road for new ways of dealing with children.

The sometimes painful confrontation the new children experience with the reality of Earth has been consciously chosen. They come to bring something new and they know this in their heart. This puts their difficulties in a different perspective. At the soul level, they take responsibility for what they encounter in their life; they accept the setbacks and obstacles. Society is not “against them”. Society is sleeping in many respects. It is the sleep of old habit and the coming of the new children is a wake-up call. Yes, they are a bit like you, can you feel it?! The previous generation of lightworkers has gone through the same dilemmas as these children, with the difference that in the current age things are gaining momentum and reaching a turning point. The new children are both cause and effect of this acceleration.

### ***Guiding the new children***

In guiding the new children, as their parent, teacher or therapist, the starting point is always an inner connection to that individual child’s reality. The foundation of all real help is the willingness to open up to the child’s way of experiencing life and the ability to tune into what it communicates to you verbally or non-verbally. The most important quality one can possess if one want to coach these children is the ability to listen and be open to something new.

It is less relevant whether you have specific knowledge or skills. These can even be in the way. Theories about (new age) children often depart from general classifications of outer behavior. Syndromes and diagnoses are based on externally observable symptoms. But what’s missing here and what’s vital for successfully reaching out to these children is that an inner connection is made to what the child is experiencing: the feelings and emotions that give rise to the outer behavior.

To look at someone in an open and unbiased way, one has to let go of preconceived notions and expectations. You can only genuinely connect to someone else (whoever they may be) if you first release everything you think you know about the other. Only then is there room for being present in the now in a truly sensitive and intuitive way. This also is a beautiful way of welcoming someone, for you are now allowing yourself to be touched by their very soul's energy.

From such a fundamentally open attitude, which is feeling in nature rather than thinking, you can enter into a communication with the other person that is beneficial and enriching to both. The interaction with a child is never one-way traffic. In the relationship the both of you are teacher at some points and student at others. This is what characterizes all spiritual meaningful relationships.

When the relationship between guide and child is defined in such a clear and transparent way, there are many possibilities for supporting the child in its development. I will indicate some ways in a general fashion, which does not pretend to be complete but rather to point to a certain overall direction.

*- Positive appraisal for their unique qualities (which make them "different")*

Help them remember who they are. Help them realize that their high sensitivity and idealism belong to the most beautiful qualities they possess. Let them articulate themselves in what respects they feel "different" and encourage them to find out how these qualities enrich and contribute to the world. Find creative ways of expressing their (high) sensitivity so that they can experience joy in it. Bring them together and let them exchange experiences and share their energies.

*- Intuitive development*

To train their intuitive skills in a playful way, helping them to connect to their body and their emotions, reinforces their self awareness. Grounding oneself, knowing your boundaries from within and using your intuition to find out what is good for you, are skills that these sensitive children can easily learn when they are young and unrestrained. When they are older, they may feel more inhibited regarding their natural tendency to feel, imagine and fantasize. If that's the case, it is important to first help them become aware of the

emotions or limiting beliefs that block the flow of their intuition. If there are problems in this respect, almost always the energy flow in the lower three chakras has become blocked. There are fears, frustrations and disappointments in these children as a result of which they may feel insecure, depressed or even wanting to die.

*- Respect their maturity as a soul*

Know that their high sensitivity and “being different” has been a conscious choice on their part and trust their inherent capacity to solve their problems. Do not treat them like victims. Appeal to their gifts and talents and, as much as possible, let them find their own answers and solutions. Encourage them to get in touch with their passion and inspiration and help them find out how to express and manifest their inspirational energy on Earth in a practical way.

*- Make room for self expression*

The energy of the new children or teenagers can be so ethereal and idealistic that it may seem intangible. It is important for these children to express themselves in material form. This may be a creative form such as painting or making music, or it can be through sports or games. What matters is that they know how to ground their energy and make it visible to others. In that way they channel their energy to Earth. In all of these things, the starting point should be that they enjoy expressing themselves in material form. When they are encouraged to freely explore and experiment, they will find the forms that suit them on their own.

*- Alternative medicine*

Gentle, holistic forms of treatment such as reading, healing and alternative medication can be very helpful in dealing with physical symptoms in these children which are related to their overall energy and psychological condition. As they are so sensitive toward energy, these children respond easily to ways of treatment which are focused primarily at the energetic level (the psyche) and only secondarily at the body. It is however important here also that one does not choose a treatment or medicine based solely on external symptoms but that one makes an inner connection with the unique situation of a particular child. As a parent or therapist one can ask the child on the inner

level whether the treatment is beneficial for them. And once it is old enough, the child can be involved in the choice themselves.

*- Education*

Enlightened forms of education take the child and their inner world as their starting point. In the past, knowledge has often been “poured into” children in a top-down fashion. They were considered to be empty vessels which needed to be filled with useful knowledge and skills. However, if one regards the child as a mature soul with their own interests and goals, education takes on a very different form. The challenge is not so much to make something out of nothing, but to awaken and liberate something that is already present within the child: their natural soul energy that wants to manifest and express itself in the material world. There is a natural tendency in the child to want to learn, to explore and find out about the world. It is only when they are systematically forced to take in knowledge that is not related to the way they experience things that they become reluctant and unwilling to learn. Preserving and working with the natural eagerness in a child to learn is the foundation of new education. In this approach, the role of the teacher is very different. What is asked of them first and foremost is to be present with the child in an open and intuitive way. The teacher starts from the assumption that one can trust the natural and unique abilities of each child. They allow the child to lead the way, supporting it by supplying the knowledge and materials they need to attain their goals.

*Dealing with the suffering of your child*

When you are the parent of a sensitive child and you notice the hardships they have to go through in dealing with the world, you dearly want to protect or save them from harm. Unnoticed, you may begin to view the outside world as the enemy and your child as the vulnerable victim. You may be afraid and wonder whether your child will ever make it without you. Watching your child suffer can throw you back on your own deepest fears, sorrows and disappointments. Nonetheless, the presence of this particular child in your life always has a hidden logic to it. There is a deeper meaning with a positive intent. One way of unveiling that logic and meaning is to look at the child with different eyes. To not see it as a helpless little being but as a teacher – an angel if you want – who has come to bring you a message. I invite you to go

along with me in the following meditation. If you do not have a child yourself, you can simply invite an imaginary child to come to you.

*Imagine you are walking through a lovely garden. Open your heart to this world of peace and serenity and let your gaze wander around. There are many plants and flowers in the garden. Feel the rhythm of the seasons, cycles in time which alternate gently and slowly all by themselves.*

*Now you look to the side and you notice that a child is walking next to you. Take the first child that comes up in your imagination. He or she silently takes your hand and together you walk through the garden, taking in the beauty of nature.*

*After a while you notice an inviting place to sit down, it may be a little bench or an open spot on the ground. You both sit down. Now you take a better look at the child. See her or his little face and look deeply into their eyes. After a while you observe a transformation taking place. Slowly the face of the child changes into that of an angel. You see how the child gets a shining radiance and becomes more ethereal, belonging to a different world. Perhaps you notice colors surrounding the angel-child.*

*Quietly you watch this angel and you are in awe of its appearance. You feel yourself becoming smaller, like a child again. Release the burden of being a grown-up for a moment and feel that sense of wonder again that is so natural for a child. With wide eyes you look at that magnificent angel facing you and then you sense that she (or he) wants to say something to you. This he or she does first by conveying an energy to you through their eyes. You take in that energy and feel the essence of it.*

*Then you ask a question to the angel. "Why did you come to Earth?" you ask, "What is the gift you are bringing?" You let the angel speak. It does not have to be in words – they can also speak through feelings. Then you suddenly know, without words or images intervening.*

*When you have received the answer, let the angel know and ask: "What is the highest thing I can do for you? How can I best support you in your mission, your endeavors?"*

*Let the angel-child tell you, in words or in feelings.*

*Then say goodbye while you feel that a lasting connection has been made between you from heart to heart.*

Often, the thing the child needs from you most is the thing that helps you too. The character trait or energy that is needed most to support the child is often exactly the character trait or energy that you on the soul level wish to develop and master for yourself. Let me give some examples.

It may be the case that you have an introverted child that hides their feelings and is hard to communicate with. What this asks of you is that you learn to intuitively tune into them, be patient, and be willing to look at your own feelings in depth. This helps the child. Very often, to develop the qualities that are helpful to the child is exactly right for you as well, regarding your own inner development. Perhaps you are someone who has strong beliefs about a lot of things, or someone who is very practical and efficient, and you have never explored the realm of emotion and feeling that much. Your child invites you to restore that balance. So although superficially, the child seems to present you with a problem only, there is a deeper meaning hidden inside the problem: the challenge for you to develop certain qualities which fit very well into your own specific path of inner growth.

Another possibility is that you have a very lively and strong-willed child who easily crosses your boundaries and forces you to speak up and clearly indicate what you do and don't accept. This child may frequently upset you and you may feel overwhelmed at times by their presence. What this child asks of you is that you get clear about what your boundaries are, so that you can communicate your needs and wants in a resolute and self-conscious way. If there's a lot of struggle between you, it generally indicates that you haven't made up your mind yet about what you do and don't tolerate. Your child invites you to define your own space clearly and to determine where you stand in the relationship to them - and very often this also throws light on all your other relationships. The behavior of the child (and your reaction to it) magnifies a problem that was already there. Very likely you already had a problem with assertiveness before your child was born. Now the child asks of you to become truly aware of who you are and to stand by yourself, and this is precisely what you need on your own path of inner development.

When you develop the qualities that support the child, you are helping the both of you. By your added understanding, love, independence and self-

awareness, you can become a role model for the child, a beacon of light. In that fashion, in a mutually inspiring process of growth and healing, a new energy is being born on Earth. A torch of light is being passed on from generation to generation, and it is shining ever more brightly.

We praise you for your dedication, love and commitment. We wish that you experience joy and fun on this journey of exploration that you and the new children are undertaking. We hope you have compassion for them but especially for yourselves as you will surely make mistakes. (Remember that mistakes are always the most important learning tools). We trust that your torch will keep on burning and will spread many sparkles to the torchbearers who come after you. But whatever you do, whether you experience joy or despair, whether you have compassion or are judgmental, whether you are open and trustful or down and depressed, we love you and will keep on offering you our support and encouragement. You are welcome. Always.

### ***Questions and answers***

After the channeling, there was room for questions and answers. Some of them have been listed here.

#### ***What can I do for my autistic daughter who is 6 years old?***

First I would like to say that you love your daughter immensely and that your love is very palpable for her. With this, the most important thing has already been said. Your love cloaks her in a constant, silent embrace. That doesn't take away the problems she has, and the difficulties you experience in relation to her, but it is the prerequisite for things to work out in your lives. So feel that for yourself for a moment, feel your integrity and the sincerity of your love: this is the most precious gift one can bestow on a child.

It's understandable that you feel doubtful, even desperate at times, but at the core there's a deep love that unites you. If things are not going as you planned or expected, then it is not you or her that should be blamed. There is something she wishes to go through and deal with in her life, a special reason why she has this particular problem. It is her intention to be here on Earth in a very pure way. She carries a very pure and knowledgeable energy inside of her, which will touch many people. But a lot of patience is required, on her

and your part, to have this energy come down on Earth intact. She has chosen – it's complicated to put into words exactly – to bring a pure and evolved energy to Earth and to be relatively unprotected in this. So her energy is not attuned to the energetic reality of Earth and she needs a translator, someone who helps her make the translation to the reality of Earth. She consciously chose this high and relatively unprotected sensitivity because that way the natural vibration she carries within can remain intact.

One can put it this way (I'm speaking more generally now). If you have a "normal child", in the sense that it easily adapts to the expectations of the outside world, the child will more easily forget themselves, i.e. lose touch with their original soul energy. It will more easily be influenced by the demands and standards of society and even the most sensitive and enlightened parents cannot prevent that. Children with behavioral disturbances such as autism do not adapt so easily. But because of that, the soul energy of the child is more easily preserved; it does not budge so to speak. The people around this child will have to adapt instead of the other way around. This situation is often quite difficult for parents, teachers or doctors. But there's a hidden treasure in the problem. The child's "being different" challenges the environment to find new ways of communicating, reflect upon assumptions that seemed self evident before and to be truly open to the inner reality of the child.

What is asked of you in relationship to your daughter is especially to have trust in this child and to tune into her needs. You do this very well! You have a lot of inner space in your being. Trust that your child has chosen her life path, that she has outlined certain milestones in her life and that she chose you as their parents, so that you together could enable her to shine her light on Earth. You're doing an excellent job.

**Additional notes by Pamela:** After the session I did a short intuitive reading of this girl for her mother, on the basis of a picture. This showed that her autism was related to a past life experience. This is a literal transcription of the reading:

*I see a lot of light blue energy above her head in the form of shining transparent stones which are linked into a standing oval above the crown chakra. There's an energy there of high vibration; it contains a profound understanding of life and the human psyche. I feel she lived on Earth one time*

*and had a strong spiritual or clairsentient experience during which she felt a lot of insight come to her, like an epiphany. As a result, the behaviour and the motives of the people around her became transparent to her, including the silent power plays that were going on in her community. But it was difficult for her to integrate that knowledge into her daily existence. I sense that she got ill, that she got unwell both at the bodily and at the psychological level. She could not express her truth, because her environment would not understand, not grasp it. This made her feel very anxious; she had the feeling she possessed knowledge that could help other people and prevent them from suffering, and yet it was impossible to speak up about it because she would be locked out. My impression is that she could not solve this dilemma during that lifetime and that she broke down due to emotional stress and physical problems which were the result of not being able to integrate that higher consciousness into her physical being. She shut down emotionally and this had an effect upon her throat (self-expression), her heart (connection to others) and the lower three chakras (feeling safe and wanted).*

*Now (in the present) this higher knowledge (the blue oval) is hanging above her head, exquisite and pure, and it is her intention for this lifetime to integrate it with her physical and emotional reality on Earth. I feel strongly that is the reason why she came to you (her mother). You also carry something of that blue energy (the quality of higher awareness) in your auric field, so there is a natural connection with her. You also have red in your aura near the lower chakras which shows that you are able to stand up for your truth, although it has been hard for you at times. My feeling is that your presence alone has a healing influence on your daughter. That's wonderful. She wants to heal in this lifetime, step by step. You as her parents are part of the solution, not part of the problem.*

***Both of my sons are highly sensitive, but in very different ways and therefore they fight and argue all the time. This very hard for me to watch. I find myself struggling and arguing with them also, while I am truly someone who needs peace and harmony around her. How do I deal with this?***

It is very important for you to stand up for your own truth, to stick to your gut feelings and put our some clear boundaries in relationship to others. Your consciousness easily slips into the highest two chakras (third eye and crown), from which you tune into other people's emotions and understand their

reasons for it. But you lose the connection to the lower three chakras, which tell you what you feel, what you need and what you want. You lose touch with your own inner child (the seat of the emotions) and you become ungrounded.

You are very sensitive yourself and your sensitivity contains a lot of empathy and reaching out to others. You have the desire to be connected, to be together with others, but in this you often sell yourself short. It's important for you to take your own emotions of anger and resistance seriously and allow an energy shift to take place within you so that the balance between giving and receiving is restored.

The struggle you find yourself in with your children is there for a reason. It challenges you to become clear about your boundaries and demand respect from them. Often, this is a problem for parents who are very sensitive and who want to understand their children and not hurt them. In the role of parent they often lose their balance because they repress their own emotions and lose track of their own inner child. You should become more assertive and "self-centered" in the relationship with your children.

By becoming more self-aware and assertive, you will be able to set an example for your children and show them what it is like to be both a highly sensitive and a self-confident person. By embodying this energy of balance, you teach them more than words can ever do.

Children pick up your energy, the feeling tones of who you are, especially sensitive children. So allow yourself some space to express yourself and you will see that it'll make you more grounded and give you the real peace and harmony you are looking for.

***How do I realize my intention and desire to work with children? I feel inspired to work with children in the manner you described but at the same time I am inhibited by my fears of failure and my doubt that "no one out there is waiting for me". Again and again, I am "interrupted" in my outward flow of self-expression by my insecurity. How do I deal with that?***

There's an authentic longing inside of you that stems from your soul. It's important to cherish that longing and treat it in a gentle and caring way. Apart from enthusiasm, this longing also awakens fear inside of you. It brings to the

surface an old hurt, which goes back to your childhood and beyond, to previous lifetimes, in which you were rejected for the specific qualities you now want to express once more. The experience of (violent) rejection has left a trauma in your soul. This trauma now makes you resist and waver as another part of you wants to manifest your soul's true energy again. Understanding and accepting this heritage is the first and pivotal step towards healing yourself. By being impatient with yourself and by judging your fears and insecurity, you deny the pain in you that wants to be recognized and brought to consciousness.

Take your time for healing the hurt inner child inside. Your enthusiasm points at the right direction but it can also make you restless, as you are trying to get over your inner wounds too quickly. Remember that essentially, this process you're in is not about your manifestation in the outside world. It is about your healing. The first and foremost goal of any soul incarnating on Earth is self-realization: to love and accept yourself as you are and to experience the intense liberation coming from this. That is the foundation for all truly creative, spiritual energy. Once it is laid, the outward manifestation flow comes easily and effortlessly.

The fact that you want to live and be in the world from your heart, shows you are prepared to go to the core of the fear and darkness that is still with you. The longing to express your very own soul energy on Earth always comes at a time when you are ready for a deep level of self-healing. As you prepare to express your heart's inspiration on Earth, you will, more than ever, let go of your past, your education and of relationships that no longer nourish you. Connecting with your soul creates a lot of movement in your life and it may seem like you are putting one step back before your spiritual energy can gain material form. Changes occur in your life and things may even get chaotic and messy for a while. This is precisely as it should be. Do not doubt yourself when the process of manifesting your soul's desires comes with jerks and jolts along the way. It is these jerks and jolts which make you realize who you truly are and what you have to offer to others. Going through the fear and the insecurity, facing up to them and accepting their presence, makes you all the more loving and compassionate towards others. As you let go of judgment, and truly accept who you are at this moment, you become wise. You understand that it is really about you and not the others. And at that moment, the others will start to come to you. They will see something in you that

*Part II - Rebirth of the feminine energy - Guiding our children*

inspires them. Opportunities to manifest your soul's inspiration will present themselves easily. You are ready and you will know it.



## 24 - From heart to belly: bringing your soul's light down to Earth

I am Earth speaking to you. I am your mother and carry you in my lap, your whole life long. You are cherished by me, even if you are not aware of it and are too busy and caught up in your day-to-day affairs. I hold you and invite you to connect with me, as I wish to stir your memory and remind you of something sweet, old and forgotten. It is about the natural safety of being on Earth.

To remember the natural safety of being, you can look at nature all around you. Watch the seasons, how they come and go all on their own, see the plants and animals go about their daily life, listen to the rustle of the wind or the murmuring of water. In this way, you are briefly reminded that the most important things in life happen automatically, as a result of nature running its course. Nature is all around you and it is in you as well, for you also have a nature and it is part of nature as a whole.

Especially in the West, you have become so oriented to living from the head that you have forgotten you are a natural being, like the plants and animals. Look at the animals, how naturally they surrender to life. They almost can't do otherwise. They do know emotions such as fear and resistance, but they cannot oppose themselves to life as much as humans can. Human beings can by their excessive thinking create a cage for their own nature which will cause problems after a while. Life cannot be organised and controlled by human thinking. The primal forces of nature are vaster than that. Sooner or later you'll find out. There will be a moment in which you have to surrender to nature.

Often you reach such a moment through crisis, when you get stuck in a situation that asks of you to release control, because you have no grip anymore on things inside or around you. Releasing control hurts and it can be a struggle. Yet it will bring you home. You think you are lost and drowning in

chaos, but you are actually coming closer to the natural safety of Being itself. Life holds and loves you. Crises often seem to be cruel and unjust, but in truth they always carry inside nature's, or if you want God's, invitation that says: "come home, come back to me". There's a guiding hand within the crisis, which seeks to support you and show you the way.

All of you who read this are on the inner journey to wholeness and completion of the self. You are seeking to bring your soul alive in a human body of flesh and blood. On this path you go through different stages. The soul gets embodied - or descends into - the body in different stages. When you've only started the inner path, you will probably have become acquainted with it through your head. For instance, you may have become attracted to certain books or people, who throw a different light on ideas and values you always took for granted. You may be shaken by their new thoughts, and yet strangely attracted to it. It will fascinate you to read and hear more about it. You will let go of some of the more rigid structures of your thinking and open up to something new. Reading and speaking to other minded people can be helpful incentives in this process. This is how the journey within begins for many. You devour spiritual books like they're cookies. Deep within you, something wants to awaken and change, and this translates itself first as the need for a new way of thinking.

After some time you start to long for more. You start to think: well, I understand what they're talking about in those books, but how do I apply all of this to my own life? How does this knowledge come alive and how do I truly translate it into my feelings and actions on Earth? This question may haunt you and drive you to despair, but you cannot force life. Yet at a certain moment something will happen in your life which will help you make the breakthrough from head to heart. Often it is a crisis of some sort. Changes may occur in the area of work, relationships, health or loss of a loved one. Whatever it is, at a certain moment feelings will arise inside you which are so intense that they cannot be ignored. You have to allow them in and let the transformation take place. That is when your soul incarnates deeper into your heart.

First your soul had descended into your head, inspiring you to take in new ideas through books, talks etcetera. Then the soul knocks at your door at a deeper level, the level of feeling. You will get acquainted with layers of emotions you never knew existed before. Crises spur these on; they will make

old emotions from childhood come to the surface, perhaps even memories from before this lifetime. You will explore these layers of emotions and this is how the center of your heart opens up. Your soul incarnates even deeper, filling the heart chakra with its energy.

The transformation that takes place at that stage may give rise to several complications. You start to look at the world with different eyes and your relationships with other people change as well. Deep within, the awareness of oneness awakens. The awareness of oneness means that you realize that all of us, man, animal, plant, nature, are held together by a divine force, and that we are bound to each other, each a mirror to the other. This awareness can be overpowering and for many of you the breakthrough from head to heart causes a great sensitivity inside. This high sensitivity may create imbalances. Boundaries with others get blurred, you may take in a lot of other people's emotional stuff not knowing how to release it and your moods can go from very high to very low. The breakthrough from head to heart, however, though powerful and essential, is not the last stage in the incarnation of the soul. The soul wants to descend even deeper, into the belly.

When the soul has descended to the level of your heart, you have partly awakened. You are aware of your feelings, you dare to look at your emotions, you are prepared to go within and face your inner wounds. But you also feel weakened by your high sensitivity and the unstableness that arises because of that. Because your heart is so full of feelings, you lose your grounding at times, and this can be difficult. This happens to many of you. When the heart center is opened radically, your sensitivity may become too much for you and you may want to withdraw from the world. You will not express yourself creatively anymore, because it is all too much and too overpowering. This can make you feel anxious and down.

The answer to this problem is not in going back into your head. The answer is in your belly. You are ready for the next step in the incarnation process of the soul: the transition from heart to belly. The soul wants to flow even deeper into your body. In the middle of your belly there's a space or point of silence. Go there with your consciousness now as I speak. In that space there is no language, no thinking, no concepts. You may hear the rustling of leaves in the wind or the sound of the beating of waves. Those sounds can help you become aware of the silence that is within this center.

At this level, your spiritual knowing and feeling become instinctual, or as one calls it, second nature. There is no need to think or even feel it over. A deep knowingness is present from which you act and life pours through you easily. Your soul has then become your nature, it has descended to the level of instinctual awareness. This gives you the balance you need! You can remain centered and calm amidst a demanding and turbulent environment. Your feeling center (your heart) wants to connect with your belly, in order for it to be truly grounded and for you to feel safe on Earth.

Let us now visit that place in your belly. Trust that it is there. Tell your soul it is welcome there. Allow your soul to flow from your head, inspiring your thinking, to your heart, radiating love and kindness, to your belly, giving you trust, self esteem, a profound inner knowing that you are who you are and that you are fine as you are. Feel your belly opening up to you. Sense how the golden light of your soul flows down to your root chakra and connects with me, Earth. Go deep within. Be the center of silence and know that from there, your high sensitivity will be balanced with peace and calmness. In this balanced state, you will know how to put boundaries around your feelings. You will know when to open up and when to keep your distance, staying close to yourself. You determine when to say “yes” and when to say “no”, when to connect and when to let go. The key is in your belly.

To help you connect with this center, I suggest you imagine an animal that represents the inner power residing in your belly. Take the first animal that comes to mind. Remember, animals are very spontaneous creatures, they live from their instincts, their natural reflexes. This animal reflects your instinctual inner knowingness. It is already there. It is waiting for you. You do not need to create it, you only need to see and recognize it. Invite this animal to come near you, say hello and look it into the eye. Now ask it whether it has a message for you, helping you to descend deeper into your belly.

Let the animal speak. The animal embodies the wisdom of the instinctual and you can receive that wisdom, because you have a head and a heart. You can feel and articulate this wisdom. That is the beauty of the cooperation between head, heart and belly. Not one of them is better or higher than the other. Rather, it is their balanced cooperation which makes you whole and complete. Your head can give you much pleasure. Thinking can be useful and fun. It gives you the opportunity to communicate with others, as it provides a common language. The heart offers the possibility to experience joy and the

whole range of emotions human life comprises. It is a beautiful gift. The belly gives you your foundation, your I-ness, if that's a proper word. It allows you to really be *you*, firm and rooted, drawing your own boundaries and using your discernment. From this foundation, the interaction with your heart and your head becomes a joyful play. If these three layers are aligned with each other, you feel whole, and life is worth living on Earth. It can be full of inspiration, love and happiness. You can surrender yourself to what moves and inspires you, while at the same time not losing your basis, your inner point of silence. You can remain close to yourself, and at the same time freely give and receive what life offers.

I salute you all. My love and compassion are close to you always. I am playing this game together with you and I am part of it. You are beautiful and rich as human beings. Have faith in the beauty and power of the instruments available to you, the instruments of thinking, feeling and being.





*This book is a guide on your way to heart-centered living. Living from the heart means that you live according to your soul's calling and that you truly express your unique gifts on Earth. Before you find the peace and joy this brings, you may encounter deep fear, doubt and loneliness inside. This book guides you on the inner path from ego to heart and brings you closer to your own soul.*

# Heart Centered Living

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