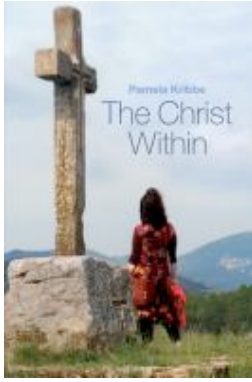


Pamela Kribbe

# The Christ Within



*This book is for you if you feel drawn to the promise of living according to your soul, following your inner voice. It speaks about the Christ Within, the presence of compassion and joy waiting to be awakened in all of us. It addresses everything that stands in the way of surrendering to it: our fear, our trauma, our skepticism. The channeled teachings in this book gently guide you on your way of inner transformation.*

# **The Christ Within**

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# **The Christ Within**

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## **A word of thanks**

This book is based on channeled messages received in the context of workshops that my husband Gerrit Gielen and I have offered during the past years. I am greatly indebted to Gerrit for his peaceful and clear presence next to me whenever I channel, as well as the countless inspiring conversations we have had about the subjects discussed in this book. In fact, working together with Gerrit in the field of spirituality has always been so natural and so comprehensive, that it is hard for me to distinguish who has contributed what. Although I am the channel, I feel that this book, as well as the others, are a joint creation and the result of our souls' joyful reunion.

The channelings in this book were mostly received in Dutch (apart from a few that I channeled directly in English) and they were translated into English by Maria Baes. I am deeply grateful to Maria for her hard work and her heart-felt connection with the material in this book. Because the channeled messages contained spoken language, they had to be edited in order to make them easy and fluent to read in written language. This was done by Frank Tehan, and I am greatly indebted to him for his skills and dedication. Bringing channeled messages into the world means to bring into material form a high and pure energy that often escapes our human words and concepts. When these messages are written down, the words have to be chosen carefully in order to reflect as best as possible the intent and the radiance of the energy transmitted. I am very grateful to have received the invaluable help of Frank and Maria to achieve this goal to the best of our abilities.



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## Introduction

This book contains messages inspired by the Christ energy. The Christ energy was personified on Earth by Jeshua-ben-Joseph 2000 years ago. He planted the seeds for a new awareness, a consciousness based on the heart rather than on the dictates of fear and ego. Jeshua's energy is still alive. The universal energy of love and wisdom that he personified in his life on Earth is also a part of us. In fact, Jeshua's primary goal was to make us aware of this, to *make us aware of the Christ within*.

In 2002, one evening in September, Jeshua started to speak to me. I realize this sounds pretty strange and hard to believe. With my academic background, having finished a thesis in the philosophy of science a few years before, I would heartily agree with that assessment. However, as Jeshua's messages came through, and I slowly opened up to receiving them, my husband and I were struck by the wisdom and healing quality of the information. We decided to write the messages down and after one year, we invited some friends to attend a "channeling session" at our house. I went through a lot of fear, insecurity, and skepticism, but eventually we posted the messages on the Internet, and after some months, people started to send us e-mails in which they told us how touched they were by the Jeshua channelings. They felt as if he spoke to them directly, awakening their hearts, and they felt recognized at a deep level.

Being trained as an academic philosopher, with mainly theoretic interests for many years, I was surprised and sometimes even overwhelmed by these emotional, but heartfelt responses. When I started to channel for small audiences, I was afraid people would attack me by questioning the veracity of my channeling, or the logic of what Jeshua was saying, so I was prepared for skeptical rebuttals. Instead, the energy during the channelings was quiet and serene, and often people were so much touched by Jeshua's words, that they started to cry, both out of joy and out of emotion. The channelings clearly addressed them on another level than the mind.

When Jeshua introduced himself to me, he immediately pointed out that he preferred to be called Jeshua-ben-Joseph, instead of Jesus, and that he

was not a kind of deity, but a brother and friend to us. This is how Jeshua introduced himself in one of the first messages I received from him:

*I am the one who has been among you and who you have come to know as Jesus.*

*I am not the Jesus of your church tradition or the Jesus of your religious writings.*

*I am Jeshua-ben-Joseph; I have lived as a man of flesh and blood. I did reach Christ consciousness before you, but I was supported in this by powers which are beyond your imagination at present. My coming was a cosmic event - I made myself available for this.*

*It wasn't easy. I did not succeed in my endeavors to pass on to people the immensity of God's love. There was much misunderstanding. I came too early, but someone had to come. My coming was like throwing a stone in a large fishpond. All fish flee and the stone sinks into the deep, though there are ripples noticeable long afterward. One might say that the kind of consciousness I wished to convey, did its work underground after that. At the surface of the pool there were constant ruffles; well-meant, but misguided interpretations rose to meet and fight each other in my name. The ones who were touched by my energy, moved by the impulse of Christ energy, could not really integrate it with their psychological and physical reality.*

*It has taken a long time before Christ consciousness could set foot on Earth. But now the time has come. And I have returned and speak through many, through all, and to everyone who wants to hear me and who has come to understand me from the quietness of their hearts. I do not preach and I do not judge. My sincerest hope is to speak to you of the vast and unfailing presence of love, accessible to you at any time.*

*I am part of a much larger consciousness, a greater entity, but I, Jeshua, am the incarnated part of that entity (or field of consciousness). I do not much like the name Jesus, for it has become so caught up with a distorted version of what I stand for. "Jesus" is owned by the church traditions and authorities. He has been molded to fit the interests of the church patriarchs for centuries, so much so that the prevailing image of Jesus is*

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*now so far removed from what I represent, that it would truly please me if you could just let it go and release me from that heritage.*

*I am Jeshua, man of flesh and blood.*

*I am your friend and brother.*

*I am familiar with being human in every way.*

*I am teacher and friend.*

*Do not fear me. Embrace me like you'd embrace one of your kin.*

*We are family.*

(From *The Jeshua Channelings*, p.7/8).

From the start, Jeshua told me his messages were meant for a specific group of people. He called them "lightworkers" and he said they were at the forefront of a wave of heart-based consciousness that engulfs the Earth right now. He said they are pioneers of consciousness and their soul's mission is to help bring a new awareness to Earth. I did not like this idea very much. I thought it was kind of elitist to address the messages to a specific group of people. Isn't the Christ energy alive in every one of us? Jeshua, however, pointed out that to be a lightworker is not to have a special status or be superior in any way. Also, every soul becomes a lightworker at some point, so it is not about a fixed group of souls. The reason Jeshua insists on addressing this particular group of pioneers is that he dearly wants to help them remember who they are. These souls are on the verge of a deep inner awakening, which will make them become teachers for Earth in the most humble sense of the word. However, because of the dense energies they encounter in human society, many of them feel lost, doubting themselves, not fitting in with society, lonely, and desperate. Jeshua's messages, through me, are meant to make lightworker souls become aware of who they are, and to give them tools to heal their inner wounds.

To clarify what Jeshua means by lightworkers, I am going to quote a list of characteristics that he gave to me in the very beginning of our work together.

*Lightworkers are souls who carry the strong inner desire to spread light – knowledge, freedom, and self-love – on Earth. They sense this as their*

*mission. They are often attracted to spirituality and to therapeutic work of some kind.*

*Because of their deeply felt mission, lightworkers often feel different from other people. By experiencing different kinds of obstacles on their way, life provokes them to find their own unique path. Lightworkers are nearly always solitary individuals, not fitting into fixed societal structures.*

*The word "lightworker" may evoke misunderstanding, since it lifts out a particular group of souls from the rest. It may be taken to suggest that this particular group is somehow superior to the others, i.e. those "not working for the light." This whole line of thought is at odds with the very nature and intent of lightwork. Let us state briefly what is wrong with it.*

*First, claims of superiority are generally unenlightened. They block your growth toward a free and loving consciousness. Second, lightworkers are not "better" or "higher" than anyone else. They simply have a different history than the ones not belonging to this group. Because of this particular history, which we will discuss below, they have certain psychological characteristics which distinguish them as a group. Third, every soul becomes a lightworker at some stage of its unfolding, so the label "lightworker" is not reserved to a limited number of souls.*

*The reason we use the word "lightworker" despite possible misunderstandings is because it carries associations and stirs memories within you that help you remember. There is a practical convenience to it as well, since the term is frequently used in your current spiritual literature.*

(From: *The Jeshua Channelings*, p.35/36)

### **Psychological characteristics of lightworkers**

*From early on in their life, they feel they are different. More often than not they feel isolated from others, lonely and misunderstood. They will often become individualists who will have to find their own unique ways in life.*

## *Introduction*

*They have trouble feeling at home within traditional jobs and/or organization structures. Lightworkers are naturally anti-authoritarian, which means that they naturally resist decisions or values based solely on power or hierarchy. This anti-authoritarian trait is present even if they seem timid and shy. It is connected to the very essence of their mission here on Earth.*

*Lightworkers feel drawn to helping people as a therapist or as a teacher. They may be psychologists, healers, teachers, nurses, etc. Even if their profession is not about helping people in a direct manner, the intent to contribute to the higher good of humanity is clearly present.*

*Their vision of life is colored by a spiritual sense of how all things are related together. They consciously or subconsciously carry memories within them of non-earthly spheres of light. They may occasionally feel homesick for these spheres and feel like a stranger on Earth.*

*They deeply honor and respect life, which often manifests as a fondness for animals and a concern for the environment. The destruction of parts of the animal and vegetable kingdoms on Earth by human doing invokes deep feelings of loss and grief in them.*

*They are kind-hearted, sensitive, and empathic. They may have trouble dealing with aggressive behavior and they generally experience difficulties in standing up for themselves. They can be dreamy, naive or highly idealistic, as well as insufficiently grounded, i.e. down-to-earth. Because they easily pick up negative feelings and moods of people around them, it is important for them to spend time alone on a regular basis. This enables them to distinguish between their own feelings and those of others. They need solitary time to touch base with themselves and with mother Earth.*

*They have lived many lives on Earth in which they were deeply involved with spirituality and/or religion. They were present in overwhelming numbers in the old religious orders of your past as monks, nuns, hermits, psychics, witches, shamans, priests, and priestesses. They were the ones providing a bridge between the visible and the invisible, between the daily context of Earth life and the mysterious realms of the afterlife,*

*realms of God, and the spirits of good and evil. For fulfilling this role, they were often rejected and persecuted. Many of you were sentenced to the stake for the gifts you possessed. The traumas of persecution left deep traces within your soul's memory. This may presently manifest as a fear of being fully grounded, i.e. a fear to be really present, because you remember being brutally attacked for who you were.*

(From: *The Jeshua Channelings*, p.37/38)

These quotes are from *The Jeshua Channelings*. In that book, Jeshua talks about the history and destiny of lightworkers in depth. The channelings called the Lightworker Series, which make up the first half of that book, are the theoretical background to the messages that followed later, and out of which both the second book - called *Heart Centered Living* - and the present book were created. The channelings in the second and the present book were all received in the presence of a live audience and much of their contents are related to what people in the audience desired to know. They are a response to the questions and needs of actual lightworkers. The messages therefore often contain practical suggestions for meditations or visualizations which help address inner blockages or hidden emotions.

### **How does channeling work?**

You may wonder how exactly I receive the messages from Jeshua, Mary, Mary Magdalene, and Earth, and what channeling is really about. I wrote an article about this which I published in *The Jeshua Channelings* and which is also available on [www.jeshua.net](http://www.jeshua.net). In that article, I point out how important it is to look upon channeling as a human endeavor, i.e. as a cooperation between a human being and a non-earthly teacher energy, in which the channeler inevitably influences the information coming through. Channeled information should be assessed in the same way as one assesses other types of information. If the information is clear, inspiring, interesting, and if it feels truthful and uplifting to you, that's a good reason for taking it seriously. What makes channeled material valuable is that it can give us glimpses of another perspective, a very loving, wise, and comforting perspective about our human affairs. In that way, channeled messages can enlighten both our hearts and minds.

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However, it is never wise to rely on channeled information, simply because it is channeled and allegedly comes from a higher source. I sometimes feel that in spiritual circles, psychics are put on a pedestal, as if they have privileged access to the truth. But being psychic (clairvoyant, clairsentient) does not make one spiritually evolved, nor does being spiritually evolved make one a psychic, necessarily. One can be psychic and have a very imbalanced ego, or one can be highly evolved, in the sense of being deeply compassionate and wise, without ever seeing an aura or hearing a guide's voice.

I personally feel that channeling has enriched me immensely. It has acquainted me with wider perspectives on life and it has made me aware of the infinite love and joy that is available to us. Whenever I channel, I tap into that huge field of love and lightness and compassion, which is a healing experience and one that always gives me hope and inspiration for the future. My thinking (and worrying) mind goes into the background and I deeply enjoy the clarity and powerful love of the teacher energies running through me. At the same time, I am very human: I have fear, and insecurity, and pride, and anger to deal with in my everyday life. I am growing, but not as fast as I would wish! I experienced a devastating nervous breakdown and depression in 2010, because I could not adequately deal with all the demands and requests for help that I received after the Jeshua channelings came out into the world and I started to work as an energy reader and healer. I was unable to put clear boundaries around me, to say "no", and to basically protect myself against my own perfectionism and fear of rejection. I recovered well from the depression, but I went through a deep and dark night of the soul before I emerged. My connection with Jeshua did help me tremendously, but it was I who had to turn things around, and to allow deep change in myself to occur. The most profound decisions and transformations in our lives are created by ourselves; there is nothing outside us that will do it for us. Teachers, whether alive on Earth or from the spiritual realms, may accompany us, support us, console us, and surround us with love serene and pure, and that is invaluable. However, only we can kindle the light in ourselves, and it sometimes it takes a very deep crisis to get us there.

By all this, I wish to convey that channeling does not offer privileged access to the truth. It may offer glimpses of the truth, like art works, or great novels, or noble people may do. I sincerely hope that the

channelings in this book offer those glimpses to you, making you feel safe, loved, and cherished, as you truly are. What we do with those glimpses is up to us. There is no getting around that basic freedom that we all have: to say yes or no, to resist or to surrender, to choose left or right. This freedom is not a burden, but a gift; it makes us into creators instead of victims. True spiritual teachings make you aware of your free nature, of your power to choose. I think that whether channeling is enlightening and valuable should be measured by that standard above all.

### **The female voices in this book**

What is special about this third book of channelings, is that it contains messages from not only Jeshua, but also from two female representatives of the Christ energy, mother Mary and Mary Magdalene. In addition, it contains a fourth series of messages coming from mother Earth, who speaks about spiritual growth and the human journey from her perspective. Thus, the book consists of four parts, corresponding with these four sources of wisdom and inspiration.

In *The Jeshua Channelings* and on [www.jeshua.net](http://www.jeshua.net), I wrote about how Jeshua came into my life and how I started channeling, with all the ups and downs this process brought along. Five years after I started channeling Jeshua, another energy came to me, at a time when I was feeling rather stressed by the demands my practice put on me. It was a very gentle, fresh, and joyous energy that I felt swirling around me one afternoon as I was sitting in my living room, staring out of the window. It presented itself to me as the energy of mother Mary, the woman who gave birth to Jeshua and who travelled her own path to awakening during her life back then. Her energy felt so sweet and loving that I could not put it aside, even though immediately my mind started to raise objections and the skeptical part of me was guarded and doubtful. I decided I would just see what this energy would bring to me, without doing anything with it in public. Mary's energy proved to be healing and nurturing, helping me to be more gentle and kind to myself, softening up the harsh and critical parts of me. What strikes me most about her energy is the level of detachment in it, which I feel is the key to its joyful vibration. After some time, I felt safe with this energy, and I started to receive channeled messages from Mary, some of which were published in *Heart Centered*



## *Introduction*

Living. This current book contains six messages from Mary, which express that particular lightness which I feel is unique to her.

In 2009, I sensed another energy wanting to be heard. This one was different, in that it came not from above, so to speak, but from below. It was the energy of mother Earth. I first connected with her consciously when I was walking in a forest with a friend, and we sat down on the ground quietly, sensing the energy of nature. I felt a warm energy bubbling up into my heart and a very friendly "hello" coming to me from Earth itself. She gave me the image of a road on which groups of people were walking toward the future, and these people were aware of their connection with nature and with each other. The road was leading into a new future, where people would live in harmony with Earth, inspired by the Oneness with everything alive they sensed in their hearts. Mother Earth appeared to me as a young woman with a bright blue aura, expressing the essence of Spring, inviting me to join these people. "Will you come along and help me?" she asked ever so lightly and joyfully. I was deeply touched. Her energy was so positive and uplifting, and her strength so undeniable, that there could be no doubt that this future was going to become real. Her plea for help was real, but it did not come from a place of weakness. I could sense no victimhood, and no reproach or blame in her energy toward humanity. Her confidence and deep sense of joy made me aware that she was a being of great wisdom, looking far beyond what we as humans can see from our limited perspective. Shortly thereafter, I started to receive messages from Earth, and nine of the most powerful ones are part of this book. Mother Earth calls upon us to remember that we are part of Earth, and to honor our human nature, our emotions, our passions. She invites us to let go of the old dualism between heaven and earth, between high and so-called low, and to celebrate who we are in our human form.

In 2011, another energy came to me, and it was the female energy of Mary Magdalene. She was Jeshua's close companion during his life and a very enlightened being herself, although in the bible she is described as being a prostitute and a sinful woman. This misrepresentation of Mary Magdalene seems to be related to the way institutionalized Christianity has treated the female energy in general. While "mother Mary" was made into a saintly, sexless, and rather one-dimensional figure, Mary Magdalene, with her strong and independent spirit, was portrayed as a

whore, possessed by demons from whom Jeshua had to liberate her. As I experience the soul energies of Mary and Mary Magdalene, both insist they were real life women, with all the emotions that you and I would have had, were we confronted with the situations they were in. Both present themselves as our sisters and friends. They are not interested in being put on a pedestal. As they speak to me, I can feel a combination of universal wisdom and human warmth. Their souls have evolved beyond the human life they lived two thousand years ago, yet they love to be with us and reach out to us from the heart.

Mary Magdalene's energy presented itself unexpectedly during a workshop we offered in the South of France in 2011. As I was preparing for the workshop, I felt insecure, because I did not sense Jeshua's familiar presence nearby. I felt like I had to surrender to the unknown, and to be sitting in front of an audience with fifty people scared me. As Mary Magdalene started to speak, I could sense a deep power along with a deep sadness overwhelm me. The power came from the original feminine wisdom she embodied, and the sadness came from the repression of that very power throughout many centuries. As she entered and spoke, the room became filled with a sacred energy, an old energy that might move mountains, yet exuded peace and tranquility. Mary Magdalene explained that in her messages to us, she would like to address the female wound, the emotional wound that women bear inside, because of the pain and disrespect they have suffered for centuries. Although Mary Magdalene seeks to empower women, I have been struck by the fact that she does not express any anger toward the male energy. Instead, she often points out that the male energy has become severely wounded as well. Men have for centuries been discouraged from getting in touch with their heart and their feelings and they have become emotionally closed off as a result. This has inflicted a deep wound in them as well. In her teachings in this book, Mary Magdalene pleads for a reconciliation between the male and the female energies, both within ourselves and in our relationships with our partners.

Although each of them has their own unique energy and line of approach, all of the four sources of wisdom - Jeshua, Mary, Mary Magdalene and mother Earth - eventually point to the same universal truth, which is that the key to inner peace, growth, and joy lies within us. The Christ energy is inside of us, waiting to be awakened, nourished, and activated by us.

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We are the keepers of Jeshua's heritage. It is now time for us to make the rebirth of the Christ energy a reality, as we give birth to that energy of compassion and wisdom within ourselves. The labor pains may be hard to bear at times, but they are part of a larger current which engulfs humanity right now. This larger current is about the transition from ego-based consciousness to heart-based consciousness on Earth. It is about releasing fear-based ways of living and surrendering to the voice of our soul. All of the messages in this book mean to encourage us to rediscover that voice in our lives and to trust it. The primary aim of this book is to give you the bigger perspective that is so difficult to grasp when you are in the middle of emotional turmoil. It invites you to feel connected again with your soul, the real You, and to live life from its perspective of joy, trust, and surrender.



## **Teachings from Jeshua**



# 1. Communicating with your soul

Dear friends, I am Jeshua. I am with you. My energy connects itself with yours; feel it around and through you. I am no stranger to you. We are familiar to each other, so feel that familiarity. In your heart there is a flame, an inspiration, a desire, and also a knowing, that this is the life and times in which you want to embody your Christ light here on Earth. You have waited a long time for this opportunity. You have carried this tiny spark within yourself through multiple lifetimes, and you now sense that a new opportunity has come. One of the reasons you wanted to be born on Earth at this time was for the promise of that spark to burst into a flame that is clearly visible to yourself and to others. The desire that brings you here is to form, in one way or another, a channel for the divine soul energy in yourself to be realized in your life on Earth. You want to flow along with the current of your soul, to go within and beyond what has shaped your life on Earth from the outside.

Each of you acquires opinions and beliefs about yourself during your upbringing. You absorb ideas and images from your parents, family, peers, school, etc. You begin to play certain roles without questioning them, and you soon develop something called a "personality": a set of habits, behaviors, and thoughts. But at some time in the course of growing up, something else awakens in you. First, it is no more than a whisper; a memory that you can not place; a knowing that you are more than what is just determined by the world outside yourself. There is something deeper, a layer that can not be contained and understood by the human intellect. Herein lies your core, that which precedes and survives the earthly sphere – your soul.

When your soul incarnates on Earth, it has already acquired a history. The soul carries within itself all kinds of impressions from other lives and experiences in the cosmos. You are not a blank page when you are born; you have already developed wisdom through all your previous experiences. You come into this life with something to give; you are already a unique flower at birth. And life is actually meant to make that flower viable and visible; to bring it into full radiant bloom. However, due to the influences you acquired during your youth, you can be kept back from this unfolding for a long time. You try to conform to what is

demanding of you, and that adjustment often brings pain, because you are depriving yourself by doing so. External forces can be very compelling and decisive for you. All who are present here, or who are reading this, want to liberate yourself from these forces. Pressures from your environment try to influence and define you, and keep you in check, but like a butterfly emerging from its cocoon, you seek to liberate yourself from these external forces. And what is it that you are driven by? By a remembrance, a whispering, a knowing that is very slight at first and can not find its fulfillment in the visible world, but only in the depth of your inner being.

There within, you still dare to dream; there within, you sometimes know very clearly who you are. Sometimes you literally travel Home in your dreams during the night to drink from a source so vivid, so familiar, and so pure. When you are there, you can not imagine how you could ever have forgotten – yet it is so. You have lost yourself in Earth life mainly because fear and judgment and negativity are still so prevalent in the world.

Because of their own powerlessness, parents and teachers do not often give their children faith in themselves and in their inner resources – forgive them for that. They, too, have fallen prey to these worldly influences; they have succumbed in part to the illusions prevalent on Earth. But you have come here to shatter those illusions, which makes you a lightworker. Someone who wants to help change consciousness on Earth, so people can begin again to believe in their own unique strength – the soul that transcends their earthly personality – and to bring it into song.

You are courageous. On the one hand, you are wounded through losing your way in this reality, and this painful experience leaves deep inner traces and scars. On the other hand, nudged on by these very wounds, you have opened up to the whispering of your soul. Sometimes it is hard to really trust that voice, because you feel the pull of the old thoughts that keep you small; the feelings of uncertainty and doubt. As a child, you learned that those feelings were correct and true: keep yourself small; do not stand out; do not think beyond the norm; conform; be a good citizen; be a dear partner and a good parent; be responsible.



All those supposedly high values all too often keep you small, and require of you to hide your originality. But once you have started to go inward, you can no longer go back. You can no longer ignore your uniqueness, your strength, and your being different, and this inspires fear in you: "If I follow the voice of my heart, the cry of my soul, will I not become an outsider and be shunned? Who will love me, who will want to accept me then?" I see that doubt in your hearts, and I ask you to first reflect on who you are: that other part that wants to move off the beaten path; that continues to want to go inward; that remembers something: a homesickness, a longing. Feel the energy of that "I", that other part of you. Welcome it on Earth, and feel the power and the wisdom of this part of you. It is your soul that speaks and has tapped you on the shoulder your whole life long and begs for your attention. The soul never speaks with coercion or with judgment, with severity or with threats, such as do the voices of authority. The soul whispers, invites, speaks with joy: "Would this not be nice, would it not be wonderful and inspiring to do this?" Often you are afraid to listen to that voice. "Can this really be? May I then just do and enjoy what I really, really like?" The soul speaks an entirely different language than you are used to hearing.

The soul is no outside power making demands on you; the soul serves you. That might sound strange to your ears, because you are accustomed to thinking: "I must serve my soul, the higher part of me". But the soul equally serves you; it wants to shine through you, lift you up, bring you Home, inspire you to do what you really want and to be happy on Earth as a human being. Invite to yourself the joyous energy of your soul and do it *now*. Let it surround you, feel the gentleness of it – no compulsion, no requirements – just the feeling of being welcomed in a very deep way. Allow yourself to be received by your soul, and feel its presence around your body as a radiant cloak of light. Then ask your soul: "What is important for me to know now? What do I need to know from you at this moment?" And feel its response; you do not even need to hear it in so many words. What kind of feeling, what type of mood does the soul want to convey to you? Let go of all thoughts about how a soul should speak and your ideas about higher and lower. *Your soul is life itself!* It is the living, natural life force and it knows where balance is needed, or the right rhythm, and it wants to give that to you willingly.

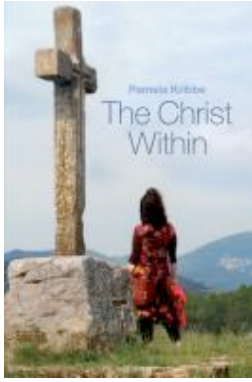
When you feel that soul energy flow around and through your body, also observe what may be blocking it in places. Is there a place in your aura, or in your body where the light can not flow through freely and completely? Go to the place that stands out as being most blocked. Have no judgment about it; be like the soul, just observe it, lightly, and with gentleness and openness. See the need in that place in your energy field or in your body, and know that the need does not have to be analyzed or explained in words; simply allow whatever is needed to flow into it.

You all are here today because you want to connect with a teacher "from the other side", for one reason or another. But I say to you, beyond that desire is the greater desire for Home – the heavenly realm you come from – and to bring that Home down on Earth. *That is why you are here!* Feel how good and true that intention is. This desire is the voice of your soul. Your soul wants to manifest more clearly and fully in your life.

Feel how familiar your soul is to you – the lightness and ease of it. That is the voice of love. The "shoulds", the heaviness, the pressure, the duty, are the voices of fear, the voices from outside yourself. The voice of your soul comes from within and often speaks so softly and lightly that you do not hear it. The voice urges you to do what is most natural for you. It whispers gently and quietly: "So simple, is it not?" And it *is* as simple as that! The core of life is uncomplicated and light.

Rejoice now in our common energy; the energy of all lightworkers together. As you read this, and attune yourself to it, you help create a channel for you all. As this channel opens wider, all your soul's energy comes in and it allows you to be yourself completely and without coercion: your beauty, your originality, and the dark or fearful parts as well. The more you communicate with your soul, the more you start to feel Home on Earth.

Have respect for yourself, for your strength, for the courage you have shown thus far. It is not becoming of you to judge yourself, to make yourself small, to criticize yourself, even though you have learned that doing that is "good" or "sensible". Self-worth and self-trust become you; they open your channel to who you really are.



*This book is for you if you feel drawn to the promise of living according to your soul, following your inner voice. It speaks about the Christ Within, the presence of compassion and joy waiting to be awakened in all of us. It addresses everything that stands in the way of surrendering to it: our fear, our trauma, our skepticism. The channeled teachings in this book gently guide you on your way of inner transformation.*

# **The Christ Within**

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