

Channeled messages on masculinity, healing the male wound, love and relationships from Jeshua by Pamela Kribbe.

The Forbidden Male Speaks:
Messages from Jeshua on love, relationships, and heart-based masculinity
By Pamela Kribbe

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A man in a dark coat and hat is walking on water, holding a long staff. He is facing away from the viewer towards a large, glowing, golden moon that dominates the sky. The moon's light reflects on the water's surface. In the upper right corner, a smaller, bright yellow moon is visible against a starry night sky. The overall mood is mysterious and contemplative.

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Introduction

The purpose of this book is to acquaint you with the energy of the forbidden male and allow him room to speak. Who is this forbidden male and is there a forbidden male hidden in all of us?

Our culture is characterized by male dominance in all aspects of our lives; social, political, religious, and family. For centuries, the king, the priest, the judge, and the head of the family were positions reserved for men. Throughout our patriarchal history, it is men who have privilege. So how does it follow that they were denied anything? Don't we usually think it is the women who are oppressed and forbidden to express and develop themselves?

In the last century, the modern woman has enjoyed increasing emancipation. She has fought for her rights and made progress, has more say in all areas of her life, and yet, she is often angry at men. They were and still are the perpetrators and oppressors who continue to curtail her. But through experience, and over time, she has learned to manage them more effectively. In modern days, the male is not necessarily the leader and head of the family, and he is increasingly portrayed as authoritarian, callous, macho, and often emotionally absent.

This traditional man not only withholds women's rights, but is usually too absorbed in his work, lacks proper communication skills, is emotionally unavailable, often regards women as sex objects, and understands nothing about spirituality. This side that is so evident in men is presently under fierce scrutiny. But does this image match how they truly feel and think? What do we really object to when we judge them? Is it something inherent in them or is it the image of masculinity that men may feel stuck with and are obligated to conform to? That is an important question, because when we speak of an image, we are dealing with a human construction.

An image is created from our own expectations, wishes and ideals, and is more often a distortion than a true reflection of reality. In other words, is our image of masculinity a true reflection of how men really are or is it a distortion or a perversion? Thus, the bigger question is what constitutes true manhood?

While a lot of emphasis is put on the importance of women's emancipation and a broader understanding of what femininity is, it is assumed that we understand what masculinity is, but is it obvious? Is the masculine energy really competitive, combative, decisive, controlling, emotionally absent, and sex-hungry? Or are men stuck with this caricature? Is it an image they have to live up to in order to survive socially and emotionally? If this is the case, then what is the price they pay for it? What happens when someone is forced into a straitjacket construed of images and expectations that do not fit them, but is so ubiquitous and heavy they cannot and dare not break out? What emotional wounds does this cause? What goes underground and becomes forbidden in the male psyche because of the pervasive influence of this traditional image, and how does it affect men, their relationships, and the world at large?

There is a blind spot in our present-day awareness about what constitutes masculinity which will be a point of discussion in this book. It is a topic that is rarely explored, or it is explored superficially and does not begin to address what I call "the male wound." The violent nature men can exhibit is embedded in the age-old image of masculinity that we have collectively inherited and its disruptive effect on boys and men will also be discussed.

The forbidden male who tried to emerge was driven underground because his originality, sensitivity and truth-telling were not tolerated by the existing rules, expectations, and ideals around acceptable male behavior.

The need for men to go underground leads to a host of psychological problems. On the collective level, it leads to loneliness, emotional repression, impoverished relationships, aggression, violence and a lack of creativity and inspiration. Men suffer from an imposed image of masculinity, which has far reaching consequences. It has a profound effect not only on their psyches, but also on their relationships with women, other men, their sons, daughters and ultimately has profound consequences on a global scale. The world is still dominated on the international political level by a form of male leadership based on an impoverished and dehumanized image of masculinity.

It is time to understand the destructive consequences that are wrought on men who are trying to live up to this image. I will shed light on how to break out of this straight jacket on an inner level and to arrive at a new understanding of masculinity. It is about time this forbidden man speaks out.

The forbidden male was and still is the original face of manhood. It is the masculine aspect of the soul representing clarity, insight, innovation, and creativity. This loving male energy wants to protect life. As an aspect of the soul, the forbidden male is present in both women and men, for the soul encompasses both the masculine and the feminine. The original masculine energy within us helps bring a unique individuality to the fore which needs to express itself in this earthly reality.

The forbidden male is not just a man, per se, but an energy that is valuable for everyone to rediscover and awaken within themselves, women as well as men. We are on Earth to express our unique soul and the integration of our original masculine and feminine sides is fundamental to this.

The original power of the masculine energy—naturally inquisitive, free, and adventurous has been severely suppressed, distorted and wounded. We know that women have been victims of a paternalistic

tradition; however, this applies to men too. Their psyches and self-image have been profoundly damaged by an aggressive and inhuman ideal of “how a man should be.” This has had such an overwhelming influence on all of us that we have come to accept that men are “simply that way”.

In 2018, I wrote *The Forbidden Female Speaks*, which highlights how women have been psychologically and emotionally wounded throughout history and how they still struggle despite the gains for equal rights and increased opportunities for their personal and social development. Their wound is a persistent feeling of unworthiness, the tendency to give and care too much, and the inability to fully assume one's own autonomy. The liberation of the forbidden male does not only apply to men.

In this book, I make a crucial point—women do not dare embrace their own masculine energy. It is true that they have learned how to behave “manly” in the workplace, but that kind of energy is in fact the traditional, handed down, tough and competitive kind which does not represent authentic masculine energy at all. I will explain that women also need to excavate the original masculine energy within and awaken “the forbidden male” which holds as deep a meaning for them as for men.

It is important for women to regain their autonomous soul power by making positive contact with their own masculine energy. This empowers them to become mature creators, release patterns of over-giving, and dependence, and be more open to equal-partner relationships. The “forbidden masculine energy” is one of autonomy, self-respect, and vision.

The traditional masculine energy is at odds with the feminine because it depicts it as weak, capricious, and emotional. However, the mature, primordial, masculine energy is in natural harmony with the feminine qualities of connection, empathy, and intuition.

The distorted images that have come down to us about masculinity and femininity strongly influence our relationships and our perspective on love. This book addresses our desires and expectations about relationships and intimacy.

The idea of “the forbidden male” is relevant here as well. In their relationships with men, women are still taken in, often half-consciously, by stereotypical images of masculinity that enormously confound them. They have ambiguous expectations of men. In their romantic dreams, they still expect the arrival of the knight in shining armor, the tower of strength, the powerful leader and protector. Subconsciously, they still associate masculinity with being tough, strong, and unyielding. But in practice, they crave meaningful communication, emotional intimacy, and a deep human connection. These expectations are at odds with each other. Men have comparable ambiguous expectations—a mix of stereotypical and ideal images on the one hand and a desire for authentic connection on the other.

Behind the constructed images of the masculine and feminine by which we define ourselves lies the reality of our unique individuality. Within all of us, male or female, there lives a spark of individuality and originality that emanates from our souls. We are not bodies, but souls, inspired beings that live in a male or female body. The soul contains both aspects, possesses both masculine and feminine energy. These two poles are an essential part of everything that exists in all of creation.

The root of many problems becomes apparent when we disregard this and identify too strongly with being male or female. This is tantamount to denying or suppressing one’s unique individuality as a soul. Relationships that are not based on soul contact are rife with expectations and archetypal images about man and womanhood, but they lack soulful masculinity and femininity. Beyond stereotypical images of the ideal man or woman lies the unfathomable depth of the human soul.

The forbidden male energy is of interest to all of us. In spiritual circles now there is often talk of the rebirth of the feminine energy at this time. However, there is an equally urgent need for the rebirth of masculine energy. The face of the original male energy has been hidden for too long in the existing order with disastrous consequences for the well-being of man and nature.

This book pleads for a return to soulful masculinity—breaking the taboo on heart-based masculine energy, acknowledging the emotional wounding in men by awakening women to embrace their own masculine energy and, finally, by freeing both men and women from compulsive desires and stereotypes. Then, once more, there will be space for the soul to participate in relationships. Imagine a battlefield where the soul returns to bring healing.

What is channeling?

This book consists of channeled information. What you find on the pages is information intuitively received from sources that lie beyond the material earthly plane. Traditionally, the word “mediumship” is used for this mode of communication. From my perspective, channeling is a form of collaboration between a spiritual source and an earthly human being. This source is at the level of our soul. The teacher or energy being channeled is part of a reality beyond space, time, and matter. This reality is not outside of us, but present within us, and accessible through our heart and intuition.

To clarify how channeling works, I will go back to 2002, to explain how it all began. I started my aura reading practice that year. My partner Gerrit and I both had a profound interest in philosophy and spirituality throughout our lives. I earned a PhD in philosophy, while Gerrit worked as a computer scientist and had a thorough knowledge of hypnotherapy, astrology, and esoteric literature.

When we moved in together in 2001, we made it a practice to conduct sessions in the evening where I went into a trance state. With his wide range of experience and affinity with hypnotherapy, Gerrit guided me along as we explored many aspects of our psychological makeup—emotional blocks, past lives, and broad questions about life and spirituality.

One night during a session, I felt a presence I didn't recognize. I had previously interacted with guides and spiritual teachers who surrounded me with gentle energy and loving suggestions, but this was different. This presence felt serious and penetrating. We decided to investigate who or what it was, and when I connected with this energy, it felt like a wise, masculine presence. I very clearly saw the name “Jeshua ben Joseph” appear before my inner eye, the Aramaic name for Jesus.

In the flash of a second, deep down, I knew it was true. I had felt the energy of Jesus. At the same time, a chorus of skeptical, rational voices started singing in my head, telling me that it could not be true, that it was weird, ridiculous, and pretentious. This choir has never been completely silenced, but it does sing a bit softer now.

We have had so many wonderful and valuable experiences and encounters in our lives after connecting with Jeshua and the Christ energy that I was gradually convinced that there is indeed something there and that it does not only come from me.

Right after meeting Jeshua, I could feel him with me. He helped me during individual aura consultations to stay grounded, thus protecting myself from becoming too over-stimulated because sometimes, I would feel energetically exhausted after a reading. Jeshua taught me how to strengthen and maintain my boundaries. (Masculine energy!) He did this through an energy transfer and through short, telepathic messages.

I always feel centered when I tune in to Jeshua's energy. It's a matter of becoming quiet and focused, and letting go of irrelevant worrisome thoughts and emotions. It is a feeling of inner freedom.

During this first phase of our collaborations with Jeshua we did not confide in or tell anyone what was happening until well over a year. Then, we told some good friends about what was unfolding and organized small sessions with them. Gerrit and I received a series of messages from Jeshua (later published in the book *The Jeshua Channelings*) and we made them available on the internet.

In April 2004, we were invited to a spiritual center in Belgium to do a channeling in front of a live audience. I felt I must accept this invitation even though I had some mighty fears to overcome. This meeting was the start of many channeled lectures that were held in the presence of increasingly larger groups of people. I had to contend with my fears and reservations around channeling when we went public in this way.

And yet, the atmosphere in the meetings was so special and the energy of Jeshua so palpable that I was inspired to continue. We met many people at these meetings and later in the workshops we offered. We felt a natural like-mindedness with them, shared common interests, and an openness to the spiritual. Jeshua's energy paved the way for me to encounter my "spiritual family" through short-lived encounters. These interactions were very important, some even became long-lasting friendships. All were precious gifts.

What happens during channeling? This is a question I do not have a definitive answer to, but I can describe how it feels. I was already familiar with the trance state from my work as an aura reader before I started channeling. Trance consciousness takes a combination of being relaxed and alert. In the trance state, my body feels more fluid, lighter, and I can look at an issue freely and openly without thinking too much about it.

In the trance state you perceive intuitively. It is a “knowing feeling”, not charged with emotion or judgment. This does not mean that you perceive everything correctly, however. The degree to which you clearly and strongly perceive depends on the emotional balance you have achieved within. It's never perfect, but the more you grow inwardly, the easier you can observe things openly and freely. I am convinced that in developing skills such as aura reading and channeling, one's own personal inner development becomes much more important than learning certain techniques.

In the trance state, for me at least, I never feel a loss of control. I have never lost consciousness during a trance state, nor have I ever lost consciousness when channeling Jeshua. It would be more accurate to say that my self-awareness is heightened as Jeshua's energy and messages flow through me. I don't feel switched off, but I do feel switched on at a deeper level within myself, a level that I cannot easily reach in my everyday life.

When I channel, I am aware of who I really am. My higher self or the angelic being that I actually am is revealed to me. When I am channeling, you could say that my “little self” connects with my “higher self” and Jeshua's energy mediates this. It seems like his energy enables me to genuinely feel and accept my own greatness.

When people experience the phenomenon of channeling, the danger that can arise is that they regard the knowledge or message that comes through as by definition higher or better because it comes from “the beyond”. But this is not the case. The true test of any channeled information is the clarity and love that is expressed throughout it. Who or what is being channeled is of secondary importance.

It is also important to know that channeled messages are colored by the individual experience and understanding of the one who conveys them. The purity of the channeling is not determined by the channeler switching themselves off completely, (that is impossible) but by their

ability to serve the energy that is being channeled. They do not distort it, or they distort it as little as possible, while being aware of their own judgments and fears. The crucial question one should ask about any spiritual message is does it come from love or from fear? This is the more important question to ask rather than who the author of the message is.

Remember, the last thing a true spiritual teacher wants is for you to accept what they tell you because they say so. A request for such submission to authority goes against the essence of spirituality. All you really need to know lies within yourself. There is no authority outside of you, no “ascended master” or “being of light” that knows better.

In the philosophy of science, the branch of philosophy that deals with the question “What is science?”, there is a school of thought that purports that our everyday ideas are subjective, and that science (physics) holds the objective truth about reality. You could call this objectivism.

Other contemporary philosophers argue that scientific ideas are strongly influenced by unproven, historically determined assumptions and subjective expectations. They believe that science shows only one interpretation of the world, one version of the truth. You could call this relativism, the stance that there is no point of view that is completely objective, in the sense that it is independent of any (subjective) observer. I myself am inclined to subscribe to relativism and I think it is pertinent to channeling and mediumship, as well.

Sometimes people expect that speaking with “the other world” puts them in touch with the objective truth, the revelation of how things really are free of the human perspective. This is a mistake. Perspectives from the other side remain perspectives. They should be enlightening, inspiring and give you hope, strength and courage, but they don't necessarily reveal the ultimate truth. Remember they are channeled by human beings who are heavily influenced by their cultural background,

for one, and that's okay, however, the idea that there is an ultimate truth—in the sense that there is one objectively correct worldview or system of thought has not served us well in the past.

I do believe there is such a thing as an energy of truth. This is an energy that emanates from loving, authentic people. You may feel it when you are moved by a beautiful work of art, or when you're out in the wilds of nature. It is an energy of clarity and simplicity. In that energy, we sense something we may try to capture in words, ideas, or theories, but it eludes us, because it can never be reduced to words and concepts.

Jeshua's channelings contain this energy of truth but do not tell you how it really is. They do tell you that the truth can be found within you. In other words, the channelings do not so much tell the truth, as make the “energy of the truth” tangible. If you feel this energy when reading Jeshua's messages, then the purpose of this book has been achieved.

Below are some words from Jeshua himself about the phenomenon of channeling. So what follows is a channeling about channeling.

Channeling is a way to get closer to yourself through another. This “other” temporarily fulfills the function of a teacher, and their energy helps you to not only go to a deeper level within yourself but also lifts you out of the fear that hides your essential light. A teacher sees your light better than you see it and shows you your own light. Once this light becomes visible and accessible to you, the teacher becomes superfluous. At this point, you can start to channel your own light. The other no longer has to be the bridge between you and your higher self.

I will remind you of your own light, for a while. I reflect your greatness to you in the form of Jeshua ben Joseph. You see yourself in me, your Christ self, but you do not know this yet. I am your frame of reference; my energy is a guideline for you. I help you connect more deeply with your own Christ self. When it gradually comes to the fore, then I move to the background. This is good. Remember, in this relationship, I am here for you, you are not here for me. I am not an end, but a means. The

rebirth of the Christ energy is the resurrection of your Christ self, not mine.

I do what promotes your greatness. My goal is for you to make me obsolete. When you channel me, don't make yourself small or invisible. I want you to make yourself bigger, feel your true power flowing and let your light shine in the world.

A teacher shows the way, but you walk it. After a while you notice that you are walking alone and have left the teacher behind. This is a great and sacred moment. The teacher remains with you, and dwells in your heart as an inner form, but his outer form disappears.

We remain connected, but in time you will recognize me less and less as a separate figure and want to summon me. I have then become your own energy. You no longer know me as separate from you. This means that you really heard me and saw me.

The structure of the book

Part I of this book includes messages from Jeshua about masculinity and the transition of consciousness from ego to heart. The importance of masculine heart energy is explained first on a fundamental metaphysical level. The masculine energy creates separation and helps the soul move out of Oneness so it can go its individual way. In addition, Jeshua explains the value of the heart-based male energy which concerns sensitivity and boundaries. The more sensitive and open your consciousness becomes in the transition from ego to heart, the more important it becomes to use your own masculine energy to create space for yourself and connect with your soul. The channelings in this section also include a number of guided meditations that energetically connect you with your own masculine heart energy.

In part II, I ask Jeshua questions about male and female energy. In this dialogue with him, the wound in the male energy is described in depth

as a wound of the heart that has cut men off from their souls. It is important that men recognize this wound and rethink their definition of masculinity. When there is room for a different image of masculine energy, in which the heart plays a prominent role, it creates healing not only in men, but in women, in partnerships and in society as a whole. Specifically, the effect of masculine heart energy in relationships is discussed, how it creates space for a free, mature connection that honors the individuality of the other and in which illusions about unity and “melting into oneness” are released.

Finally, in part III, there are four meditations that will help you contact your original masculine heart energy. These channeled meditations came through during a workshop for men but are equally valuable for women. Not only is it important for women to understand the collective wound in men, but it is also essential that they connect with their own masculine energy.

Chapter 1- The separation of the sexes

In this channeling, Jeshua discusses how a soul is born and evolves into an individual being. Besides being “cast out” from the Oneness, the soul undergoes a second moment of separation when a split occurs between male and female. The soul chooses to take a male or female form on its path of incarnation and this separation or limitation has both a painful and a creative aspect to it. Jeshua explains how separateness reflects the masculine aspect of creation, and how this allows for depth and creativity. What we are growing towards on our path of consciousness is an inner balance between connection and self-awareness, between unity (feminine) and separateness (masculine).

I am Jeshua. I welcome you. You are dear to me.

I wish to tell you of an old pain that lies dormant in your consciousness. Many of your daily emotional difficulties, and the turmoil that is within you, stem from a primal psychic pain that I call “the pain of separation.” There is a wound in you, an emptiness that you keep trying to fill. In most of you, this primal pain is often unconscious yet present in the background. Because you are not aware of the origin of this pain, you try to solve it by achieving outer goals—the inspiring job that suits you, the ultimate lover, or the right lifestyle.

If these remain out of reach, you feel unhappy, unfulfilled, and doubt the meaning of your existence. But the real cause of your pain is not attaining your outer goal, it lies on a much deeper level—the primal pain and wound of separation.

I want to speak about the cause or origin of this existential void. “Emptiness” when used here is another word for “separation”. You experienced your first separation at the beginning of your journey as a soul when you were separating from the Whole or Unity. Mind you,

when I speak of the soul and how it began or was birthed in time, we are actually crossing the border of what can be understood by the human mind. So don't take my words too literally for in this story I'm going to tell you, I use images to make tangible how you came into being.

Imagine that in those distant beginnings there existed a primordial water, a vast sea surrounded by the expanse of heaven. The celestial space in which the water is located represents consciousness. Space itself is nothing, at least not in the material sense. It is pure consciousness. The water represents life, movement, dynamics and feeling. There was a time when you were in that water.

Imagine you are part of the water moving with the current. You might feel your boundaries slowly dissolving. You melt into the water; it feels soft and pleasantly cool. If you vividly imagine yourself absorbed in that primordial water, you may feel that you no longer have a body. Your body has dissolved and all you are now is a point of consciousness. You are one with the water and do not experience the limitations of having a body. You feel that the water surrounds you, and at the same time you are the water. It is a strange sensation.

Feel how in that diffuse self that you are, there arises a desire for air to breathe. This desire suddenly makes you focus. You identify with that need and your awareness becomes fixed on that one goal—air and breathing. You've never breathed before, but something inside you knows you want to experience this and this something pulls and pushes you to the surface of the water. Suddenly you raise your head from this womb-like sea and take a breath. You are incarnated! You are in physical form. You are a body that breathes.

Feel that first, deep breath and become aware of your physicality. The longing for the breath of life has made you a corporeal being. No longer are you absorbed in the water, in the oceanic unity. You are now separate, independent, and autonomous and what has brought you into

that separation is the fire of your desire. This desire that arises from the masculine aspect of your consciousness as a soul is a creative desire. It wants to break free from the oneness because it has a deep and passionate desire to experience life. The longing for selfhood, incarnation and separateness is a creative desire, because only through the self, through subjective feeling, does the experience of life become your experience.

This feeling is subjective. You feel things in your individual way which is not possible within the safety of the primordial sea. Because of separation, a limited self and a subjective consciousness arise, along with duality and diversity. There are many incarnated conscious sparks who have their own perspective and their own experience, and this diversity brings problems along with it, a sense of fragmentation, and a sense of being in opposition to other individual souls, at times.

In the primeval sea you were one, and in that sense safe and secure. When you were ushered out of this oceanic womb it was painful and confusing because for the first time, you felt disconnected. When you become an individual and are separated from the whole, it is a leap of faith for the soul, an adventure that beckons and at the same time disconcerts. This jump into duality comes from the creative fire in the soul itself, but at the same time it produces deep confusion—the primal pain of being cast out of oneness.

You can compare that metaphysical primal pain with what happens when a little baby exits the womb and is born on earth. It leaves its safe environment and experiences the difference between itself and the outside world. The passage from unity to separateness repeats itself with each incarnation. Every time the soul takes the leap into the earthly domain, and breathes in duality and diversity, it leaves the oneness to take on the adventure and the pain of incarnation.

However, there is another leap into separateness after birth as an individual soul, and that is when you differentiate into male or female.

When you identify with either gender, you move even further away from the oneness, because in principle, the soul is not polarized, it is both male and female. As a soul, you have lived many lives, gained experience in various places in the universe and resided in many dimensions of density.

The material density of Earth is unlike any other place or dimension where you have been incarnated. There are more ethereal dimensions where it is easier to stay connected with your soul, where there is no separation yet between male and female. There, you are an androgynous being and experience this as very natural. If you like, you can recall the memory of what it was like to have a body that was not gendered, not polarized into either male or female form. Although this androgynous state of being is more natural than the polarized one, your soul desired to experience that polarity and your creative fire pushed separation even deeper.

Like the first step, the second step—the split between male and female—was accomplished through a creative desire for fulfillment and it was accompanied with an even deeper pain and loneliness in your soul.

What you wanted to learn through this dual experience of separation is the ability to experience oneness and connection in a conscious way. In the primordial sea, you could not consciously experience unity because you were part of the sea as an undifferentiated consciousness. Your state of being was diffuse, dormant, and half-asleep. It lacked consciousness. The desire for air, for breathing, is actually the desire for consciousness. The leap to self-awareness and thus to separateness is prompted by the desire for more consciousness. Not only are you created at that moment of separation as an individual soul, but you immediately become a creator yourself, a creative soul. You are now an “I” that gains experience and in time develops the ability to make choices and transform experiences into knowledge and wisdom.

Out of this desire to expand consciousness, you connect with other conscious beings or souls, allowing for communication and interaction to occur. But there is no automatic sense of unity there, for these are all different subjective experiences, and each soul follows their own path. Unity must be brought about in a conscious way through the qualities of empathy, understanding, compassion and forgiveness.

Through birth and separation, unity initially becomes shattered and in the course of a long and profound process of evolution will be restored again through the heart. What matters to me is that the two leaps of separation that you went through as a soul were not errors or mistakes, but a creative decision that comes from the masculine aspect of the soul. I want to make this clear with reference to the second leap of separation, which led to the division into male and female, and the separation of the sexes.

The moment the soul chooses an earthly life, it chooses a sexual life, and it is born into either a female or male body. The jump into an earthly body is very intense for the soul and is experienced as an enormous narrowing of consciousness. In the celestial realms where the soul usually resides before an incarnation, there is a sense of freedom and fluidity, which is difficult to maintain in the terrestrial sphere.

When you are just starting to incarnate on Earth, you have to get used to being in a body. For that reason, the soul will often want to practice being the same sex for a while. When the soul is first born as a male, it will want to repeat it to gain experience and understand how life works in a male body on Earth.

Eventually, this soul will also want to experience female lives, to understand that perspective as well. Many, but not all souls tend to return repeatedly as either a woman or a man. They do this partly out of habit, partly out of a desire for specialization. Specialization is also a form of separation that allows you to experience one aspect of creation in all its nuances and depths.

The one-sidedness of repeatedly incarnating as either male or female gives you the opportunity to experience separation, and the pain of incompleteness. That seems paradoxical; why would you seek out that pain? The deeper the soul experiences separation and gets lost in duality and disconnection, the greater the desire for unity, for a return to connection with the Whole. When the pain of this desire becomes enveloped in consciousness, it is transformed into a creative energy which creates love.

Love is recognizing yourself in the other. Even if the other person comes to you in a completely different form, with a different gender or body, or with a completely distinct perspective, when you love, you connect with the other on a level that transcends the differences. You connect with the core of the other, the soul's spark of consciousness that is unique and yet the same. You feel warmth, involvement, and compassion in your heart, and transcend the differences by communicating, understanding, and forgiving.

This evolution towards love is the ultimate goal of the leap(s) into separation. With regard to the love between man and woman, the separation of the sexes invites the exploration of romance, infatuation, and sexuality. The desire for unification between the sexes is a creative desire, and it becomes deeply joyful when it is a dance between souls who carry opposite polarities, but at the same time recognize the Oneness in each other. Then the struggle ends, and you can enjoy the combination of unity and diversity, connecting and standing on your own.

The split between male and female on the physical level creates the possibility of love between the sexes. It forces the soul, from the deep desire for unification, to communicate consciously and vulnerably with the other, understand each other and get to know each other intimately.

In this way, separation can lead to a deeper level of awareness and love than would have been possible had you incarnated on Earth as an

androgynous being. This enrichment is not only there for yourself and the other person, but it is also a source of inspiration in a broader sense that nourishes art, literature, and music.

The creative fire of the soul leads to the adventure of incarnating into a female or male body, and this separation can be exciting and joyful, but also lead to pain, isolation, and suffering. The second step of separation, the split between male and female has undeniably brought great pain in your history. When there is too much identification with the masculine or feminine, the connection with your soul is lost leaving space for division and alienation to arise between men and women. This has happened throughout human history. Many of you are wounded by this and still bring those wounds into your relationships, including your sexual ones. At times, you became deeply disappointed in life on Earth and have experienced the sharp pain of separation. Sometimes this leads to your desire to withdraw from the earthly plane. You yearn for the warm safety, and the effortless oneness of the primordial sea of which I spoke earlier.

I want to say something to those who yearn for this and experience resistance to earthly life. Remember that in addition to your desire for oneness, there has always been a desire to become self-aware and conscious. Think of your emergence from the water for that first breath. You wanted to live, you wanted to become aware, you wanted to become an individual and evolve. When the pain of being on earth takes hold of you and becomes too much, you are denying that creative fire within yourself. You want to go back to the primordial soup and dissolve into it. But your real journey is not to go backwards, your true destination is before you and the purpose is twofold: to experience connectedness and unity, and at the same time, awareness, and self-realization—being your unique self and becoming aware of your own divinity.

To put you in touch with both connectedness and separation, with both the feminine and masculine aspects of your soul, I ask you to go into

your heart. Take a conscious breath into the space of your heart where love is born, and your pain is surrounded with gentleness and understanding. Ask yourself, “What have I historically chosen to be as a soul? A strong identification with the masculine or a strong identification with the feminine?” What has your soul become most accustomed to being? For a moment, note how that feels. Also feel how a certain imbalance may have arisen if you have developed too much feminine or too much masculine energy.

Now imagine meeting your inner beloved. This is the part of your soul that remained in the background when you identified with a particular gender. For example, when you become a woman in an incarnation, the male part of your soul stays behind in the sense that it becomes less manifest. Your feminine energy will be physically and emotionally more dominant, your masculine energy remains, as it were, in heaven, in the realm of the soul.

Connect now with the part of your soul that has remained more in the background during your incarnations. See this part, which appears to you as a man or a woman as a bridge to your wholeness as a soul. Look at him or her. Feel that the presence of your inner beloved is an anchor that stabilizes you. Feel it flowing through your body, your energy field, and let it ground and center you. If you lean more strongly towards feminine energy, the masculine energy of your inner beloved will balance you. Conversely, if you naturally lean more towards the masculine energy, feel more comfortable with it, then your soul’s feminine energy will ground and calm you.

In the current stage of your development as a soul, most of you are restoring the unity between the opposites within yourself. You will increasingly experience the feminine and the masculine as poles that are both present in you. That is because you have grown in consciousness, put the separation into perspective and have deeply connected to your soul. You are integrating your earthly experiences. At the end of your journey through separation, having gone through the

first and second leap of faith, you come to self-realization: you become a conscious “I” and at the same time you are connected to everything and everyone around you through your heart. You accept the masculine and the feminine in yourself, your being one—unique, autonomous, and your Being One—connected, transcending yourself, part of the Whole.

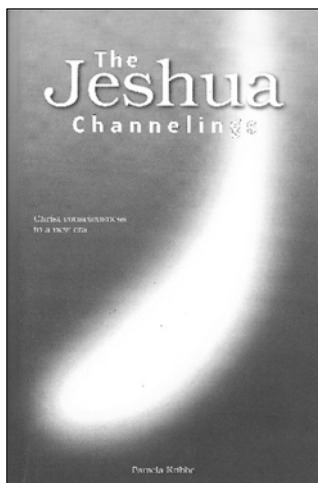
About the author

Pamela Kribbe (based in The Netherlands) holds a PhD in philosophy and has been working as a writer and spiritual therapist since 2002. Her books, notably *The Jeshua Channelings*, *Heart Centered Living*, *The Christ Within* and *The Forbidden Female Speaks*, focus on the transition from ego to heart-based consciousness and have been published in several languages. She offers workshops and lectures in the field of inner growth and emotional healing, often in collaboration with hypnotherapist Gerrit Gielen.

More information about them and their work can be found on their website—www.jeshua.net.

Other books by Pamela Kribbe

The Jeshua Channelings



In clear and accessible language, Jeshua speaks about the origins and destiny of the lightworker family. He offers a detailed account of the transition from ego-based to heart-based consciousness. In the second part of the book, Jeshua deals with several aspects of everyday life, such as relationships, work and health. He addresses the most common questions and problems we struggle with in these areas.

Some books are filled with shining wisdom. Others radiate great love. A few – a very rare few – are overflowing with both. The Jeshua Channelings is one such book. If you want to know who you really are, why you're here, and what your life is truly about, look no further. This book gently and compassionately guides readers toward remembering their magnificence as divine souls. Brilliantly insightful and inspiring, it is true gem and a blessing to our world.

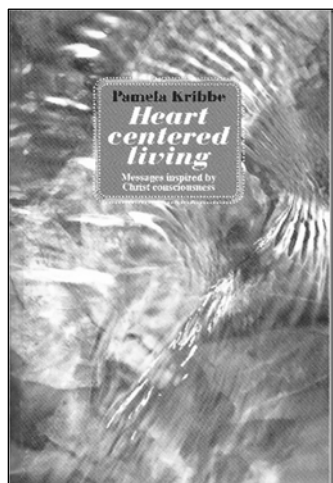
- Robert Schwartz, author, *Your Soul's Plan: Discovering the Real Meaning of the Life You Planned Before You Were Born* -
yoursoulsplan.com

ISBN-13: 978-1601456823

Paperback: 264 pages

Publisher: Booklocker.com, Inc.

Heart Centered Living



Heart Centered Living is living according to the calling of your soul. You can recognize the calling of your soul by the feelings of joy, peace and inspiration it brings to you. However, daring to trust your heart often involves a leap into the unknown. You may be confronted with deep-seated fears about your own worth and your ability to pursue your own path. This book is a loving guide on your way to heart centered living. It contains clear and informative channelings inspired by the Christ energy. They deal with different

subjects, such as finding your true passion, how to create balanced relationships, parenting the new, sensitive children and emotional healing in the face of fear and depression. They also speak about the profound transformation humanity is going through, letting go of ego-based consciousness and evolving into heart-based consciousness.

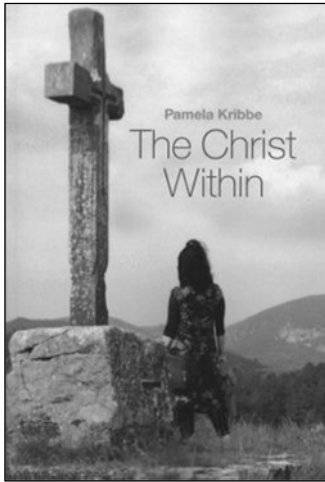
This book is written for lightworkers, souls who feel compelled to go deep within and express their true soul's calling on Earth. The teachers who speak in this book (Jeshua, Mary and mother Earth) all encourage you to take the leap of faith and become who you really are. Their teachings gently inspire you to face and overcome whatever holds you back in listening to the voice of your heart.

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The Christ Within



In each of us, Christ consciousness is waiting to be awakened. Christ consciousness is the awareness that behind outer appearance and form, all life is one and connected. As we enter this level of awareness, we gradually let go of our fear, our resistance, our need to control. We discover the reality of our divine essence, our soul. Life becomes less about struggling to survive, driven by the demands of the ego, and more about joy and creating from the heart.

Opening up to the voice of our soul involves taking a leap into the abyss: you are invited to rely on your inner guidance rather than the outer directions you are used to steering by. How do you let go of the worldly pressures and judgments that have become almost second nature? How do you know if you have truly connected with your soul? How do you deal with fear and trauma, which keeps you from surrendering?

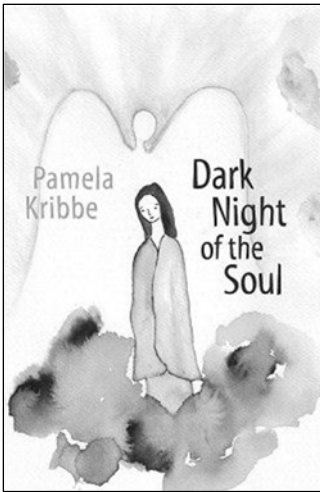
The spiritual messages in this book, received by way of channeling, are meant to answer these questions and to assist you on your path of inner transformation in a loving and compassionate way. As you surrender to your soul, the Christ Within will awaken and illuminate your life as well as the lives of others.

ISBN-13: 978-1626469631

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Dark Night of the Soul



This book contains Pamela's personal story of the deepest crisis she ever experienced in her life. Successful as a writer and spiritual therapist, she was confronted first with illness, then with insomnia and fear, and ultimately with depression and psychosis. She had to be hospitalized and undergo psychiatric treatment. Pamela openly describes what she went through and also seeks to come to terms with what happened to her from a spiritual perspective. What do depression and psychosis mean from the perspective of the soul? How do they arise

and can they bear fruit? What is the role of psychiatry in a dark night of the soul?

The second part of the book contains a series of channeled messages about the meaning of severe crises in our lives, the need to face our own darkness, and the unfailing presence of love and compassion in our lives.

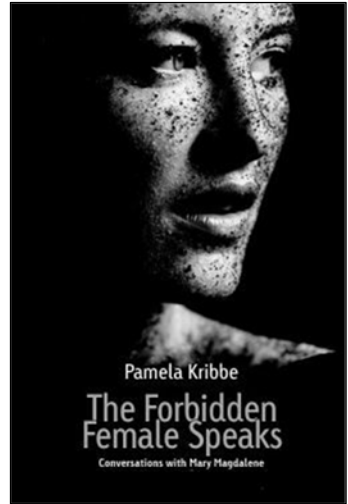
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The Forbidden Female Speaks

Mary Magdalene was regarded as “the forbidden female” in the Christian tradition: wild, free and sinful. This book contains a dialogue with and messages from Mary Magdalene, channeled by Pamela Kribbe (PhD). It is about male and female energy, relationships, sexuality and healing. In these teachings, Mary Magdalene speaks with a clear, loving voice that is sometimes direct and confrontational but mostly compassionate and deeply appreciative of human nature.



In both men and women, there is a forbidden female energy, Mary Magdalene says, which has to do with feeling, intuition and the heart. In this day and age, both sexes are invited to become aware of this energy and to heal the old wound of separation between them. In this way, we will learn how to listen to our heart’s whispers again and reconnect with our soul.

ISBN-13: 978-1632637048

Paperback: 200 pages

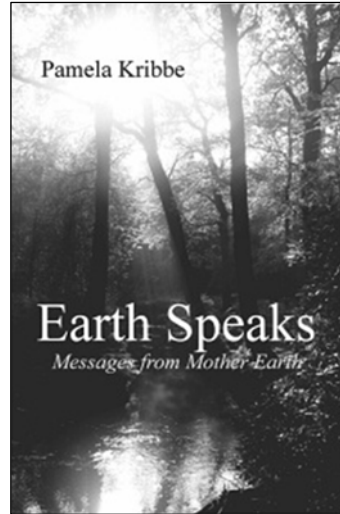
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Pamela Kribbe

Earth Speaks

Messages from Mother Earth

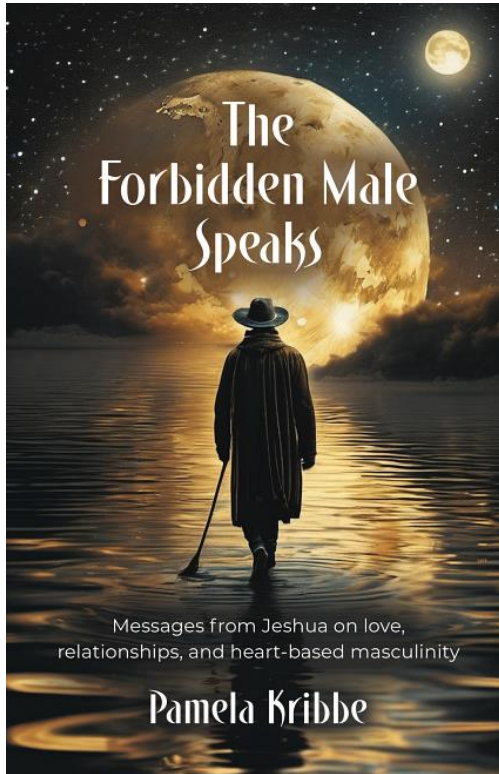
Have you ever considered the possibility that Earth is alive and has a consciousness of her own? If so, wouldn't you want to know what Earth has to tell us about who she is and about who we are? In this book you will find messages from Earth, which Pamela Kribbe has received through channeling. Earth speaks about the living consciousness that is present in plants and animals and invites people to reconnect with nature. Above all, she beckons us to come home to our own nature. By thinking and controlling less, and trusting our original, feeling nature, we will create more joy and balance in our lives.



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Channeled messages on masculinity, healing the male wound, love and relationships from Jeshua by Pamela Kribbe.

The Forbidden Male Speaks:
Messages from Jeshua on love, relationships, and heart-based masculinity
By Pamela Kribbe

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