



**MEDITATION. CONNECTING WITH YOUR SOUL
JESHUA (JESÚS)**

Dear friends and friends I am Yeshua (Jesus), your brother and soul mate. I have been with you and I have loved you. Many of you have been on Earth several times in other lives, when you were touched by the fire that I came to bring. It was the fire of which I was a torch bearer but certainly not the only one. You are part of a radiance that flows into the history of humanity. A new Light that wanted to descend to Earth to take root here, and I was one of your representatives. A field of consciousness has arisen that you call Christic Energy and that in other languages and cultures has a different name, but the essential aspect of the Christic Energy, that impulse that I brought, is the **OPENING OF THE HEART**, the elevation of the collective consciousness earthly at the level of the heart. That level is also the level of the **SOUL**. Earthly life was often then, and is now, submerged in a veil of oblivion. A break arose in the development of human consciousness which caused people to become obsessed with the material, the purely physical. They became absorbed, as it were, in the veil of the earthly and forgot where they came from. The **ORIGIN**, That which gives Life, (we call **GOD**) that inspires everything, that from which you come, was forgotten. And how did that happen? Of course there have always been religions that speak of God, of a superior purpose of transcendent power and force. But those religions are heavily based on a one-handed image of power and domination, in which a male god rules the world, dominates, directs, punishes and rewards. There has always been a god but that god had too many human characteristics and didn't really help people to transcend the veil that had fallen over the Earth. However, throughout all that time and in all those cultures, there were also voices soft as the murmur of a hidden stream that spoke of another **TRUTH**. That song of the heart, of the soul, has never completely faded from the Earth, despite the fact that many things have happened that have stifled that voice of the **SOUL**, that original creative force that is in each of you. Those in power have sown a lot of fear. They had an interest in making that original voice, that soft voice, unheard, so it went underground. The same thing happened with **MY MESSAGE**. I was one of those who spoke of a Truth that is within your heart. From a Voice that guides you, independent of forces outside of you, those forces of power and dominance and free from fear of them. My Message that spoke of your

greatness and your equality. One of the first things that went wrong was when My words became a doctrine. When my words became a dogma, a theology, and when they put me on a pedestal, while you were portrayed as sinners. There was a hierarchy, and its rules and commandments were established. Many different currents entered and finally the church became a power institution, which had completely lost its connection to the SOURCE. Your heart is the bearer of the soft murmur of that hidden stream that washes and refreshes. Which brings you back to yourselves. The dust and pain of fears, doubts and emotions disappear from you. Feel that current in your heart. That current has proven to be indestructible, it is still there. Remember the joy. Recall the spontaneous moments in your life when you laughed and felt like doing things. When you dreamed and played; moments when you were present at that moment, when you were in love, or you were filled with a vision of the future. An image, a plan. Moments full of hope and dreams. Feel the joy of those wishes of your dreams. Good dreams and good wishes make you happy, even before they come true in a feeling of blissful anticipation. That is the voice of your soul. However, you experience a daily resistance to satisfying your desires. Some of you have even become discouraged and disappointed by the life that is lived there by society and the world around you. You think you have to stay small, that things won't work out after all, and that you'd like to get out of there. You have it so integrated that essentially things don't make sense to you if you can't live from your heart, from spontaneity and inspiration.

You have progressed too far to live a life adapted to the rules and regulations that surround you based on fear. You need freedom. Your heart sings freely and you are unable to fit into this world of rules and regulations that are based on fear or power. You are like vagabonds wandering around in this world. You are dreamers and keen observers. As a child you were very sensitive and you noticed what was happening in the moods and ideas around you. In your parents and in the world around you, you have experienced what it is like to have oppressive ideas and especially oppressive energies around you. Those energies have suffocated you in part, and have reduced your originality, the song of your soul. To listen to that song again and start living it, the first thing you need is to start getting up; deny yourself what is not convenient for you and that you become intimately aware of who you are. You are part of that undercurrent. Someone who wants to bring living light to Earth. Who wants to break down the old structures of fear and power. That is your essence because you are a lightworker. Therefore, adapting and living an ordinary life is not appropriate for you. It is important that you accept this, because living an ordinary life would go against the purpose of your mission, of your soul. You are here to be yourself. To express yourself with your unique light. Your renewal impulse. Your dreams, which go beyond the familiar, the existing order. You dream of a new Earth, with a new consciousness. Those dreams are you, but in the course of your growth, each of you became hesitant, because the external pressure on yourself can be intense. You are human, you are vulnerable, you want to connect and be part of what surrounds you, so you force yourself to fit into boxes that hurt. To put on a straitjacket that restricts and suffocates you, and then your soul reels. Then crises arise in the form of illnesses, loss of a job, breakups. It can be anything, but it can also happen when nothing seems wrong on the outside, and instead on the inside you feel very intensely depressed, restless, very often that is related to not listening to your soul who you are.

You don't have to blame yourself for those things that happen, because many things are presented to you when you grow up as a child and a young man very sensitive to that reality. You will get confused, that is why now it is so important to connect with your core to be different, to be a light worker. Fully admit that you don't fit into the existing framework, because after all you are here to open it. Once you understand that to the fullest, a great burden falls off of you. You were flooded with images and expectations from the outside world, which told you how you have to be as a man, as a woman, as a father, as a mother, which encouraged you to succeed, to be good, to be recognized. There are many external images that you think you have to comply with because your mind, especially when you are young, absorbs those images in the society in which you live. Now you are assailed by an avalanche of images, those images are supposedly ideal images, but in reality they are not based on human beings or your true nature, they are only wishful thinking. They are usually images that are outside of the truth, of the reality that you are dealing with as a vulnerable person of flesh and blood, and they are often suffocating oppressive images. "You have to do this", "you have to do that", "you have to behave this way or that way to be beautiful, to be successful or to be effective".

When you realize that you are here to break the existing order, to bring light into this darkness then you can let go of those images and feel good not because you have fulfilled a list of ideal characteristics, or because of what you have achieved in the world. You are not good because you are here with your vibration, with your renewal energy, with your level of another age, with your sensitivity, in short, you are good because you are here.

That is why you need to praise yourself. Call yourself only when you feel it so deeply and are willing to say no to those false images that do not nurture you, you will receive clear internal instructions or signals on how your soul wants to express itself in that reality because that is your ultimate goal, self expression. that comes directly from your being, not what others understand by self-expression but what you experience as a happy, pleasant, relaxed and fun way of expressing yourself, and that could be anything.

It doesn't have to be spectacular, a great one lets go of those images. The voice of the soul is yours and love is not about spectacular successes, but about discovering and experiencing the mystery of who you are. How special you are with your wealth of feelings and talents. Through an exercise I want to illustrate the two steps that I have described as ways to connect with your soul:

- The first step: is to deny the false images that deviate from your path
- The second step: is to connect with your individuality, with who you really are: the dreamer, the wanderer, the stranger who comes here with a torch of light to attract something that illuminates. Imagine that you are in a mountainous area surrounded by nature. You can hear the sound of a creek flowing over boulders and stones you can hear the murmur of the trees the bushes. You are alone but you feel life around you, because everything is alive. The Sun, the plants, the animals. You take off your shoes and your clothes to walk that babbling creek, and then you decide to jump into the water. You are surprised at how sweet and pleasantly cool you feel. You lie down with your head resting on a rock and let the water cool you down. You have endured so much in your life, you have absorbed so much into yourself and now it is time to listen to your own voice. You see the sparkles in the water around you, you feel it trickling down your arms and legs, and the water of cuca. Feel how you wash everything around you and clear your mind. It takes strength to be there in that earthly atmosphere for an angel like you you have already had contact with the highest spheres of light it is a smelly dick at all hours to be present in the midst of heaviness and negativity. You are here on mission and it is important that you realize Do not compare yourself with others. Do what you want to do and what is right for you. You've come such a long journey and you're not here to dance to other people's tunes. Feel what is your own path, your own originalities. Feel for a moment that you get rid of everything completely and let the water of your soul flow through you. Feel how your heart lives because your heart is thirsty. You want so badly to fully reconnect with your beautiful, rich self with your soul. In the center of your heart there is a child playing that reminds you of your dream, and not of the world around you. If in your dreams before coming to earth you dreamed of this life, you had plans, you had a purpose, there was a fire inside you, that's why you wanted to come here. Look at that child playing, the expression on his face tries to feel what it is like to be that child. He has the appearance of a child but he is very old, and yet he is the bearer of the new. In the child's eyes there is a message that comes from his soul. Let the energies of the world of what you have absorbed wash away and leave you clean. Now look again at that child that dances in your heart, that child is completely new, despite everything you've been through, that child is completely new, it comes from the past. That child comes from your future. It's up to you if you want to take them but that child extends his hands towards you and tells you to come. Feel the bubbling joie de vivre in that child, and dare to dream again your deepest dream as a soul, which is to let your unique light shine here. Be yourself. You could call it every step to be yourself. It's unique. There is nothing outside of you that you have to live up to. There is no standard plan to find your way. Consult the voice of your heart of that child within you. Before you get close to your soul, see what makes you anxious about dark voices in you that say: "this is not allowed" "it should not be" "no, that is not possible for me", because those dark voices feed the fear of the lack; to loss. When you feel that fear strongly, you cannot experience the voice of your soul, so it is often necessary to first withdraw or detach from that field of fear that surrounds you. Only then can you find the peace to feel your soul. It is essential to do it daily if only because it makes you feel much more relaxed and calm. Train yourself to let go of the field of fear and not only the field that has been absorbed by you, but also the field of fear that people around you in society live. Being in nature is a way of disconnecting

from that fear, but ultimately it is about an inner clarity by inwardly denying that vibration of fear and the compulsion to adapt do what brings you joy but do not make it too difficult do something every day that gives you a feeling of relaxation live in the moment what brings you home. Ultimately the first and only step toward achieving your soul's goal is a pervasive self-awareness, an all-pervasive awareness, this is me and it's good. Allow yourself to feel deeply in everyday life that is the way. I thank you all for the fact that you are on earth your brand is different and that matters you carry a vibration in your heart that is new that is innovative that has an effect on the collective consciousness and the world around you and so on is that you spend the day meditating or working in your garden your vibration makes the difference Devotion to the path of the heart and soul is seen and heard you are a worker of light, a pioneer of consciousness. You are me and I am you. We are connected

With love

Yeshua (JESUS)

(channeled by Pamela Kribe*)