

Spirit Mediumship By Mary Magdalene

Spirit Talking	Rachael (Mary's Guide)
Medium Writing	Mary Magdalene (Mary Luck)
Location Written	Wilkesdale, Queensland, Australia
Letter To	Mary Luck
Date/Time	3rd February, 2011, 1pm
Subject	Protection From Negative Spirit Influence

Mediumship Text

Rachael: My dearest sister, it is a pleasure and an honour to be asked to step towards you in these times and I am able to offer you some protection against the negative ones who do desire to influence you.

You must begin to re-educate yourself in the ways of love! God can do much to assist you when you exercise your will towards your true emotions and for his love to enter you.

Until now it is as though you yourself have not only been resisting God's Love and Truth about yourself and your condition but you have also really been aligning yourself with these negative ones. You have been reinforcing to yourself many of their negative messages, allowing their projections at you with no regard to yourself. You have not believed yourself to be worthy of love, respect or honour and so you have cultivated the perfect conditions for many to attack you. You have believed that you must punish yourself for your errors and that you must grow and overcome your difficulties *alone* for this is how terrible you are. Your willingness to treat yourself with such little regard has been as an *invitation* to dark ones and they have made a merry mess of your progress until now.

You are now commencing to grow in love for yourself, you are more willing to challenge these negative ways of regarding yourself (that in fact became entrenched in your childhood). You are beginning to have some faith that you can change but also there grows belief that you are *worthy* of love and respect.

You are bemused now as you feel that you are experiencing feelings of a total lack of worth. But witness the *magic* Miriam. As you submit to these feeling they commence to leave and whether you know it or not your self-worth is beginning to grow.

You are striving more now – for God, for goodness, for your mate.

Remember your realisation about 'loving the striving'? Well this has also assisted you to shift. You still limit your own soul's ability to express great Truth! This understanding that you had about 'the striving' was beautiful and you stopped yourself from experiencing the wonder of it and the recognition that it was this love of striving that has brought you to the place that you now sit! Learn to open yourself more fully to these feelings from your soul – this will bring you more joy and also more surety about yourself and your purpose (passion).

So, if I may return to the answer of your question? (regarding protection from negative influences during processing)

It is because you are now seeking more earnestly and humbly that I am able to step more closely to you in times of emotion and indeed at all times. Do not think of this as 'cheating'

as you do! (You are still quick to be harsh and severe with yourself).

My ability to be with you and provide some guardianship from evil forces is simply a part of the provision that God makes for all of us. Through your strengthened desire for your true emotions you have created new conditions within your soul. Previously it was as if your clinging to harshness with yourself, your resolute holding onto a poor perception of yourself and worth, made a 'bed', a perfect 'habitat' if you will, for dark ones to reinforce your self loathing and hopelessness.

Now as you challenge the negative messages from your childhood environment/ experience and seek to replace them with God's Truth, new conditions are created. Even the willingness to *challenge* the old erroneous messages creates space for us to intervene. As you exercise more **humility** and **desire** for your emotions we are able to support and guide you more and more.

Essential ingredients for such shifts and therefore increased assistance from us include:

- A willingness to be deeply **honest** about what it is you feel, towards yourself and others, at all times
- A desire for God, His Truths and Her Nurturing (the latter is something that both you and Yeshua can focus more upon)

The seeking for God, the willingness to **share** yourself (however that self may be) with God, to exercise vulnerability with your Heavenly Mother – this is the vital ingredient to growing in connection with God and also involving more of our guidance and protection.

Miriam, there are many times that you feel weak and unworthy of love and care and respect. We encourage you to turn to God at these times. If you recall the times when you have done this, when you have reached out to God despite the feelings of unworthiness, these are the times you have felt His Love the most! The same is also true in your relationship with Yeshua. When you have been most vulnerable, shared of yourself without neediness or expectation, it is then that you have felt, not only his love overwhelm you but also a deep connection with him. We remind you of these Truths that you already know.

It is through our willingness to share our hearts in humility that we connect to others and to God. When you do so God's Laws can act with you. This is why you feel my presence more strongly in recent times.

Continue to allow your heart to expand sister. Allow the emotions to overwhelm you. The rewards will be great and many of them immediate. Continue to cultivate more love and care of yourself. This will lessen the power of the evil ones that you feel around you so constantly.

I and others of our Celestial friends feel this is an important message for many on the path at this time. Many suffer from negative influence and many could be assisted by renewing their desire for God's Love and Truth and focussing their attention on what truly exists in their hearts. It is only when we free what error exists within us that we make space for the grandeur of God's Love and Truth to enter.

For the Kingdom of God to be realised on earth it must first reside in your hearts.

We watch over you all with great love,

Your Celestial friends,

Rachael and others