

Divine Truth Document

Spirit Mediumship With Mary Magdalene

Medium Writing	Mary Magdalene
Location Written	Wilkesdale, Queensland, Australia
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Spirit Talking	Divine Love Spirit Guides
Letter To	Mary Magdalene
Subject	Surrender & Selfishness

Mary: Hi Rachael, Could you offer me any guidance today? I have two issues I would love to hear about:

Surrender – to all emotions, both pleasurable and painful (I struggle with both)

Selfishness – my parents have made me feel selfish if I want my own desires and if I have my own emotions

Rachael: Dearest sister, we are happy to share with you today regarding this issue of surrender that you face, and do not feel that it is you alone that feels such an issue! There are many currently who also struggle to be in full acceptance of their emotions as they arise. It would be beneficial to many of them to consider the points we wish to outline about surrender to you, for many share your fears and resistances to this state.

We would simply say to you that surrender is your natural state and you may enter it by simply placing your hand into that of Gods' and allowing Him to guide you, to gently cradle you through the process of grieving. It is true that your life in the past 33 years has led you far from this state of surrender. You have been made to feel that, not only is it selfish to merely focus on your own self primarily, but that it is pointless and that you cannot cope alone with whatever it is you feel.

You have been raised to feel that not only is your sorrow tiresome/ bothersome but that your joy must shared, meted out to those around you. You see your parent's 'happiness' has been achieved almost entirely by living vicariously through you. Whenever they have felt aimless, hopeless, unhappy in their lives or relationship, they have considered you – your achievements, your loving nature, your natural propensity to give and then they have felt sustained. Their investment in both of their children, but especially you has led you to feel that you are not a person without them, that you are obliged to them, to ensure their wellbeing and indeed that you have no right to wellbeing unless they are first content and pleased.

Sister, this is a crushing burden that you have carried all of your life. You struggle now to submit to your own emotions – be they joyful or grief-stricken – because in truth you hardly feel they belong to you. So heavy has been the denial and dismissal of your own experience as valid and *belonging to you*, i.e. your emotions being regarded as a part of *your* own life, that now you face a sense of blurred boundaries of self, a terror at the rejection by your family if you simply withdraw your input into their well-being. If you stop blaming yourself and start honouring your own experience, you feel that punishment will be harsh and sever – indeed even as you

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attempt this, the treatment dished out to you is intense and punishing.

Sister, keep in mind, at these times when you seem to 'loose' yourself, loose momentum in your process, loose connection with emotions *this is primarily due to the **fear** you have of being punished for having your experience for yourself, for owning what is inside and acknowledging the truth of childhood relationships.*

Your loss of connection is nothing more than this fear arising, not being felt and then allowing much spirit interference and suppression of you.

Indeed this is your greatest block to surrender – if you surrender to your passion, your creativity, your grief and loss, if you decide to 'take back' your heart, your self from your parents and give it to who you choose – your life will change rapidly and dynamically – and your major fear is the **violent backlash** of people around you when you begin to live the life *you* truly desire.

This fear is of your current family but in fact has roots in your first century experience in which you were continually punished and ridiculed for loving one man with all your heart and for living the Way even after he passed.

Sister, you possess so much passion for the Way. You have not connected yet to the level and depth of love you have for this Way of life, the beauty and simplicity you found living it, even during times of hardship and struggle, your solace always came through knowing the Way and practising it (and later even teaching it).

Cease to punish yourself for not fully embracing the things you love the most – simply be humble and aware of the deep fear you have about your own transformation.

Let your heart long, sister. There is so much longing kept wrapped there inside of you. Your true nature is one of great creativity and power, of playfulness and joy. You are loyal and kind and value treasures that are simple and whole and good. The love of your mate was one such treasure in your life and at present you block this knowledge, along with almost all of your true nature, because you learnt at an extremely young age, how much your natural state challenged and provoked your current family.

Let yourself grieve, just as you are now, the pain you feel at so much rejection and the subsequent suppression of self you are living in.

At present there is a horde of angry spirits that surround you, they continue to threaten and insult you every time you stop towards your true emotions and desires. It is their projections, along with those continually coming from your parents that often make you feel guilty and/ or shut down after a short period of you feeling either pleasure or pain.

A number of these are ancestral spirits that project at you similarly to your parents, that you are selfish and self indulgent. But there are also many other darker ones who seek to cease the spread of Divine Truth of the planet, these ones threaten you with violence and murder of your Soulmate should you continue to progress. The former group leads to guilt and shame feelings, the latter terror. Both shut you down quite effectively at this time because the false beliefs of both parents are still heavily ingrained in you.

It is important for you to be aware of such things now as you are going to spend time alone. You feel afraid that you will 'loose touch' with yourself, you do not feel in good connection with your full self – recognise that this is not because you are not developed enough to make full connection with your emotions and experience them fully. It is simply your terror of the harsh punishment you will receive not only during your feeling of the emotions but *especially* at the resultant metamorphosis you will experience.

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The fruits of your surrender will be deep and wonderful change – this will bring you intense joy! However your current family and the multitude of spirits that surround you know that you will not feed their addictions or be under their control once you change. *They threaten you* (and have always done so) **intensely** in order to keep you in this place of non-surrender.

Dearest one, do not fear for you ability to feel (you punish yourself much for your perceived inadequacy in this area). Know that you are not inadequate, in fact you yourself have a vast capacity experience emotions (and to release them) deeply and quickly – however it is *your own* instinct about the change this will bring and the resultant rage and punishment you know will come from people (in physical and spirit forms) around you, that hampers you. It is also the unfelt fear of the current and very real projection you are already receiving from those same people that results in your feeling locked up or shut-down.

Pray on these things sister. There is much to feel and already we see you feel the Truth of this message.

We wish you well as always.

Your loving sister and friend,

Rachael.