

Divine Truth Document

Spirit Mediumship With Mary Magdalene

Medium Writing	Mary Magdalene
Location Written	Wilkesdale, Queensland, Australia
Date/Time	8th July, 2011
Spirit Talking	Rachael (Mary's Celestial Guide)
Letter To	Mary Magdalene
Subject	Experiencing Feelings of Attack

Experiencing Feelings of Attack

Mary: Hi Rachael, Can you help out? Feeling under extreme pressure but realising that it's been present all along. Feel like nobody in my life except AJ has ever wanted me to have my desires or my own life...

How can I get out from under this mountain of pressure?

I realise that I am afraid, still seem to just go rigid under this level of attack.

Rachael: Dear one, we see your difficulty and your frustration. We wish to remind you that you are will accustomed to treating yourself in the same harsh manner that these spirits and your family treat you. You take the stance of agreeing with them about your nature and the feeling that you should be punished and so even in this exercise of attempting to release your hooks into these ones, you are maintaining this rigid, self punishing stance with yourself.

Sister, these are large steps in the progress of your soul – one of the most important of these steps is beginning to love yourself more in the way that God Loves you.

God is not critical of your progress for He has compassion for where it is you are coming from, God knows that the most healing force in the entire universe is that of LOVE and does not ever push a person towards their pain such as you do with yourself. God simply extends love and compassion. However, He does not ever shy away from the Truth of the harm done to you that must be faced and that His Love and Compassion for the pain in your soul provide the softest cushion on which you may rest while the grief and fear overwhelm you.

You block this soft cushioning for yourself dear one (for it is what you have been taught to do) but as a consequence the 'little girl' inside of you does not feel safe to open her heart to let the grief pour out.

Recognise that it is not only the spirits who shout and threaten you that cause you to lock up in fear but it is also this tendency inside of yourself, your unwillingness to practice kindness with yourself that hampers progress.

Remember that it is *your fear of their heightened rage* that causes you to avoid the Truth of their treatment of you and instead be harsh with and blame yourself.

Spirit Mediumship With Mary Magdalene

Simply continue to acknowledge your own fear to yourself. You will tire yourself greatly if you continue to push for the grief of your situation without acknowledging what it is you are afraid of.

Focus on desiring to see and know the Truth of how you have and are being treated. Yeshua's example of forgiving these dark ones is valid but to do this *you must be willing to face who is attacker and who is being attacked.*

*Sister, **you do not in any way deserve this attack**, you are being and have been prevented from experiencing your own desires only through your fear of their rage and your reliance on them to reassure your fragile sense of self and safety.*

You must come to acknowledge that you are afraid because they *did harm you in the past and **you did nothing to provoke or deserve this.*** Your only 'provocation' was simply *being yourself.*

You must also let yourself see that your fragile sense of self and safety also came these ones (parents, spirits, first century attackers) these same people who attack you now – so you have not caused this and *you only allow it to continue by blaming yourself and avoiding the Truth of what has been done.*

You feel that you must apologise and acknowledge to Yeshua what you have done to him as a result of these things but we say to you sister – these things can only be premature and shallow if you have not even yet acknowledged to yourself the truthful causes of what has happened.

You still believe you must apologise for yourself, and for anything that does not please everybody. This is what your parents and those around you have taught you to do.

Believe us when we say that things will change rapidly and for the better if you can acknowledge in your heart how much unprovoked attack, ridicule and control you have been subject to in your life – and that these same pressure continue to exist today.

Continue to read these recent channelings and tune into all that you feel you have lost as a result of these attacks and pressures you have been under.

With all of our love,

Rachael and other Celestial Friends.