

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.

The Forbidden Female Speaks

by Pamela Kribbe

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Pamela Kribbe

The Forbidden Female Speaks

Conversations with Mary Magdalene

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Introduction

The Forbidden Female Speaks: this title may give rise to questions, because is anything still forbidden in modern times? The emancipation of women in the West seems to be quite advanced. Women are allowed to work, have a career, and acquire property in the same way that men do. They have the same rights and duties before the law, and can develop their skills freely. Also, in modern literature and film, women are portrayed as active, energetic, self-assured, autonomous human beings. So you might wonder if anything is still forbidden for women?

In this book, my answer to that question is “yes”. Although formally, women are equal to men, during centuries of misunderstanding and the distortion of the female energy, a wound has developed in women’s souls. This wound is the subject of this book. The “forbidden female” is above all a wounded female. A wounded woman may attain a career, enter into relationships, and look after herself, but below the surface she often suffers from self-doubt and a sense of unworthiness. Wounded women usually have a rich inner life and have much to give, but it is hard for them to stand up for themselves and set boundaries. This leads to a loss of self and a lack of grounding. There is creativity, inspiration, and love in the hearts of women, and they want to share this with the world. However, they are held back by their uncertainty about their self-worth and authenticity, and wonder if their true face is even welcome.

I was confronted with this forbidden female within myself after completing my philosophy thesis at university, which led me to saying goodbye to academia. I experienced a strong call in my heart to engage myself with big life questions and the pursuit of spirituality in an emotional rather than an intellectual way. After walking away from a romantic relationship, I felt quite down and at my wits’ end; intellectual nourishment could no longer satisfy my hunger for meaning and love. I delved into esoteric literature and took an aura reading course. This was a new chapter in my life. I was in my early thirties. A few years later, I met my current partner and started my private practice as an aura reader and spiritual therapist. Not long after that, I started developing my connection with spiritual guides and began receiving my first messages through channeling that would later be published in book form.

However, making this work public was accompanied by a huge amount of fear and trepidation. There was much interest in what I was doing, and my work was met with many positive and heart-warming responses, but for a long time, I remained burdened by profound self-doubt and uncertainty. The forbidden female within me was an intuitive, psychic woman who wanted to penetrate deeply into the core of life. She was someone who wanted to feel and understand from her heart, not just from her head. However, I was terrified to show this side of me to the public; there was a conformist and conflict-avoiding part inside me that was afraid of rejection and ridicule. Only very gradually, I started to feel at ease in the presence of growing audiences during workshops and lectures.

Eventually, what I came up against was that I was unable to say “no” to the many demands for help. It was hard for me to set boundaries and I was very sensitive to the pain and suffering of the people who came to me for help. Eventually, this led to a severe crisis manifesting as a stomach inflammation, a nervous breakdown and a clinical depression with psychotic features (described in my book *Dark Night of the Soul*).

I discovered that at the root of this crisis, which was very burdensome for the people in my life, was the feeling that I was worthless, sinful, and bad. Based on this premise, I always felt I had to work hard and try my best to gain approval and love. At the same time, I had to suppress my personal needs. This destructive sense of unworthiness was so deeply ingrained in the core of my being that it almost killed me. After recovering from this “dark night”, for the first time in my life I had a basic sense of self-love that is so crucial. Self-love means loving yourself the way you are instead of the way you “should be”. This basic sense of self-love has not fully matured yet, but to a large extent, it has increased my inner strength and improved my self-awareness. Now, I often feel joy and contentment with regard to my work and life. The forbidden female within has finally been allowed to show herself.

In this book, I have a conversation with a forbidden female from the past: Mary Magdalene. In the history of Christianity, she represents the forbidden woman. According to tradition, she was a whore, free and independent, a wild woman who had to be liberated from the demons of her sins by Jesus. At least, this is the official story. In my encounters with Mary Magdalene, I experience her as a powerful and at the same time loving

teacher. At times, she is direct and confrontational, but more often she is gentle and full of understanding about our human emotions. As I see her, she is not a feminist, but a wise and passionate woman who acknowledges the pain in both men and women, and calls for cooperation between the male and female energies. According to Mary Magdalene, there is a forbidden female energy in both men and women. This female energy is related to our feelings, our intuition, and our hearts. At this point in history, it is time this female energy is awakened in both sexes. If this happens, it will create more balance within ourselves, our relationships, and on a political and social level.

Perhaps you are curious about how I came into contact with Mary Magdalene and about the nature of my conversations with her? In 2011, my partner Gerrit Gielen and I traveled to southern France where we conducted workshops to a group of French people. These workshops focused on spirituality and inner growth. We already had our practice for almost ten years and I had written several books with channeled messages by Jeshua (Jesus' Aramaic name) that had also been published in French.

Channeling means receiving messages from a teacher or source from beyond our earthly realm. Receiving the messages is an inner process. In other words, it takes place by way of an intuitive, non-thinking openness to the source of information. I do not hear a voice, nor do I see an apparition of any kind. To me, channeling is not a sensory experience; it happens on an inner level and I receive the messages in a feeling, knowing way. I am the translator or bridge that allows the incoming insights in and turns them into words and concepts. There is always a certain degree of filtering or distortion. I am only human. I work with my human vocabulary and I am influenced by my personal and cultural backgrounds.

You may also wonder how to ascertain if a channeling is of any value to you. Channelings are best evaluated based on their content: see if you are touched, inspired, and illuminated by them, or if they give you a feeling of relaxation, encouragement, and warmth. If so, this source of information can be helpful. If channeled messages convey judgment or fear, I am inclined to disregard them. Judgment and fear do not have a place in a consciousness of love and truth. Ultimately, the criterion is what is valuable knowledge for you. This applies to all sources of knowledge, channeled or otherwise. Use your intuition to discern what feels good and what does not.

When we traveled to France in 2011 to give these workshops, I was expecting to channel Jeshua. Something else happened, though. I was sitting in front of a room filled with interested, expectant people and suddenly it seemed as if I was lifted by a wave of energy that was new to me. It scared me a bit, but it felt good so I decided to surrender to it. I felt the energy of Mary Magdalene starting to flow through me and I was deeply touched. Although I had not channeled her before, I recognized her unique energy the moment she said her name. There was this characteristic mix of power and softness, profoundness and mildness, that is so typical of her. I started to speak on her behalf and it felt as if something old and precious came to life: *the forbidden female energy*. The emotional energy was palpable in the room and some women began to weep softly and continually. As a Dutchwoman, I am pretty down-to-earth and skeptical (I have a PhD in the Philosophy of Science) but I could not help being deeply touched by this experience. In that first message, Mary Magdalene spoke about “the wound in the abdomen of women”, as she called it. She said the disempowerment of the female energy is most evident in the abdominal region of the body. In many women, there is a void in this region associated with a lack of self-worth. In order to heal this psychological wound, it is not enough to establish equal legal and social rights for women, although this is very important as well. It requires a deeper healing, and that is exactly what Mary Magdalene’s messages are about.

During the years that followed, I received a series of messages from her, fifteen of which are included in the second part of this book. These messages are based on channelings that took place during workshops in the presence of groups of people. They are about female and male energy, relationships, sexuality, and about healing the wound in the abdomens of women and the hearts of men. Apart from the information conveyed through these messages, they also emit the energy of love and encouragement. The energetic shift that you can feel inside when you read the words of the messages is what they are essentially meant for. These channeled messages are aimed at bringing you closer to yourself. In addition to the information they provide, they are meant to connect you to your authentic truth and wisdom.

The first part of the book consists of conversations with Mary Magdalene in which I ask her all sorts of questions about who she was, about the forbidden female energy within us, and about love, passion, and sexuality.

During the writing process, I felt that Mary Magdalene wanted to bring forward a number of themes as well. First of all, she stresses the importance of the difference between, on the one hand, a heart-centered, loving male energy, and on the other hand, the aspect of male energy that is based on control and conflict which has dominated our recent history. According to Mary Magdalene, the awakening of this higher male energy is of fundamental importance at this time in history. In addition, she talks about the dark side of the female energy: the manipulative, possessive, or hateful aspect of it that can take over when women lose their sense of self.

With regard to the female energy, Mary Magdalene makes a distinction between a fear-based, resentful aspect and a loving, heart-centered aspect. She talks about how the battle between the sexes may go rampant if they do not take responsibility for their own shadow or dark side. Both women and men can be victims and perpetrators in the intricate games played out in relationships. The path towards balance and harmony consists of integrating the male and female energies *within ourselves*. Only then can we be whole and establish a connection with our soul, allowing us to enter into beneficial relationships with other people based on that soul connection.

Apart from discussing the wound in the abdomen of women, and the lack of basic self-esteem that is associated with it, Mary Magdalene specifically emphasizes the wound of the male energy. She speaks about a wound in the hearts of men, preventing them from surrendering to their feelings and intuition. Healing this wound is just as important as restoring the abdominal power in women. However, both wounds need to be approached differently. For both men and women, Mary Magdalene describes a three-step way to becoming whole. Although the path to wholeness is different for both sexes, it eventually leads to the same goal: inner freedom, a connection with the soul, and a more affectionate sexuality.

1. The Forbidden Female

What follows is a conversation with Mary Magdalene, in which I ask questions and receive answers from her by way of channeling.

In what way were you a forbidden woman and how did that affect you?

I was born with a strong sense of independence and I resented it when people, especially men, imposed their will or forced their views upon me. I went my own way and wanted to experience things for myself and sharpen my own thoughts and opinions. I was well-attuned to my male energy. At that time, however, this was a problem because women were supposed to comply with specific social frameworks and rules that regulated women's lives. As a girl, you were groomed for marriage and motherhood. Developing your own free spirit and leaving behind domestic life was tantamount to social suicide. It made you an outcast spit out by society.

As a young woman of about eighteen, I traveled with an older man who had a very unbounded spirit. I felt good when I was with him. We were not married, nor did we have any intention to get married. We had a free and adventurous life and I felt that I did not have to restrain myself in his presence. I was a passionate woman with strong views on injustice and the inferior position of women. I focused on my personal development and was educated by spiritual teachers that I met here and there. By then, I was already a forbidden woman who did not follow the beaten track. When, sometime later, I moved on to a relationship with a younger man, I became a harlot in the eyes of society. I was not a prostitute, as the Bible states, but a woman who had multiple relationships, sometimes simultaneously. I was hesitant to commit to one person only, afraid as I was of losing my independence. I always wanted to be free. The relationships I had were often intense and adventurous. However, they lacked stability and a sense of home.

My free spirit was put to the test when I met Jeshua. I recognized in him a highly evolved soul who radiated a very pure energy. To me, he was an example of well-balanced male energy. I was deeply moved by who he was and what he represented. He had the ability to touch people with his eyes, his voice, and his energy. His presence made me aware of dark aspects

within myself that I had not really noticed before. I began to understand that my craving for independence was also an escape from closeness and vulnerability. I had built a defensive wall around myself which gave me a sense of control. However, I was so impressed by Jeshua's spiritual depth and wisdom that I was willing to face this aspect of myself with honesty and to stop denying my fears.

I entered a love relationship with Jeshua, which changed my life forever. I became fully committed to him, but that dedication had nothing to do with submission or blind obedience. I really felt the universal flame of wisdom and deep compassion in him, and it was this that I wanted to dedicate myself to. I had to pay a high price for this, because I could no longer tell myself that I was free and not tied to anyone. I was his lover, which meant being connected to him on a personal level and loving him as an earthly woman. I wanted to take care of him and keep him safe and protected from all danger.

After his death, I was devastated. I felt empty and exhausted, and lost my will to live. I came to realize that I had to rebuild my own life, and that I was carrying the light that Jeshua had spread around the world. The energy of love and compassion he passed on was not exclusively his, but came from a universal source of light and wisdom. Jeshua was firmly connected to that universal field of light and he activated this connection in people who were open to it. I had to learn to strengthen my own connection to this source as well, and to become independent of Jeshua's physical presence in my life. It was a profound and challenging process, because it was and is natural to mourn a loved one who has passed away. Physical nearness is an essential element in the lives of lovers. I felt very lonely and desperate, but eventually I succeeded in regaining my strength so I could complete the final stage of my life from a place of surrender and trust.

During that stage, I became a teacher as well. As a result of everything I had experienced, I had opened up to a universal flow of wisdom that comforted me and apparently benefited other people as well. I wrote down some things and shared my insights with small groups of people who were open-minded and who could understand what I was talking about. At that time, my personal form of spirituality needed to be lived and shared with others in secret. For the second time in my life, I was a forbidden woman.

The first time was during my younger years when I did not want to be bound by marriage. This second time, however, was related to a new spirituality that clashed with the established religious order.

Being banned as a forbidden female affected and shaped me at a very deep level. If you live in a society that considers you to be an outsider, it affects the way you think about yourself. Even if you are strong and independent, deep down you can be troubled by doubts, and wonder if perhaps you are a bit odd or inferior. At times, I became very defensive, expressing myself in a hard or condescending way. I condemned the morals of ordinary citizens and found them cowardly and hypocritical. But deep inside, I felt the pain of rejection. After meeting Jeshua and observing these inner processes more clearly, I became more and more detached and free from other people's judgments. As a single, middle-aged woman and itinerant teacher, I no longer felt any anger or outrage towards the established order – I had become free. I did not doubt who I was any more. I accepted myself and lived according to my true nature.

Today, women have far more rights than in your time. Ideas about what it is like to be a woman have also changed. In developed societies, female energy is seen as equivalent to male energy. Is there still such a thing as 'the forbidden female'?

A lot of things have changed, and compared to when I lived, great progress has been made. Women have much more freedom to choose how they want to live – married or single, with or without a career, with or without children. This is a great achievement with a profound impact on the development of humanity as a whole. But despite the fact that on a social and political level, women have more freedom to shape their own lives, many of them appear to be struggling with an inner pain or wound, which keeps them from really finding fulfillment in their lives. *While the outer barriers are being removed, women are increasingly confronted with inner barriers that can only be overcome through an inward path.*

The inner barriers are related to deeply rooted feelings of unworthiness. These feelings were partly created by our shared history of the oppression of women. This oppression still affects every woman living today, whether they realize it or not. Apart from your physical genes, from an energetic perspective you also have social genes. You are born into a culture and

society that are much older than you, and they naturally affect you during your childhood and teenage years. You have also had past lives in places and eras in which relationships between men and women were extremely unequal. You experienced this inequality from both perspectives, so both as a man and as a woman. This means you are steeped in the energies of the past, *yet at the same time, as a soul, you are a bringer of a new consciousness*. The forbidden female within you is the woman who has not been able to express herself for centuries, who has had to hide her inner strength and originality in relation to sexuality, creativity, and spirituality. As a result of this mental and emotional mutilation, women still have a lack of self-awareness and suffer from a taboo against using their male energy. Women are reluctant to claim their space, to receive rather than give, to say “no” when appropriate, and to stand up for themselves. The male energy sets limits, is self-oriented, and has the courage to distinguish itself from others. Women need this energy to regain balance and become the creators of their own lives.

So, what women need in order to heal their inner wound is male energy? Considering the fact that women have been oppressed by men, this sounds paradoxical.

Yes. To shed some light on this, it is important to realize that every human being is essentially both male and female. At the physical level, you may be a woman, which affects the way you think and behave, but essentially, you are a soul. That soul can choose a female or a male life. The soul itself is free and uses both energies for everything it undertakes. You apply a form of oppression when you make people believe they possess only female energy if they are a woman and only male energy if they are a man. If they really believe that, they disempower themselves. This is what has actually happened. For centuries, women were forced to identify only with being women, as defined in terms of partnership and motherhood. This was also associated with being irrational and emotional, as opposed to the masculine qualities of being rational and strong-willed. Men were also forced into a strict role, and in order to be “real men”, they had to suppress their emotions, close their hearts, and strive to achieve things that were often not their own choice.

The one-sided definitions of masculinity and femininity, and forcing people to fulfill those roles, led to an inner wound in both men and women. So

when I say it is essential for women to embrace their male energy, what I actually mean is that women need to reconnect with their soul. Their soul includes and needs both energies in order to fully manifest itself on Earth. Women need to free themselves of restrictive definitions and roles, and embrace their individuality as a soul.

In the same way, men need the female energy to heal their emotional wounds. They can only open their hearts again if they feel fully justified in allowing their feelings and empathy to manifest – in other words, their own female energy. Men, like women, are discouraged from being *souls*. In fact, the greatest oppression in your history has been that of the soul – the soul as the origin of the earthly “I”; the soul as the source of both male and female energies; the soul as a free, unique individuality that can explore anything; the soul as the divine principle, independent of earthly influences and powers.

Earthly rulers do not like the soul. When people connect with their soul, they become self-willed and unpredictable. They are less prone to fear, such as fear of social exclusion and physical death. They are free from the pressure exerted by external authorities, and they are attuned to their own inner voice. This undermines a type of authority which is based on force and control. Religious and secular authorities, and the exercising of power in marriages, family, education, and in science, medicine, and business, feed on the fear in those who are oppressed. If people become free of anxiety and find their way back to their soul, the days of rulers are over. They realize this instinctively. Therefore, they will always focus on undermining the self-image of those they want to oppress. If you can destroy people’s self-image, and if you know how to discourage them from believing in themselves, you will gain control over them very quickly. Being connected with the soul is the exact opposite of being imprisoned in a contracted, false self-image. This applies to both men and women.

So there is also a “forbidden male”?

Yes, there certainly is. Men have also been emotionally damaged by the tradition of power and oppression that all of you are still experiencing. At a young age, boys were not allowed certain things that are considered natural for girls: showing their vulnerability, expressing how they feel, crying and showing emotion, not having to excel or stand out if they lack ambition.

Men were – and still are in many ways – discouraged from living from their hearts. The heart is considered to be a source of sentimentality, as opposed the head, which is the seat of rationality. A “real man” is not guided by emotions that are impulsive and sentimental, but by a head that is rational and makes sensible decisions. This is the traditional image, and you can see how the heart is first disqualified as “sentimental” and then becomes associated with a female energy that men had better avoid. So, first there are these restrictive definitions, and then you are made to believe that you have to function according to these definitions, and that this is all you are: “A woman is more emotional and therefore more unpredictable and more impulsive than a man; a man is more rational by nature, so he is a better thinker and therefore a better decision maker.”

This whole idea of seeing the head and heart as opposites is flawed. It is true that the head is the seat of thought, but *the heart is the seat of love and compassion*. Love and compassion are not simply impulses or emotions, but a form of deep, living wisdom. A developed heart is not at all temperamental, sentimental, or impulsive. It is extremely steadfast and can penetrate truths that cannot be understood from the head alone. *The heart is the gateway to the soul*. Do you now understand why during the course of your history the definition of the heart has become so distorted?

In men, the collective wound that was energetically inflicted on them can be found at the level of their hearts. In women, the wound is in the abdomen. They have been disempowered at the basic level of their self-confidence and their ability to stand up for themselves and claim their space. Men are better at this, but they have a hard time opening their hearts and expressing their feelings. It almost feels unnatural for them to do so. It is forbidden for men, in the sense that expressing their feelings would reveal their weaknesses and therefore set them up to be a prey for others. The male consciousness is dominated by the idea that people, particularly men, are always in conflict. You are always in competition; you continually need to show that you are in control and are able to defend yourself if necessary. This defensive consciousness is totally at odds with the ability to truly connect with someone else. This connection is only possible if you break down your defensive walls. Only if you show your humanity, your questions and doubts, you are fully present in your connection with someone else. The only way to really communicate with someone else is to have empathy and allow yourself to be emotionally moved. In order to be

open to other people's inner being, you have to let go of control. This creates resistance in men, because they have been taught that they are good, attractive, and enviable when they are "in control". Allowing your heart to be touched means taking a big risk.

The painful result of this line of thought is that if you are a man, you associate being loved and successful with having a closed heart. You think that you are strong and safe if your heart is closed. However, the price you pay for this is a lack of feeling, vibrancy, and intimacy. Life can no longer spontaneously flow through you through your feelings, hunches, and intuition, because your head is in the way and creates barriers. Your rationality is all about control. If this continues, in the end you no longer have to suppress your feelings; they simply are not there anymore. If your heart is closed in this way, you start feeling alienated from life itself. The inability to feel is a serious condition. It means that you are essentially disconnected from your soul. This disconnection becomes even stronger for men who believe that their mind defines who they are, and who use their thinking to control life. This condition ultimately results in a deeply felt loneliness, a disconnection from both yourself and others. If you are deprived of nourishment and inspiration from your soul, you will increasingly act like someone *without a soul*.

Do you mean that the widespread violence on Earth, as it manifests itself in wars, the oppression of women and the destruction of nature, is the result of the closed hearts of men?

Yes, to a large extent it is. The disconnection from the soul leads to violence in men and powerlessness in women. This is not always the case, but for most men and women, this is what happens. Large-scale wars, brute force, lack of empathy and compassion, deeply rooted hatred and division are the result of a closed heart. The fighting mentality, the distrust, and the lack of communication easily lead to aggression. A heart-centered approach would make a huge difference. The heart is a source of wisdom that transcends opposing forces. The heart's energy is neither mental nor emotional. Ultimately, humankind will only be able to solve its biggest issues by turning to the wisdom and the inspiration of the heart.

And to achieve this, men need to open their hearts and women need to find their inner strength again?

Yes. And this would also make men and women happy in their *personal* lives. Men who allow their female energy to flow are confident, loving, powerful men. Women who allow their male energy to flow are confident, loving, and powerful women. Relationships between men and women would be more profound and more joyful, creating the possibility of love *from soul to soul*. Stereotypical gender roles can be put aside and everyone will be able to express their passion in their own way. Only when the soul can access people's inner lives, real changes can be made in their personal lives, in their relationships with other people, and, consequently, on a societal and collective level.

How can the resurrection of the female energy contribute to this?

We live in a time in which large numbers of women are experiencing a spiritual awakening. They feel the need for a different way of living, one that is inspired by feeling, passion, joy, and connection with other people. Women experience more happiness in being with others than in standing out as a result of some big achievement. They have a natural tendency to connect with others and to experience happiness, love, and transcendence through these connections. By transcendence I mean knowing you are part of something larger than your personal self and finding joy in that. This does not mean that you give up part of yourself. It means that you grow. As part of your connection with something larger, you contribute something valuable, and in return you receive inspiration and experience the joy of being recognized and seen for you are.

Women who are spiritually awake, who are not only trying to survive, but really want to get something out of life, strive for this form of interaction with the world and the people around them. They search for meaning, for a fulfillment that makes them *feel* alive. This fulfillment cannot be found in an external source, such as a partner, a job, a house, or a family. It arises from the experience of feeling *connected* with all these things, from knowing there is a meaningful interaction between you and your family, home, employer, or whatever touches, amazes and inspires you.

This female desire *and* ability to create deep connections is essential for the awakening of humanity as a whole. The desire for an *authentic connection* is fundamental to the change this world needs right now. The ability of awakened women to engage in deep, meaningful, and passionate

relationships with their partners, children, friends and colleagues is crucial in this process.

Why is the female ability to connect so crucial?

Because *dysfunctional relationships* are at the root of virtually every problem in this world. The lack of understanding between, say, people with different skin colors, cultures, or faiths, or the unwillingness to even try to understand other people, is a sign of underdeveloped female energy. Hostility, quick judgments and clinging to your own religious or secular ideologies are signs of a lack of wonder and openness, and an inability to put yourself in someone else's shoes.

Empathy – the ability to imagine what other people are feeling within their frame of reference – is a virtue of an evolved soul. If you are not willing to show empathy and be open to other people's perception of reality, true communication is not possible. As a result, it also becomes impossible to connect intuitively with someone else. True communication creates an energy field between people. When people interact from true openness, major breakthroughs can be achieved. Openness of the soul when connecting with someone else is transformative for everyone involved. On a larger scale, for example at work and in the political arena, this creation of a connecting field should be a top priority. If you speak or act in the absence of this energy field, you might as well talk to a wall; you are not reaching anyone. If others do not feel recognized, their behavior is determined by defense mechanisms and protective masks. If you are not open to someone else's soul, you lower yourself to the level of the fighting ego.

You might be able to carry on a conversation, and even come to an agreement, but if there is no real connection, your words will for the most part be empty. Inauthentic communication is so prevalent in the world that talking to someone without feeling a real connection with them has become normal. Feeling a true connection and real emotions when interacting with others is something many people avoid.

Is this lack of connection, which is a lack of female energy, the cause of many of today's global issues?

Yes, it is. You can connect on three levels: (1) with yourself; (2) with other people; and (3) with nature. Connecting with yourself is fundamental to all other forms of connection. Being in touch with yourself means that you fundamentally say “yes” to who you are. You consider *yourself* as valuable enough to be taken seriously and to be listened to. There is a basic love for yourself. Even though you are not perfect, and you have negative emotions or thoughts, this self-love leads to a profound “yes” and a willingness to really understand where the negativity stems from and how you can be healed. From this solid foundation of self-esteem, a compassionate attitude towards other people arises naturally. If you are truly willing to go deep within and develop an understanding for your own humanity, the way you look at other people will become more gentle and accepting.

You will have more depth, your countenance will be more open and you will not judge as quickly as you used to. This attitude increases your ability to let go of inauthentic and phony behavior towards others and to be really open to your own and other people’s experiences. This is very enriching for relationships, as you can tell by the feeling of joy that a true connection gives you. This attitude can also be applied to relationships that are not intimate, such as your relationship with a colleague, a teacher at school, or a salesperson. The willingness to connect is a basic attitude, allowing you to see every human being as a unique individual and not just as someone who fulfils a certain role for you.

A true and honest relationship with yourself not only leads to more open relationships with other people, but also to a more intimate connection with nature, with non-human living beings, with the earth, and with your own body. Love opens your inner eye. When you say “yes” to yourself, you open your heart to what flows through you and to the life that surrounds you. You recognize the same flow of life in other people, and in nature. Even though compared to human beings, animals have different structures, which is even more true for plants or trees, you recognize something in them: a spark that is also alive in you. Living from a place of self-love creates an openness to the essence of existence within you: the stream of consciousness and life, which is present in everything, whether human or non-human.

When these three forms of connection have come to life in a person, it is very difficult for this person to become violent. You might slide back into

fear and temporarily shut down and become defensive, but once your heart center has been opened, sooner or later you will return to your previous level of openness. Violence usually occurs because the heart has not been opened yet and there is no basic self-love. There is a sense of isolation and judgment, and there is inner pain. This pain is related to a lack of connection that has not (yet) been recognized as such.

To make the pain bearable, you might look for connection substitutes, such as embracing an ideology that blames others for everything that causes problems. Clinging and committing to an ideology, such as nationalism, or a particular religious or political doctrine, temporarily makes you feel that you have a purpose, but it can never give you the sense of joy that true connection provides. Deep inside, you feel an emptiness and lack of meaning. And if there is no real connection with yourself, your relationships will also be superficial or downright hostile. This is the true seed of violence, both against other people and against nature.

A lack of connection lies at the heart of violence and aggression. In that sense, there is a direct link between the individual and collective levels. Healing the female wound is essential, not only for individual women but also for the development of humanity as a whole. The female *aptitude to connect* deserves to be restored and put into conscious practice.

Was this lack of connection caused by a one-sided male energy that dominated our history for a long time?

There was a fear-based male energy with a desire for power. This male energy suppressed the female energy, both in men and women. But this one-sided male energy is both the cause and the consequence of a lack of connection. Something more fundamental underlies it. In essence, a *fearful ego* lies behind this combination of disconnection and the masculine desire for dominance. This ego does not feel connected to the whole; it does not feel loved and protected. At a certain point in human history, the frightened ego made its appearance. It went on to dominate all of humanity and manifested itself as a dominant masculine energy that did not only turn against the feminine energy, but also against a mature, loving masculine energy. However, the frightened ego itself was not necessarily male. Rather, it was a fundamental universal stream within humanity that had a devastating effect on both sexes.

Both male and female energy can operate on two different levels: (1) the level of the ego, driven by fear; and (2) the level of the heart, motivated by love. At the level of the ego, the male energy is dominating, lacks empathy, and is aggressive. At the level of the ego, the female energy is powerless, lacks freedom, and is manipulative. Female energy is not necessarily heart-centered, connecting, and loving. It can also be characterized by fear, combativeness, and hatred. The ego-based female energy is manifested as possessiveness, jealousy, hatefulness, and manipulation. When the male and female energies both function at the ego level, this often results in conflict and misunderstanding. Instead of complementing each other, they become each other's enemy. If, however, they both function at the heart level, the male energy naturally fulfills the role of protector and creative partner of the female energy.

So what you are saying is that it is not the male energy that is responsible for the violence in our history, but the frightened ego that is present in all people, also in women.

Yes. I am saying that fear is the ultimate source of the battle between the sexes and of the unbalanced male energy that has gotten the upper hand in many areas of life. Fear is the fundamental driving force behind the disconnection and closed hearts of many people. Fear is very much alive in both men and women. In men, this fear expresses itself in fighting and conflict, while in women, this anxiety manifests itself in lack of strength and poor self-esteem. But in both cases it sustains a low vibration, with little room for a real connection with yourself or others, and for inspiration from the soul.

Does this mean that it is not right to put the blame of violence and aggression on men and to see women as victims?

Things are more subtle than that. Men often held positions of power and women were kept away from the public and political domain. So, in that sense, women were clearly oppressed, and in some societies they still are. But on an inner level, both men and women suffered from the dominance of a male energy with a low vibration. There are countless sensitive men who are not comfortable with the one-dimensional traditional image of masculinity. Think of artists, musicians, and poets; think of gay men, but also think of the millions of men who for centuries have been forced to

fight in wars and die for other people's interests. Innumerable young men in their prime experienced incredible pain and suffering on the battlefields. They are also victims of history, just like the countless women who have suffered deeply from sexual violence and from having no say in the public domain.

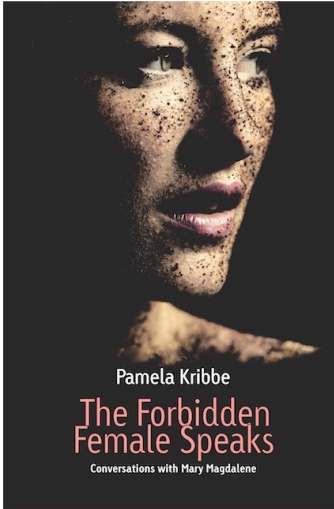
So we come from a tradition in which the energy of the heart was suppressed in both women and men?

Yes, and the real challenge that you are facing now is the transformation of *both* energies to the heart level. It is too simplistic to say that the male energy has been in power for a long time and that it is now time for the female energy to get an equal amount of power. When you say that, you are still at the ego level of power struggles and conflict. The truth is that an immature, fear-based male energy has been in power, oppressing and inflicting wounds on both men and women. In women, on an energetic level this wound can be found in the abdominal area and lower chakras. This means that many women fundamentally struggle with issues of self-esteem, claiming space for themselves or standing up for themselves. In most men, this wound exists at the heart level. Men find it difficult to open their hearts and embrace their emotions. Doing so makes them feel threatened and creates a sense of vulnerability and insecurity. As a result, they have a tendency to want to stay in control, for which they use their mind. But the closing off of the heart leads to emotional coldness and isolation, and a lack of joy and inspiration. Both sexes need the inner healing of past wounds.

The healing of the emotional wound in women requires them to adopt a new understanding of what true male energy is, so they can begin to see male energy as something that supports and empowers them. This enables them to activate the higher vibration of a heart-centered male energy, which will heal their abdominal wound. In men, it is the other way round. Healing the wound in their hearts requires them to develop a loving and gentle image of the female energy and to recognize this high-vibrational energy as something they carry within themselves. In other words, real healing in men and women can only take place as a result of a new understanding of the male and female energies.

I will come back to this distinction, but for now, could you summarize what you want to convey in this book?

In this book, I want to show women how they can heal their inner wound and bring to life the forbidden female they harbor within themselves. I want to show them how they can reconcile the male and female energies within themselves, so their self-esteem will grow and their relationships will improve. In addition, I would like to clarify that the self-healing process for women often takes a different course than for men. Men have to deal with a different kind of wound. I will also go into “the forbidden male” and what he needs in order to become whole. My highest goal is to offer clear information to women and men who are focused on inner transformation, heart-based consciousness, and joyful connection with others. They are the forerunners of a new era.



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.

The Forbidden Female Speaks

by Pamela Kribbe

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