

SPIRITUAL, EMOTIONAL, MENTAL, PHYSICAL, EGO AND SOUL (S.E.M.P.E.S.) CHANGES AFTER TRANSFORMING ENERGIES AND UNIFICATION WITH SOURCE CONSCIOUSNESS

Malachi Through Katherine Torres, Ph.D.D.D.

For Barbara "Marrianna" Zimmermann

Malachi could you give me an overview of my S.E.M.P.E.S.?

"Here that question has come very appropriately as the Light has changed, has it not? For if we had started with that examination what do you think we would have found?"

It would not be the same.

"It would not be the same. You have already shifted it. That is important, is it not? We will begin as always with that of the Spirit. The vibration of the spirit that was indeed containing Light supporting you while you were moving through that shadow. In this regard that Light frequency has sharpened even more with what you can call delight. Enjoyment of your frequency of your Spirit vibrational intention to unify to merge that is important. We will work now with the emotional body, which is also in an adjusting vibration, for we will acknowledge the vibrations of the emotions are indeed desiring to align with the same joy of your spirit. Again the change from what was, to what is and again that acknowledgement remains in the center of your Source Consciousness and you will change your emotionality, physicality, mental reality and ego vibrations. Then you will align more with the Source and the spirit content of you."

How can I be sure I stay in the center?

"Beautiful One, you will do it! You will do it! Each day until it becomes a habit. While we are moving in this emotional body center it is forming the beautiful symbol of the cross! Now Beautiful One it has two meanings here. One your own emotional body is recognizing you are Christ Center. Beautiful One, you will look how horizontal and vertical these symbols are in matter. **Remind yourself of that. Source in matter your own emotional vibration is accepting that.**

Oh that is very good!

“Indeed, indeed. Now to the beautiful mental subtle body of your existence. It too is now wishing to reveal that beautiful cross!”

Oh you are kidding!

“Indeed is accepting it! We will have you have some symbology with it. As we have entered into that vibration the emotional body carried a symbolic cross that you would call narrow simple beautiful lines. In the mental it has taken those lines and it has thickened them. Now why, **so that they will remember, so it will take on that Christ Conscious designation of the Divine Right Action.**”

What a gift that is extra special! Thank you.

“Indeed you will remember that once again this is symbolic of spirit to matter. What does that mean for your own mind? **It will begin to address more of what it means to Be Spirit in matters. What does it mean? That Source Self is the vibration frequency of the humanness! It means your mind will search and accept this and utilize it.**”

Isn't that me “Being”? Like me Being the Christ Light?

“Indeed, indeed.”

So my mind won't **feel** that is weird anymore?

“Indeed for you have the greater acceptance of Being such consciousness!”

Oh that is wonderful! **Isn't that then the merge with the Light Body?**

“Indeed.”

Oh my goodness I can't wait to share this process with my friends! It will help them, right?

“Indeed each one of you that accepts that reality of truth, vibrates it to all. So as you have what is called the friends you will vibrate it stronger with each other and they don't have to do anything because they are in their “Being State.”

Oh I love it!

“Let us move to the physicalness of your beautiful S.E.M.P.E.S. **Here, Beautiful One, we are going to acknowledge once again your body is in a shape shifting reality. Here we are watching what is called codings. Codings allow the frequencies of your body to be re-addressed from the essence of your I AM Center adjusting it. This is very important for you are walking a time line on your body. You want to give the body much Blessings for your**

S.E.M.P.E.S. is unifying it with your Christ Consciousness. So that it takes on the vibrations of the pure healing and the temperance needed to balance it.”

My body hurts so much is it my body shifting?

“It is your body shifting, it is a requirement. Here Beautiful One in the requirement you need once again the flexibility of movement that you call exercising, do you not?”

Is walking enough?

“Walking is not enough! You will utilize that which is called the term of stretching vibrations that will help the entire whole body. The knee must take time for healing for it has taken a step that has caused it to move off its gate when you twisted it.”

Is that something I did or is it my inner changes?

“It is both Beautiful One. So you must pay attention to how you are stepping heel to toe, heel to toe that allows a steady gate for this beautiful leg. Then that which is called internal swelling can come back to balance. We are watching fluids that are building on the knee energy attempting to protect both the boney system and cellular system.”

Is there anything I need to do other than walking and stretching?

“Walk and stretch you will walk gently, stretch gently. Pay very close attention to be gentle to the knee. Do not over-extend or over stretch. Now let us look at the ego center here. The ego vibration of yourself is attempting to adjust its self to the new frequencies. Often times when a new frequencies are being called upon to the human center the ego then must come to adjust itself to say, ‘Am I about to be annihilated?’”

How can I let it know it is not?

“You continue the vibrations of that knowing and feeling center through your identification mode. What you can say to the ego center is ‘Is it not exciting that for which we signed a contract to enter into the earth plan to learn more and more of how to be our Source Self is occurring’. And you will ask the ego center to become ever more excited about the union not the loss. There is no loss there is a greater formation. The identification for center, the soul vibration of yourself again stabilized, observing and indeed delighted in the growth that is taking form with evolution. Alright Beautiful One it calls you to indeed assist your physical body. To ensure it is working yes with the spirit of change and yes with the physical needs to harmonize.”

Thank you so much Malachi.