

HOW TO FEEL YOUR PAIN SO YOU CAN RELEASE IT!

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

For Barbara "Marrianna" Zimmermann

"Alright Beautiful Being, we enter this body always with blessings. When we hear your call we send a vibrational healing through you. Therefore, know it is occurring at this very moment we are communicating."

Thank you and welcome. I have missed you!

"Now breathe deep. As you breathe deep, Beautiful One, we are going to ask you to breathe your Light right unto your knees (I had a knee replacement) for in your breath you breathe the Light of the Source Self into action, do you not? In your breath you bring what is called **Freedom of Spirit** and that is always important for healing. The **Freedom of the Spirit** you understand?"

Yes!

"And so it is that we enter to communicate with you and so it is you can begin your questions."

How Do I Feel My Pain So I Can Release It?

"Alright, Beautiful One, **when one is not feeling their pain they are in what is called denial of the pain, are they not?**"

Yes.

"In denial of the pain it comes from what? No longer wishing to have to experience what is called **old thoughts, old feelings and messages** and yet if the pain is there it must be **felt**, must it not? And so here you must remember that your mind and emotions will only follow surface realities of feelings when there is an intention of avoiding the deeper feelings of the pain through **regrets** and **grief**, do you understand?"

Is that how we re-create the pain then, so we will know to notice it?

"Indeed, **so you say alright let me send Love Light into the grief, let me send Love Light into the regrets.** Do you understand?"

Yes.

“Then you let your mind flow right into the feelings that it cannot stand itself in examination, it must feel its examination!”

Oh! That is powerful!

“You must not think of the examination you must observe it through the feeling point!”

How do I embrace that?

“Well Beautiful One, when you are entering into the feeling point you must allow yourself to remain with it for a long period of time. Not meaning alright I felt it, I got it and you are on your way.”

Oh, I understand!

“It is allowing yourself to remain with it that you can feel it to the point that it recalls back to you what your core issue is why you are carrying it. What the belief is within the self. It will at times, when you are feeling such pain, it will make the chest hurt and it will make the solar plexus become ill feeling as though you will have to throw up. So you will remain with it Beautiful One, then you will allow that even to fall deeper into the body, mind consciousness then into the lower body where there is much more of the same sensations of the losses and devastations of the emotions they hold what you call a tight rope on you.”

“So you continue to feel and you will remember the beautiful unconsciousness mind can be very tricky. It can flip you around from one thought to another to the avoidance of the feeling and it will return you to the thinking. So you will say ‘I am very diligent, I will return to the feelings when I have recognition that my thoughts have taken over I will return to the feelings’. Then Beautiful One, as the feeling does take charge, you then become the one in charge of transforming it. Blessing it, loving it and reminding yourself ‘you are a part of me and part of my life experiences are part of my journey. I have learned from you. I have learned how to hide, how to avoid, I have learned how to feel and awaken to compassion. I have learned how to love self, I have learned how to love others’. And if you have not learned then say: ‘That is what I am going to learn from you!’ And that allows you to remain with the feelings of the emotional self, the feelings of the deep psyche. That can lead you into the past and the past and the past so you may embrace the past.”

May I ask your assistance for what just came up for me with that beautiful gift you just gave me?

“Indeed.”

Is the core of my knees which represents to me stepping forward that I have not been able to allow myself to do? Does it go back to the time when I went into the cave and let everybody down? When I should have faced my pain then?

“That is quite possibly part of it. Yes, Beautiful One.”

How can I embrace that out of my memories and forgive myself for letting everyone down?

“Oh Beautiful One, **you must come to the emotional feelings of deep forgiveness.**”

How do I do that?

“Move out of the mind into the heart, into the gut, into the lower belly. Allow yourself to **feel** the hiding in the cave and the pain! Do you understand?”

Yes!

“Allow yourself to **feel** the fear you were **feeling** at that time.”

It was God awful and those two words should not be in the same sentence.

“Indeed, but it was. And it was great misery, was it not?”

It was horrific!

“So you say unto yourself ‘**I accept that lesson of the misery. I accept the darkness of such shadow. I accept that I was not courageous. I accept that I was fearful and I accept that it was another incarnation and I am here in the now.**’ Do you understand?”

Yes, so it was an experience and boy did I learn!

“Indeed, you did, did you not? Did you not come into this lifetime with an intention to share and share and share?”

Yes, and I can’t stop sharing!

“Indeed, now you say unto that portion of yourself in a cave ‘**I am doing the sharing now! I am a fore-runner and a fore-warner it is time to wake up.**’ Understand?”

Yes!

“Now you can forgive that part of the self that had an experience with that. Know the joy of that was there and there was nothing to forgive.”

I had to learn and I have to be able to forgive my unconsciousness that wants to hold onto it. Meaning let me give you the knowledge of what now is carrying forward in this incarnation there is no intention for me not to share. I have shared and I will continue to share. Then I will help others with the same thing.

“Indeed and if you will let yourself **feel** the person in the cave you will recognize that person was not only fearful of what was to occur but the fear of sharing it with the people had another common reality. ‘I do not believe they will hear me’.”

That is how I **feel** now!

“Indeed.”

Oh, that is why I **feel** that because I have not healed the other correct?

“Indeed.”

Oh! Malachi that is not acceptable to go any further with that because it is golden what I have to share, it is Spirit!

“Indeed, and you will say Beautiful One, once again **‘Now I have come to this lifetime as my adult self.’** How much have you been sharing?”

Every thing I can!

“Very good, very good! You remind yourself I am sharing my beliefs. Maybe they cannot hear and may not utilize it. But you will say never the less I am giving it away from my heart, from my mind, from my knowing.”

And that counts, right?

“That counts very much and is aligned with your soul intention. You see you were so afraid in the cave that they would not get it, that you believed it was more harmful to you or to them if you gave it.”

Oh, you know, I worry now that they won’t accept it!

“Indeed.”

How can I bring that into balance?

“Beautiful One, you are getting yourself recognition are you not?”

Yes

“So you say to yourself ‘I will take a quiet day in which I will move into that cave and in the cave I will allow myself to **cry** and **feel** in the cave.’ Beautiful One you allow yourself to transform.”

“Now for your knees you will take your mind into your knees, will you not?”

I will.

“The intelligence in the knees and the emotionality in the knees and the body in the knees all come together with the same intention. Now let us do that here for a moment. When you bring your mind into the knees we have just been talking about whether or not you come out of the cave. Did we not? And in the knees yes, it carries that vibration ‘**Will I move myself forward**’. Well you give that emotionality ‘**I am already moving myself forward**’.”

Yes, I will do that!

“Will you easily embrace the part of the self that is residing in the consciousness of the knees with that which is called fear and say unto it ‘**What do we have to fear?**’ That the future here holds for me an opportunity for me to share with the joy of my heart what I know; that I do not have to live by assumptions, beliefs, or judgments of others. But it is still there in the knees.”

And somehow it is twisted with my spouse. I am afraid he is not going to support me in that.

“Indeed.”

I need to bring that into balance, I am creating it!

“Indeed, indeed, so you have what is called a conflict.”

If I go forward with the empowered reality of my desire to give and it does not **feel** as though it joins with the joy and conditions of my spouse, will I lose my spouse?

“Indeed.”

So it is just a test!

“Indeed, that is what it is Beautiful One!”

To see if I will deny my mastery for my relationship!

“Indeed, indeed when you do bring forth the **true self source** of your consciousness and say ‘**I will do what my Spirit calls me to do**’ your spouse will support you!”

He always has! He has his role down perfect. It is me that can't seem to get it!

"You come into too much fear."

I know!

"So, what you think of your judgments of others you are going to giggle with yourself and say **'It is simply the judgments of myself.'**"

I know!

"And with that Beautiful One you will embrace that with the knees and you will help the emotional part of the knees make its transformation. Then you are going to do another thing with the physicality of the knees for those portions of yourself that have come into worry and denial that there can be pure health in the knees."

Well we have got to get rid of that!

"Indeed, you will remind yourself, 'I've had these surgeries that is to help the knees, therefore it will come to the perfect harmony of its healthiness. ' You will then take into the **thought feeling** forms of the knees, indeed we will be able to bend fully. Everything you are doing, your exercises to the knees you will say: **'This is the degree we bend now and we are going to move that up a little bit.'**"

Thank you!

"Do it again and again each time and while you are doing it, **touch the knees with great love, thoughts, feelings and even your hands. With great love you have got to say unto the knees 'I am so delighted that you are what you are and the healing you are performing here is in perfect alignment.'**"

Thank you, Malachi.