

PROCESS FOR ACTIVATING, RETRIEVING AND IGNITING YOUR LATENT ABILITIES

Malachi Through Katherine Torres, Ph.D., for

Barbara "Marrianna" Zimmermann

Can you assist me in activating, retrieving, remembering and using my Latent Abilities that have been sitting on the back burner?

"Alright, Beautiful One, We'll ask you to breathe in and come inside yourself. All that is latent will reside in different portions of your Consciousness. We shall utilize your Chakras. All that is Latent, Beautiful One, in your Second Chakra, the Seat of Your Soul where it waits until the personality can allow the expressions. All that is latent will then create and express so your Solar Plexus for which, if you are too worried you'll not act. And the Solar Plexus is your Action. It is the essence or seat of the ego. All that is latent when it is preparing to take action and the ego is not ready there is another center, the heart. And in the Heart, Beautiful One, that is the Seat of Fulfillment. Seat of Fulfillment. When you feel fulfilled, your Whole Body, Mind Consciousness will be filled with Light, Love and Delight. And when you feel fulfilled, it is your heart that is open. Do you understand?"

Yes.

"But when the Latent energy is not charged, then the heart will sit in its waiting position as well. Will it not?"

So it needs that Second Chakra.

"Indeed,"

It needs the ego to do that!

"Indeed. Now let your mind enter the Second Chakra and as it does so, allow yourself to sense or design. We'll have you design your throne of the Soul. Feel the energy frequency, the Light or Image of your Soul. Allow yourself to sit on the Throne as the Soul vibration. Now, Beautiful One, allow yourself to do this in the energy frame of your Soul. You're going to begin to see a Golden Light Release from the Source Center and it is going to form that which is called the Infinity Sign on its side. That means looking like an Eight. And you're going to watch it come out of the Second Chakra Circling itself up to the Beautiful Solar Plexus, taking a bit of a twist and circling around the heart down through the Solar Plexus and into the Beautiful Solar area. The figure 8, the Infinity Sign with its Center Point right at the Ego Center. As you see that

Golden Light, You're going to breathe In and Out of it from the Soul level. You're going to take a deep breath. You're going to exhale that Light Frequency from the Soul, Lighting a fire, Breathing it up around the Beautiful Solar Plexus up and around the Beautiful Heart then back down to the Solar Plexus, Cycling around again to the Soul. Now you are igniting the vibration of the intent to live your intention of the soul. So we're going to do it again."

"Breathe in and exhale the Beautiful Golden Light Inspired by the Flame of your Spirit up and around your Solar Plexus, around your beautiful Heart, down to the Solar Plexus and back down to the Soul in that which is called the figure 8. Now to ignite it, beautifully, we're going to ask you to do something else."

"Make sure your tongue touches the Soft Palette in your mouth, Just behind your teeth and over the harder part, push it to the back behind that..... Put your tongue and hold there. We're going to ask you to squeeze your sphincter muscle (squeeze your buttocks together) and take your breath and do not release your tongue or your sphincter muscle while you find the Beautiful Light expressing through that figure 8. Breathe in, Exhale the Light out, circle it around, hold your tongue, hold your Beautiful Sphincter muscle and let the vibration be felt. Alright, do it again."

I don't have it right!

"Alright, let your mind visualize a Beautiful figure 8, Infinity Sign. Let your tail bone squeeze in your sphincter muscle, squeeze in your tongue on the top of your mouth. Then you're going to breathe in and as you exhale, that Light Fire is going to Circle around. You're not going to let go of the tongue, not letting go of the sphincter muscle until you fully, fully see the Light. "

I missed it.

"That is quite alright."

I think I am getting closer but I don't have it yet.

"Alright, Relax with your breathing. Take a breath in and hold it. You're not holding your breath, you're holding your Sphincter Muscle. Hold your Sphincter Muscle and your tongue at the top of your mouth at the same time. Inhale and then exhale. When you inhale, send that Beautiful Fire Light all the way through the Infinity Sign."

I will practice.

"We shall give you a bit of fun clue. Your body is warming up, can you tell?"

Yes, it is.

“You’re already doing your exercise. You’ve already ignited the Fire of Purpose. You understand?”

I will practice.

“Very good, Very good, it’s simply the mind in worry, is it not?”

Yes. I promise. I will practice!

“Alright, now you know how to Ignite that do you not?”

Yes, I do and I appreciate that Malachi.