

18. Process To Ignite and Awaken To Your Innate Capacity For Healing and Rejuvenation

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How do I Ignite and Awaken to my Innate Capacity for Healing and Rejuvenation of my Physical Body and my Conscious Wholeness?

“Beautiful One all that we have been talking about this day, to Live in this Higher Order of Energy is what Indeed will Allow you to Stimulate your Inner Healer your Divine Essence of Being. So we say . . . Let the Energy Rise up. It is already Ignited. Let it Rise Up. To you it would be like this That you Feel it in Your Cells Vibrating. That you Recognize your Sense of Being in the Center and what you will call the Blissful Feeling.”

“Then in the Moment that you are Experiencing That . . . that you also Claim . . . ‘I am Pure Health not only am I Pure Light and Pure Love but I am Pure Health!’ Then you let your Body Cells respond.”

“Which means you will Hold Your Attention of this . . . I am Health Vibrations through that Blissful Feeling! You will allow yourself to Feel the Body Cells Respond to that Knowing. Do Not Simply Say It and Move Away From the Feeling Tone . . . Allow It!”

“You will continue to respond to the Light through the Body. Then you will Continue to Listen to Your Body when it says . . . ‘ Feed me this, Move me this way, Honor me in this Fashion’.”

I got it! Thank you very much Malachi!

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