

## **34. Releasing Pain With The White Light**

**Beloved Malachi, Katherine Bell, Ph.D.,D.,D.**

**And Barbara “Marrianna” Zimmermann**

What can I do when my Pain is really, really bad? What is the best way to bring in the Healing Light, so I don't have to take so many pain pills?

“Alright, Beautiful One, when you are taking your pills, will you give the pills a Good Blessing? Know that they are an element of the Divine that is serving you and your Human Body.”

Oh! What a different way to look at it, they are not Bad Guys! I needed to hear that!

“Indeed, it is a Blessing. Then you are going to do another thing. You will Breathe that White Light into that Beautiful Space in your Lower Back or wherever your pain is located. You will sit in its beauty, meaning you are in knowing this is the Divine Essence ‘it is Healing Me, it is Balancing my Body, it is Releasing the Pain, I am Free, I am Free, I am Free!’ ”

Thank you so much Malachi.

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