

## **40. Process To Clear and Hear Your Inner Temple Messages**

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How do I train my Body and Mind to be able to Hear what Moses and my Spiritual Family are sharing with me? So we can have a conversation?

**"Here we talked about the Power of the Mind and how it must get into the Body, did we not?"**

Yes.

**"Know you must be able to 'Feel' All of those Lower chakra centers of the Lower Portions of your Body. Well, that is part of how you work with Hearing the Inner Temple Messages where Moses does speak, where other Guardians will speak and work with you. You must come into the Inner Centers of yourself allowing the Fullness of Every Chakra in open Vibration. We tell you repeatedly Be Aware of what the Lower Chakras are doing as much as the other chakras!"**

**Oh, because if the Lower Chakras are closed that will close all the other chakras.**

**"Indeed, Indeed!"**

**So is there a process I can do?**

**"Indeed, it is the Meditation time that allows you to, first of all, get into your Devoted consciousness, your Sacred Consciousness. Remember as you make your prayer for Meditation take that Mental quality of your Visioning Power and Visualize how your Back is Healing. Then Visualize how you will Feel better Physically, Mentally, Emotionally. Visualize and say 'I Feel Better, I See Myself Walking, I am completely well and Pain Free'.**

**"Then allow your mind to Begin to Examine the Chakras and you may begin from your 7<sup>th</sup> Chakra on down to your Root Chakra. As you are noticing the 7<sup>th</sup> Chakra, and 6<sup>th</sup> Chakra, and 5<sup>th</sup> Chakra, and 4<sup>th</sup> Chakra you will make sure they are all open.**

Then you come on down to your 3<sup>rd</sup> Chakra, your 2<sup>nd</sup> Chakra and your 1<sup>st</sup> Chakra. You will notice how they Block the Energy of the Upper Chakras.

“Then you make sure that the Focus is that they are all moving, open, Receptive and even what you can term Vulnerable – Vulnerability so that you are sensitive to the Energies that are coming to you, the Thought Forms and the Vibrations.

“So have your Chakras open and you are being Vulnerable to the Energy Fields. When you are looking to grounding your vibrations into the New World again you must be able to ‘Feel’ the Energy merging through Every Chakra, merging through the Root Chakra then down your Beautiful legs and into the Iron Core Crystal Grid of Mother Earth.

“Then you should be able to Hear your Inner Temple Messages.”

Thank you Malachi

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