

## **58. How To See Vibrations Within Your Breath and Accelerate Your Ability To Visualize**

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**Can you Tell me How To See Vibrations within my Breath and How do I Accelerate my ability to Visualize?**

**“Beautiful One, First of All you must sense the Vibrations must you Not?”**

**Yes, I guess I am missing that part!**

**“So allow yourself to take that Breath and Feel the Vibration of Source as it Enters the mouth. Feel it as it moves through the Nose, for the Nose must, must it not? Sense it as the Nose is Breathing, it Brings you right to that 3<sup>rd</sup> Eye. As you are doing that, then the Brain is Activated. The sensitivity of the central Nervous System activates Smell, the Smell of Spirit.**

**“Then and of course as the oxygen of your Earth is taken in remind yourself within the nucleus of the oxygen is the Spirit Breath the Pureness. Then it must indeed purify Every Cell in Your Body must it not? So begin to Feel the Vibration of the cells in your Body. Notice how you Feel it around your Face and your arms. Then notice how you Feel it through the trunk of your Body and further on down your Legs and your Feet. Feel your Face, Radiate the Back of Your Head, Radiate not simply the Front Cells.**

**“The more you are noticing the Vibration the more you can move it to what you call Vision. Soft vision meaning you are not looking at this matter Dense World, you are looking at the Ethereal Vibration. As you do your Brain will Indeed take up the vibration and Begin to let you See wave forms of Energy. Sparkling Light Energy and let that Inner Vibration of the Brain. We will call it the Inner Visual Monitor do the work. For your Brain is trying to figure out how the Human Optical Eyes must See it. You must see it in the Inner Vision Board First. Then your Human Eyes will Begin to train to see the Vibrations as you would with Open Eyes. So you will practice and practice and let the Beautiful Inner Vision Be Recognized.”**

**Thank you!**

**“Does this help you?”**

**It will after I practice and practice for I am committed to do that.**

**“Indeed, Indeed.”**

**Thank you very much Malachi!**

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