

## **59. Intricate Process of Metabolizing Light For Our Bodies**

**Beloved Malachi, Katherine Bell, Ph.D.,D.,D.  
And Barbara “Marrianna” Zimmermann**

**Can you tell me the Intricate Process of Metabolizing Light that is Necessary for Our Bodies?**

**“Indeed, the Beauty of the Body Responds to the Pituitary, the Pineal and the Beautiful Medulla. As it does there is a chemical Reaction in the Body. In the chemical Reaction there is a natural Release of what you call Endorphins. There is a Natural Release also of what you call Opium, the Feel Good Energies. The more that you are Feeling Good, the more the Human Body, the cells and the organs begin to give Rise to chemically Releasing Toxicities and Increase, what you call Balance.**

**“As that is occurring then Depressions are Lifted, Suppression of the Tissues and Organs Lifted. So that Health and Vitality of the Body, Health of the Mind, and Health of the Emotions are restored. As that is occurring then you give Rise to the Empowered State of your Spirit, which is a constant Desire to Create. So your creativities begin to be Explored and Expanded.”**

**Wonderful!**

**“It is part of the Great Work of the Beautiful Human Endeavor. So you see Beautiful One, Each time we ask you to Breathe In and Be aware, Aware of the Beauty of the Brain, Aware of the Beauty of the Breath that is Tapping Into the Brain, the Beautiful Glands, the Pineal and the Beautiful Pituitary and the Beautiful Medulla. All of this is Helping Merge the Sacredness, the Sacred Flow so that the Chemistry in your Body does make its changes.”**

**It is so magical we just have not seen it.**

**“Indeed, Indeed.”**

**Thank you so much!**

**[Previous](#)   [Next](#)**