

## **60. How To Step Back From The Drama Into Complete Inner Stillness**

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

Can you assist me in Stepping Back from the Drama Into the complete Inner Stillness and Simply Become the ‘Beholder’. So I can Experience my Deepest Breath of Love, Peace and the Power of my Divine wholeness?

“Now Beautiful One, you Recognize the Drama, do you not?”

Yes I do!

“And in the Very Moment of the Recognition is the very same moment to Step Back. How do you Step Back? Well, you acknowledge this is Trauma, this is Not Truth.

“Then you say unto yourself ‘I align with my True Spirit, with the Divine Intention to Glorify the Living that I am doing within myself and with all my Family and with all of Humanity’.

“In that Moment you will take on the Breath of a Prayer. And in your Consciousness you Release. Release yourself from the Stress of the Drama. You allow yourself to move into Sacred Alliance.

“Now the Ego must allow that alliance to continue. It must shape shift in its Beliefs that it has to be Enrolled in Drama.”

Oh, Thank you, that is very Important.

“Indeed, so you will wrap your Ethereal Arms around the Ego and you will say, ‘Stand Back let God/Goddess, the Divine Energy penetrate the Drama and Bring it to Peace.’ Practice and Practice until the vibrations are nothing but the Stillness.”

Oh, that is the Secret!

“Indeed.”

Thank you so much Malachi!

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