62. Process To Enter The Silence of Self And Connect With Spirit
Beloved Malachi, Katherine Bell, Ph.D.,D.,D. And Barbara "Marrianna" Zimmermann

Malachi, how do I Enter the Silence of Self so I can connect with Spirit?

"Alright Beautiful One, we are going to put you into another practice. Breathe In and Relax as we have had you Breathe into Awareness before, we will have you Breathe again. This time we want you to Breathe with the Intention to Hear an Inner Vibration. In the vibration we are going to ask you to first Hear the Vibration of your Central Nervous System.

"So we are going to be quiet here for a moment, allowing you to come into your 'Silence of the Mind', quieting of the Emotional Self and Relaxing of the Body then Emerging in Silence with an Intention to Blend with your Central Nervous System.

"When you are Fully Blended with it you will Hear a Hum. When you Hear the Hum make its sound. . . . ."

I don't Hear it but I want to make a sound for some reason, have I messed up?

"That is the Intuitive Knowing of it. Let yourself make the Sound."

Hummmm . . . . Hummmmm . . . . . .

"Can you Feel what is Happening as you Tone?"

I Feel a difference but I don't know how to identify what it is.

"It is alright it is not about identifying. It is about allowing. You see Beautiful One this is what you are going to practice as well."

It is like a tingle.

"Indeed and you will bring yourself into that Silence Repeatedly One, Two, Three times a day. Then Hear, listen for that Hum, then Sound it and Be Silent again so that you can Feel it.

"This is not only a practice on learning how to Be Silent or Be in Silent Places of your Holy Inner Temple. But it is a vibratory Essence of Aligning with Your Beautiful

Nervous System. Then when you Hum it, it Relaxes and when it is Relaxed again, Great Healings occur in the Body, the Mind and the Emotions. That will help you get to the Inner Stillness."

Thank you very much Malachi!