

## **7. Releasing My Third Dimensional Mental Discordances of Judgments**

**Beloved Malachi, Katherine Bell Ph.D.D. and "Marrianna"**

Malachi, Can You Assist Me in Clearing My Energetic Pathways and My Belief Systems That are Blocking My Spiritual Growth?

**Beautiful One, Let Us Have You Again Merge With Your Unconscious Level of Yourself and You Say "Belief Systems That Might Block Me". Do You Understand?**

Oh, All of the Third Dimension, Huh!

**It is Little One, it is Third Dimensional Belief's Systems. Remind Yourself, Yes That it is Part of The Everyday Living. Yet Those Parts of Living While Maintained at The Third Dimensional, Does Not Provide Growth, It Provides Stagnation.**

**Now Look Unto Yourself, Look Into Yourself With What You Call The Mental Judgment. What do You Find Occurs on a Regular Basis?**

**I AM Judging, I AM trying Not to But it is There. I Try to Think "What Would Jesus Do, Would He Do That?"**

**it is a Very Good Method to Use, Beautiful One. To Allow Yourself to Release The Discordance of Judgments.**

Oh, Just Let Them Come and Let Them Go?

**Indeed, Indeed and Reminding Yourself, are They of Value to Me Today or for Another Person, I Might Be Judging? Are They of Value for What They Do is Create More Discordance, Do They Not?**

Yes, They Serve Nobody! (Laughter)

**So Unto Yourself, You Do Just That, You Will Give it a Giggle and Say This is of No Value. What is the Value of This Moment and You Will Turn Your Focus Back to The Moment.**

I Will Do That! Thank You Very Much Beloved Malachi!

**I AM** Your "Marrianna"