

8. Process To Access Your Sacred Mind

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

How Do I Gain Access to My Sacred Mind?

Process

Beautiful One, Always We Say That is Joining Mind and Heart Together and Allowing Yourself to Expand The Third Dimensional Consciousness. To Allow it to FEEL It is Multidimensional Reality. Then You are Allowing Yourself to Tap Into Your Higher Mind, Your Divine Mind of the Essences of All Life. Yes, We Call it Meditation, Do We Not? Because You Move Your Mind From its Beta and Alpha State and Allow it to Expand Into The Theta Vibrations. With Constantly Doing that, Allowing it to Be a Practice of Intention You are Also Creating a Different Symmetrical We Will Call it, of The Brain. The Brain Then Tracks The Vibration, The Theta Levels of Consciousness and It Becomes Familiar. When it Becomes Familiar Then it Become Quite Useable.

Thank You So Much Beloved Malachi!

Can you Assist Me in Creating a Direct Connection With My Higher Self and Re-Uniting and Bring My 11 Different Dimensions Back Together, so I can Have a Multidimensional Re-Union Within My Spirit?

Well We Have Just Discussed That a Bit. But Let Us Also Remind You, You Want to Have The Sacred Heart, Sacred Attitude, Do You Not?

Yes I Do.

So, Here How to Help Yourself, Well Again, Let The Mind Dip Into The Heart. Do That With The Mental Thinking That I AM Love and Love Is The Existence of Source. Through My Heart I Allow It to Expand for Me and for Others I Come into Contact With and for the Radiance I Send to The Collective Field.

Thank You, I Appreciate That, it is a Mind Set.

Indeed it is! Remind Yourself Beautiful One, the Daily Activities You are Now Quite Strongly Involved in, that Periodically You Will Take Your Breath, Mind to Heart, From Your Breath You Will Allow The Extensions of The Sacred Heart, and Sacred Love. Then That Will Assist You in Every Task You Must Follow Through With.

Thank You Very Much, Beloved Malachi!

I AM Your "Marrianna"