

7. How To Integrate All Your Fragments of Yourself

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

Can You Assist Me in Integrating All My Fragments of My Self, With All My Facets of My Soul Family, on Earth, The Dimensions, Solar System, Galaxy, Sub-Universe and Beyond? So I Can Experience My Re-Unification With My Self and Return To My Center of Power Within My Beloved Sacred Heart?

Now We're Going to Give What is a Very Simple Exercise to Illustrate this. The Work Continues Beautiful One on The Self, The Inner Self, The Unconscious Self, The Levels of The Self That Allow a Belief in Something Else Than What You are. So Here You've Asked, "Help Me With All The Fragments That Have Moved Beyond Me." We Will Give You a Giggle, Your World Has a Word Here, a Computer Word Defragmenting. What it Means Here in Your Computer World When Everything That Your Working on Now Has That Message You are Asking For. It Has Fragmented Itself, So Think of Yourself as That Computer In Action.

Now as You Take a Deep Breath Tell All The Fragments, Feel The Shards of Light That Pass Beyond You and Moved off to Family and Friends!

It's Like You Breath it Back in, You Take a Deep Breath and Your Kind of Like a Vacuum. I Got It!

Indeed You Bring it Back, You Bless It! Now a Spiral of Purifying White Light Passes Through You to Release any Parts of The Fragments That Will Hold onto Other Thoughts, Feeling Emotions, Beliefs and Your Own Beliefs that Would Limit You.

Oh Thank You Malachi. You Set Yourself Free!

You Do Indeed!

Malachi I AM So Blessed, Thank You For Your Presence in My Life!