

11. Process To Ground and Center Yourself

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

Take Three Deep Breaths Into the Top of Your Head and Through Your Entire Body and Through Your Feet. Then Allow Yourself to Feel Your Connection Within The Iron Core Crystal Grid System of The Earth. Now You are Grounding Yourself and You are Already Connected With The Heaven Above. So You are Breathing The Heaven Above Into The Earth Below, and They are All Within You!

Thank You Very Much Beloved Malachi