

## 13. Growing a New Expanded Crystalline Auric Field and Knowing What It Needs

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

My Auric Field is Stretching and Building a New Auric Skin and My Frequency and Capacities are Changing. Can You Assist Me in Expanding and Growing My New Expanded Crystalline Auric Field?

**Alright We Shall Talk About Spirit and Matter. What is Accruing in These Higher Ranges of Yourself That You Felt in the Etheric Vibrations Called Your Aura. You Must Indeed Move These Very Beautifully, Very Harmoniously Through Your Physically. How Can You Support it? Well as Always We Would Say Make Sure the Body is in Activity, Your Lacking Your Walks, Make Sure Your Feeding Your Body What Keeps it in Balance, Make Sure You are Drinking Your Liquids to Keep it in Balance. So That The Body Then Can Support The Download, Upload of Energy.**

**We Shall Say to You, Each Day Allow Yourself a Meditation. Take Time in Which You Say I AM Going to Walk Through Each of My Bodies My Spiritual, Emotional, Mental, Physical, Ego and Soul Body Levels. Then You Will Feel The Physical Body and Listen to it Talk About its Needs. So When You Realize You Need to Make Adjustments on Any Given Day You Can Take Up This Light Frequency in This New Fashion Bursting Forward.**

Thank You, I Appreciate That Malachi.

### **Knowing What The New Crystalline Auric Field Needs**

Can You Assist Me in Knowing The Fundamental Needs of My New Crystalline Auric Field, So it Will Be Completely Robust and Integrally Supported?

**Alright Here That is Going to Pertain to What We Just Spoke to You About. It's Going to Pertain to Beautiful One, That You are Not Troubled By What You Call Every Third Dimensional Reality. That When Others are in Their Sadness of Their Life, Their Challenges of Their Life, the Discomfort of Their Life, That You are Not Taking it Into Your Heart. It is a Simple Adjustment, When Someone Begins to Trigger You Emotionally, You Must Step Back Emotionally. You Must Realize Who You are and Not Assert Yourself as a Mother, Wife or Friend etc.**

Thank You Very Much Beloved Malachi.