

4. Process To Enter Into The Silence, Align With Your Guidance System, Exchange Ego Mind For Divine Mind

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

- **Process To Enter Into The Silence**

Can You Assist Me in Knowing How to Enter into The Silence that Speaks Louder than Words?

Indeed Beautiful One, When You Sit in Your Meditation, You Will Pay Attention to How You Release The Body From its Tension, so You call it Relaxing The Body. You will Note that as The Body Relaxes Itself it is Moving Into Silence and You will Pay Attention to The Mind. When The Mind Wants to Rush Around and Think About, You will Say I AM Focusing Only on a Light Beam of Source. You will Allow the Emotions to Go Quiet, so The Unconscious Mind is Not Repeating All Things that You Know or Want to Know, or Wish to Know, But that The Emotional, The Mental, and The Physical Body is Totally in Silence. Think of Yourself as an Empty Vessel, There is Nothing to Think About, There is Nothing to FEEL About, There is Nothing to Do, There is Nothing to Act Upon and You are Simply that Quiet Vessel Moving into Silence and Allowing.

- **Align With Your Guidance System**

Can You Assist Me in Understanding How to Interpret, Align and then Stay Aligned with My God Given Guidance System?

Indeed, it is Very Similar to What We have Just Spoken. Into The Sacred Space of The Silence Allow Yourself to FEEL those Vibrations that Exists Within You, Giving You Guidance. Then Beautiful One, Act Upon it, Do Not Wait, Do Not

Hesitate, Do Not Set Your Belief System to Believe, You will Have to Get to it in Another Day.

- **Exchange Ego Mind For Divine Mind**

Can You Assist Me in Exchanging My Ego Mind for My Divine Mind?

Beautiful One, when You Realize Your Ego is Running About with Itself Creating Judgments on You and Others All Worried About Life, Time and Events.

That is a Time in which You will Say to Yourself I Release These Thoughts and Feelings and I FEEL The Divine Element of The Higher Mind Within Me. Then again You Relax and Allow that

Divine Mind to Be What is Present. Then You Become Again, the Listener as Though You're in The Silent Time Again for You have Asked to Blend with The Divine Mind to Receive That Sacred Guidance and Then You Must Allow it.

Thank You Very Much Malachi.