

## **2. Process To Return To Balance Within Your Still Point**

**Beloved Malachi, Katherine Bell P.H.D.D. and "Marrianna"**

Can You Assist Me in Returning to Balance Within My Still Point of Perfected Harmony? What do I Need to do and How do I Stay There?

**We Say to You Beautiful One, Do Nothing!**

Oh I can do That!

**Be in The Still Point, The Nothing Point! Let Your Mind, Let Your Emotions, Let Your Body, Let Your Whole Being of You Be Still, Do Nothing!**

Just Let Go!

**Let Go Here, Just Let Go For a Few Minutes, Then For Half Hour, Then For an Hour and Go Back to Your Still Point.**

That will Help when I Walk, Because I can Just be One with Nature. I will Do My Best to Focus on That!

**Thank You Very Much Malachi!**