

Part 2 - New Earth
Section 1

Beloved Malachi's Sacred Processes and Messages

**2. Can My Body Handle Participating In The Sacred
Downloading Procedures Again and a Process To Heal
Your Pain 8-1-18**

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

Did My Injection In My Spinal Colum on 7-17-18 Open My Healing Enough That I Will Be Able To Start Doing The Sacred Downloading Processes Again?

Beautiful One, Indeed, It Has Been a Big Help For You, So You May Begin To Allow. You Must Be The One In Charge of The Body, Must You Not?

Yes!

So, You Will Pay Attention, You Will Allow What Is Called Sometime, Not a Lot of Time, As You Are Going To Build Up The Strength of Your Body With The Energies of The Universe Once Again!

What Is The Best Way For Me To Bring My Body Into Balance, So I Can Be In Balance and Pain Free?

Well Beautiful One, You Know That It Is To Be Constantly Aware and Honorable To The Body. So How Is One Honorable To The Body? Well, There Are Several Things To Consider, Loving The Body, Even Its Pain, What You Feed It, How You Move It, How You Rest It, and How You Activate It!

When You Are In Pain, You Honor It By Slowing Down a Little Bit and Then Again Retraining The Body! Retraining The Body Means Many Things. We Have Said It Belongs Very Much To The Human Realm, But The Retraining Is With The Mind and Spirit. So, How Do We Retrain Your Body When It Is In Pain? Well Beautiful One, Where Is Your Center of Pain This Day?

In My Lower Back and My Knees are Real Painful.

Indeed.

Process To Heal Pain

Now, Let Us Have You Take a Deep Breath and Have Your Mind Enter Into The Realm of Your Lower Back, Enter Into The Placement of The Most Direct Pain You FEEL! Now You Are There, Breath In Your Sensations of The Holy Spirit, Breath It In, Breath It To That Point on Your Back, Then Exhale The Pain! Breathe In The Holy Spirit, Purity, Vitality, and The Energy of The Holy Spirit and Again, Exhale The Pain! You Will Do That One More Time!

Now Let Your Mind, Let Your FEELINGS, and Again Go To The Lower Back and FEEL Yourself Within It, At That Point. Now Give Love To The Pain, FEEL Love Penetrating The Pain Bringing Healing Vitality, Penetrating This Field of Your Body!

What Do You Recognize Is Occurring?

There Is Less Pain!

You Will Practice That Until There Is No Pain!

I Definitely Will, That Was So Powerful!

So, You Will Do That For The Knees!

I Will Do That Everywhere There Is Pain!

Indeed, Indeed!

I Thank You Very Much, My Beloved Malachi!

I AM Your Beloved "Marrianna"!