

Part 2- New Earth

Section 1

5. Becoming Self-Aware and Soul Conscious **Beloved Malachi, Katherine Bell Ph.D.D and "Marrianna"**

Can You Please give Me the Courage and the Tenacity to Become Self-Aware and Soul Conscious?

We Can Say this Beautiful One, NO, WE CAN NOT Give You the Courage, You Must Draw It Up Within You!

Well, I Have It, Okay I Do Not Know What I Need to Do, to Let Spirit Know I Have It.

Spirit Always Knows What You Have, All You Need To Do is Live It! Know That You Are Living It! Be Courage, Be Tenacious, Constantly Tenacious, why is that? Well, because The First Level of Your Consciousness is Your Cognitive Level and The First Level of Your Unconscious Level is Termed Your Sub- Conscious Level. There is a lot of the Saboteur Attitude, the Believing You are Less Than, the Believing that You Did Something Else To Allow You to Be That. Your Tenacity Continues Beautiful One, to Maintain that Courage Constantly. Know that Fight Within, Know that Source Within, Know the Quality of Your Soul Within.

Well, I Will Not Worry About That because I Think I Have Done Everything I Know to do and **I AM** Ready to Jump off the Cliff, whatever is needed. Whatever The Creator Wants Me to Do, I Will Do. I AM In Total Surrender!

Here Know Unto Yourself, what The Creator Wants You to do, is to Strengthen Your Body!

I Know, that is what **I AM** Trying to do. To Walk and Eat Differently because I Have Gone Downhill to almost Zero Life Force and **I AM** Working Very Hard on Restoring My Health. I Think What Threw Me off was the Many Herbal

Supplements You had Approved For Me, But the Doctors Required Me To Stop Taking All the Pills 10 Days Before and 10 Days After My Surgery. My Body Did Not Think that was a Very Good Idea and **I AM** still Trying to Regain My Health but My Health was so Bad, for so Long I wondered if It was the End of My Life for Me, but You Had Said to Me Malachi That it was Not My Time to Go. So I Thought, **I AM** Just Going to Pull My Big Girl Panties Up and Just Deal With It! I Did Not Know what Else to Do, and it is Just Turning Around, so **I AM** Ready to do Anything to Get Back to All My Spiritual Work Because I **FEEL** like a Fish Out of Water, Because That is My Life!

Now Beautiful One, Considered This, to Help You Strengthen Your Body By What You are Eating, By How Your Walking and What You are Doing to Keep Your Body in a Healthy State. Remember also How You Can Strengthen Your Body and Spirit Together, BY BEING A WALKING PRAYER!

Beautiful One, Each and Every Day While Your Mind is Awake to Your Day Time You Will Remember, I AM THE WALKING SPIRIT!

I Will have to Do That While **I AM** Walking! I have an Entire List of **I AM** Prayers, Like "**I AM Healthy, I AM Divine Oneness, I AM The God of My Being.**" Could I use These as My Prayers?

Beautiful One, Use Only One or Perhaps Two and when You Walk, For You Will Not Only Be Thinking It, You Will Be FEELING It, Then You Will Benefit From It!

Think It! FEEL It! Be It!

It is The Alpha and The Omega! Allow Yourself to Not Only Think It But Allow The FEELING of It! Remember The Everlasting Spirit of You is Not Somewhere Beyond Your Body. Your Entire Body is The Everlasting Spirit. Your Entire Body is The Galaxy, Your Entire Body is Every Plane of Consciousness, if You Ever Desire to Experience Them. For Every Human Being is a Universal Galaxy That is Perfect.

Thank You Very Much for Sharing That. I will Think on That and Read it Again and Again Until it Penetrates Into My Knowing Malachi!

Indeed.

Thank You Beloved Malachi!