

## **Part 2- New Earth**

### **Section 1**

#### **3. Shifting Your Consciousness Into Peace and Love**

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

Can You Assist Me in Knowing Some of the Consciousness Techniques to Shift My Consciousness Into One of Peace and Love?

**Beautiful One, Here You have Been Speaking of it but You're Not FEELING or Reacting as You Watch Others Do. The Conscious Believes What You Say, So Recognize and Be Cognitive and Be Aware, Recognize Your Thoughts, Recognize Your FEELINGS, Recognize Your Words, Recognize Your Actions of What is Occurring. Maintain Always The Power to Change Any Part of Yourself that is Reacting in What You Would Call an Imbalance of Your Higher Truth. The Mind Wants to Chase Into Negative Judgment, Immediately Cognitively and Constantly Acknowledge That. Let Your Mind Trace Again Into The Power of The Divine. The Divine Mind has The Great Knowing and Divine Order. Pay Attention to The Emotions if They are Not in Perfect Order, to Have the Cognizance to Recognize and Transform Them, Your FEELINGS. Do this for Every Thought That You Have. You Will Be Doing what is Called an Adjustment, that Adjustment Most Particularly is Helping The Unconscious Mind and The Automatic Mind That is Quite Reactive. You Will Adjust it Until it Becomes a Habit to Be The Conscious Light.**

Then I Should Stay in as much of Nature as I can, away from Everybody that Has a Negative State of Mind?

**Indeed.**

**How to Release All That Prevents You From  
Being Aligned With Love**

Can You Assist Me in Disciplining My Mind to Release and Heal All My Beliefs in Fear, Shame, Judgment, Blame, Anger and Jealousy, So I can be Aligned With Love?

**Beautiful One, Again it Becomes what We Were Just Sharing with You. You Capture the Thoughts, You Capture the FEELINGS, You Very Cognitively Acknowledge to Yourself You are of No Aid. My Choice is..... Then You Repeat Your Choice in a Very Positive Way.**

Thank You Very Much Beloved Malachi.