

## **Part 2- New Earth**

### **Section 1**

#### **5. Process In Balancing and Integrating Your Right and Left Sides of Your Brain**

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

Can You Assist Me in Balancing My Left and Right Sides of My Brain and The Band that Joins My Two Hemispheres of My Brain, allowing Integration Between Them?

#### **Process**

**Alright Beautiful One, take a Deep Breath... Relax, Let Your Cognitive State Move Into Awareness with The Vibration of Your Brain. As You are Doing That Allow Your Consciousness to Be Focused on The Right Side of Your Brain and FEEL What Happens to Your Left Side of Your Brain When You Bring Consciousness to The Right Side.**

**Then Do the Opposite, Be Very Alert to the Left Side of Your Brain, FEEL it's Vitality and Notice What Happens to Your Right Side of Your Brain.....**

**Then Beautiful One, Begin to FEEL a Light Stream, a Circle, a Wave, a Waving Energy, Waving Vibration of The Right Side With The Left Side, The Left Side With The Right Side. Stay Within that FEELING Until You FEEL a Unification. Then Notice You FEEL Different in Your Whole Being.....**

If I Understand it Correctly it was almost as if there was a River Between the Two. What Happened to Me First was when I Went to One Side I Did Not FEEL Anything from the Other, on Each Side. But When You Shared about The River Between Them, it Just Felt Like Peace, it Was Not Like a Competition.

**Indeed, Indeed!**

So I Just Keep That Flowing and Know That is **Oneness**.

**That is Correct Beautiful Being, You Allow it to Be!**

That Will Even Be More of an Answer to All the Other Things You are Saying with People Thinking it Should Be One Way or Another. If They Join That Together They Could See it as One, Right?

**That is Correct! You Place Yourself in The Action of Helping Yourself!**

Thank You So Much Beloved Malachi.