

Part 2- New Earth

Section 1

6. Process to Activate Your Light Body of Your Mer- Ka-Ba and Ask Your Mer-Ka-Ba For Assistance to Connect With Your Higher Self

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

Can You Assist Me in Knowing How to Meditate, so I can Activate My Light Body of My Mer-Ka-Ba? Is there a Special Way to Do That?

Process

Alright Beautiful One, the Very First Thing We Will Say to You is Settle Yourself Into Your Position for Meditating, so that You can First Recall that We Ask All of You to Let Go and Let the Mind Go Out and Away from You. You Have to Guide It Inwardly. So You Will Allow It in Your Breathing to FEEL That Mind Quality as Though It is Gently, Gently Falling Internally and That You can See Within Your Whole Body The Universe. You Breath In and You Breath Out in The Comfort of Being Within.

Then as You Relax Here in Your Within Position, You May Honor The Holy Spirit, I AM. You May Indeed, continue what You Call a Visualization, See Yourself in The Mer-Ka-Ba. Then You Have what is Called the Opportunity to Invite Your Whole Being which is Simply what You Might Term, adrift Within The Universe. Say Unto The Great Universe " I Desire to Observe You," then as You make such Statement Become The Observer! Then Observe What You FEEL, Observe What is The Vision That Comes Into Your Head, Observe What are The Thoughts and The FEELINGS and Acknowledge Them. I Desire to Observe You That I May Know More About My Assistance That is Within Me, That I May Know The Dimensions, That Do Indeed Have Beautiful Councils That are Helping Us. Then You Simply Become The Quiet Observer.

That is Wonderful, Where would I Focus to Locate The Mer-Ka-Ba Energy?

Beautiful One, Think About The Whole Trunk of Your Body as The Center of The Universe.

Would it Serve Me to Ask My Soul to Assist Me?

It Would Indeed!

Thank You for that Beloved Malachi.

- **How to Connect With Your Higher Self**

Can You Assist Me in Knowing How I can Connect with My Higher Self and Create Balance and Experience The Return of My Spiritual, Physical and Mental Health?

Well it is Similar to What We just said, to Do That, What Would You Do? Well You Would Be in The Center of That Universal Vibration and You Could Ask for The Integration of The Mind, Emotions and The Body and The Spirit of Yourself and Your Wholeness. Then Beautiful One, You Will Be Relaxed Into The Essence of The Healing Vibrations and The Harmonious Vibrations that Integrate.

Like when We did The Mer-Ka-Ba?

Indeed.

I Appreciate that Beloved Malachi.

- **Asking Your Mer-Ka-Ba For Assistance**

When **I Am** Able to Visualize and Move Around Within The Mer-Ka-Ba can I Ask The Mer-Ka-Ba to Show Me the Different Areas?

You May Indeed!

Thank You Very Much Beloved Malachi!