

Part 2- New Earth

Section 1

7. How to Trust Your Body and Open It

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

How Do I Learn to Trust My Body and Open it, so I can Find Love and My Head Will Not Work Against My Heart?

Alright Beautiful One, Here You are Going to Honor Within Yourself that You are Indeed Able to Trust Your Body, that You are Indeed Able to Bring Your Mind to Your Heart and Your Heart Vibrations of Your Highest Essence. Lovingly Accepting Love as Well as Presenting Love That You are Within The Beautiful Harmony, You Call it the Active and the Passive Energy. Passive says Your Receiving, Active says You are Getting. You Move Into Every Part of Your Body During One of Your Meditations Give Honor to The Toes and The Feet, Give Honor to Every Part, The Functions of Your Body, Give Honor To The Unconscious Portions of Yourself. Again The Emotional Body, The Mental Body Give Honor to it All, Give Honor to the Loving Realities You Have Experienced in Your Life and Give Honor to The Things That Have Challenged You. Give it All With The Pureness of Love, Passion, Compassion and Give it To Yourself That Will Help You.

Yes, Everything You Give Me Helps Me! Thank You My Beloved Malachi!