

Part 2- New Earth

Section 1

8. Experience "The Breath Process" The Key to The Federation of Light

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

Can You Assist Me in Experiencing "The Breath Process" That is The Key to Moving Beyond Planet Earths Third Dimension to The Fifth Dimension and Enter The Federation of Light?

Process

Here We can Assist You, You Must Instruct it in Your Conscious Awareness. Beautiful One Again let Us have You Take a Few of Your Relaxing Breaths. Let Your Mind and Thoughts Move Into the Very Center of You and as You FEEL Your Breath, Recognize That it is Your Breath. Then Beautiful One, Begin to FEEL Yourself Breathing The Breath of The Holy Spirit, Breath it in, FEEL Yourself Exhale it. Breath it in, FEEL Yourself Exhale it, Let Your Breath Become The Breath of The Holy Spirit. As You FEEL That Breaths' Vital Light and Vital Loving Energy, FEEL Yourself Blessing Third Dimension, Blessing Fourth Dimension and Blessing Fifth Dimension, Allow Yourself to FEEL it!

When You are FEELING it and You Rise Up to do Your Daily Activities, When The Mind and the Actions Appear to Bring You Only in Third Dimension Remember What You have Felt, is The Breath of "I AM". Breathe That Holy Spirit, FEEL it Breathing You and Then Rejoice! You Are Holy Spirit in The Third Dimension and Enjoying Third Dimension and Enjoying All Dimensions.

We Do Say to Your Humanness Remind Yourself it is Not About Running Away from The Third Dimension. It is Being Quite Able to Love It and Be Nurtured With It and From It and to It. You Will Not Escape It Until You Do!

Thank You Very Much Beloved Malachi!