

Teachings by Murielle

Self-Healing Through A Better Understanding Of The Physical Creation

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Murielle

Aware of the deeper levels of existence since her birth, Murielle has been perfecting her teachings through her own life experiences, healing herself from the inside out, guided from within toward the betterment of each person, ...by teaching, touching, helping, healing everyone that enters her life through her Love & Light that can be called Unconditional...



Belief Process...

A belief is a very powerful force / drive because it is backed by your own Divine Essence... The more you believe a belief, the more real and powerful that belief can become. If you believe something to be true for you, it will become your reality, whether it is true or not, but only until it is time for you to pierce through all of your beliefs and leave them all behind you, in order to bask in Truth, in the Light of Love. Of course this Ultimate state is not meant for everyone...

As you read the following excerpt from my book, "Remembering Your True Self"; <http://benowpublishings.com/books-articles-written-by-murielle>, you will begin to understand how your beliefs are manifested into your life...

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Try to imagine a slide projector, the piece of equipment used to display little slides onto a screen in front of it. Now imagine the light that is found behind the projector, behind the slides as being, and as representing the Light of your Divine Being that you truly are, the Creator that is in you. Now follow the extension cord that is going from the slide projector into the outlet where electricity will come in and flow through it, seeing this source of power as being Source, the Power that is behind all of Creation.

Now within this projector which is representing you, as your human self, and how you work in this co-creation, can be found many little slides which in our analogy, represent your inner life from all levels of your awareness, including all of your original programming on your spiritual body level, all of your thoughts and your belief systems on your mental body level, all of your emotions and your feelings on your emotional body level, and all of your toxins and your state of health on your physical body level.

Then we have in front of, and on the outside of this projector, a screen to reflect each little slide that will be activated by the light that is behind this projector, projecting each slide onto this outer screen, representing your Screen of Life which is your outer life, or your circumstances and experiences in life, all being activated by the Light of your Divine Being, found behind your human self here.

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For those of you who are meant to awaken to the Truth about Reality, you will need to become aware of how your beliefs affect your reality, this being the first step in this healing process. If you are one of those who came here on this planet to manifest a transitional frequency shift called Ascension, you will be pulled within in order to become more aware of your inner bodies which are connected to your physical body, creating the whole person that you truly are.

Once you look within your being, you will begin to recognize the outer patterns that keep being manifested according to those thoughts & beliefs that you carry around within your mental body. If you look deeper, and if you allow yourself to fully feel all of the emotional energy that is attached to those thoughts & beliefs, as it carries you to its original programming or suppression, which was meant to be set as such in order to design your life on this planet, on a specific path, you will reconnect with the Truth behind why such thoughts & beliefs have been placed there originally.

This is important because that is how any blockage is removed, by first becoming aware of its existence through its manifestation into your outer world which I call your mirrors. Once you see its inner cause being reflected from within your own mental body level, you can then allow its healing by following where it brings you once you decide to fully feel its emotional counter-part on the emotional body level. As you feel its message, you will be brought to the Truth that is behind it which comes with Its bright Light filled with Love, dissolving all that is not Truth.

Only this way is your Divine Self allowed to be merged a little bit more with your human self in order to become One someday, once all that is blocking this Oneness has

been removed, one blockage at a time. This requires a lot of introspection, and a lot of inner strength to face all that you have been avoiding feeling before now.

It is rare to find someone believing anything at 100%, as doubt and fear are always present, leaving a crack in the door for beliefs to be changed. As long as thoughts & beliefs originate from the human intellect into the mental body, they can always be changed because they do not stem from your Divine Self's Truth which flows through your open Heart point channel, then becoming a Knowing. When you KNOW something, you do not need to believe it, you just KNOW.

Here are a few "Power Thoughts" from my book, "Remembering Your True Self";
<http://benowpublishings.com/books-articles-written-by-murielle>

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You co-create your outer environment and your life circumstances through the many thoughts and beliefs, with their attached emotions that are being entertained subconsciously within your inner life, on a daily basis. You can recognize what these are by focusing, and listening inwardly to become aware of them consciously.

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Your environment is a mirror reflection of some of your inner beliefs, thoughts, emotions, and bodily toxins. Those outer mirrors can only change when these inner causes have been changed first.

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Becoming One with your Higher Self requires fully opening your Heart point channel by removing all your suppressed issues; all thoughts, all beliefs, all emotions, and all physical toxins, that might still be blocking the Loving Light Energy, trying to flow through your entire being. You cannot ascend to the next higher frequency level unless you allow this healing process to occur within you.

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Your thoughts and beliefs are the root cause behind what you materialize in your life.

Once they are placed within your mind, they cannot help but grow and become the filters through which your Essence flows into their manifestation. If they are limited, so will your outer circumstances reflect limitations. If they are not, then your life will reflect infinite possibilities for you.

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Whatever you believe to be true, will be true to you, as your beliefs become the filters through which you will be experiencing your life here.

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Your thoughts and beliefs will create your reality. If you don't like what you are creating, look within to change these inner causes, and replace them with those that are better aligned with the Truth instead.

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In order to return to Oneness with your Spirit, and become Whole again, you need to fully open your Heart point channel, all the way down through your Central Nervous System, by removing any limiting thoughts, beliefs, emotions, and toxins that might be blocking the natural flow of Energy to the physical body.



In Love & Light, Always...

Murielle