

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...



Follow Your Rainbow....

As we reach 2018, many of us look back at the previous year's journey to review the progress made and assess the state of our being at this point in time in our life in order to have a better awareness of what needs to be focused upon, either inside or outside of ourselves, or both, as we continue with our healing process.

Understanding ourselves on all levels and seeing how each affect the others can help in seeing more clearly what remains to be healed. Knowledge is a crucial tool to have when one is trying to gain Wisdom through experience. When things make sense, it is easier to navigate through the ebb and flow of your life on this planet.

Along your spinal column are ductless glands, or the endocrine glands, each corresponding with a specific level of your physical body consciousness with its corresponding color. Knowing which area carries an issue can help you to recognize it easier and sooner before any worse symptoms appear physically.

There is a sort of a "bridge" between the visible frequencies (Solar Plexus) and the invisible ones (Heart Point) that connects the two worlds together. This is where

your energy enters into your human identity body in order to activate your humanity and keep it as alive and healthy as possible in spite of all your blockages found there.

I explain in more details the multiple energy centers in the following excerpt from my book, “The Small Book Of Health”;

<http://benowpublishings.com/books-articles-written-by-murielle>

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The Physical Body Consciousness:

- called: Survival Point
- color: Red
- vertebrae: S1-S5
- gland: Adrenal
- note: DO
- polarity: Male, outgoing
- issues: Survival, Physical Needs, Fight or Flight Response

The Emotional Body Consciousness:

- called: Polarity Point
- color: Orange
- vertebrae: L1-L5
- glands: Gonads
- note: RE
- polarity: Female, ingoing
- issues: Extremes in Polarities, in Opposites, Balance, Sexuality, Emotional Love, All of the Human Emotions

The Mental Body Consciousness (“human self” side of that bridge that I mentioned before):

- called: Solar Plexus
- color: Yellow
- vertebrae: T6-T12

- gland: Pancreas
- note: MI
- polarity: Male, outgoing
- issues: Your Center, Personal Power, Self Will, Intellect

The Spiritual Body Consciousness (“Divine Self” side of that bridge that I mentioned before):

- called: Heart Point
- color: Green
- vertebrae: T1-T5
- gland: Thymus
- note: FA
- polarity: Female, ingoing
- issues: Opening of the Spiritual Levels, Feelings, Intuition, Spiritual Love

The Expression of all the Bodies Consciousness:

- called: Throat Point
- color: Blue
- vertebrae: C3-C7
- gland: Thyroid
- note: SO
- polarity: Male, outgoing
- issues: Communication, Expression of all Previous Bodies issues

The Psychic Abilities Level:

- called: Third Eye
- color: Indigo
- vertebrae: C1-C2
- gland: Pituitary
- note: LA
- polarity: Female, ingoing
- issues: Abilities such as Aura Reading, Telepathy, Clairvoyance, Premonition, etc.

The Spiritual Self Level:

- called: Spiritual Point
- color: Purple
- vertebrae: None
- gland: Pineal
- note: TI
- polarity: Both Male & Female merged as One
- issues: Wisdom, Spiritual Awareness, Merging with Your Divinity



In Love & Light, Always...

Murielle