

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...



Winter Blues...

There are multiples aspects contributing to feeling out of sorts, depressed, or sad, especially during the winter months. Many people experience those “Winter Blues” and desperately seek stimulants in one form or another to try to pull themselves out of this darker state of being, without removing the causes.

This multi-dimensional experience originates deep within the Spiritual body level as the programming or what I call blockages, which is set to determine the path that your life is to take while on this planet. It is the inner cause that initiates the other levels, namely the Mental body, the Emotional body and the Physical body levels, to follow suit in frequency.

These blockages are set up within the Heart point channel in order to block and lessen the amount of your Life Force energy which is allowed to flow and enter through your being. When your energy reserves are low, when your Light is thus lessened, your life experiences will be viewed from this dimmed perspective filter.

There are multiple reasons that are physically causing your Light to get drained and not shine as brightly to reach the Physical body level. When fall arrives, daylight is shortened and when natural light diminishes, its stimulating effect that it has on the human being also diminishes. Less light also reduces your vitamin D production. It is important to try to allow yourself to be in the light as much as possible to absorb its rays, either through your skin or your eyes, even if that is through a window.

To make matters worse, the colder weather begins to take up more of your energy reserves just to keep your body warm. And more energy is spent on moving through the snow or bad weather with more clothing to carry around in order to keep warm. This requires more energy from your reserves than getting through the summer days.

We also see physical activities diminish due to cold weather keeping people indoors more than during the summer months. An active body will tend to be less toxic than an inactive body, taking into consideration of course the toxicity level of the diet ingested and the person's lifestyle.

Exercise is important in keeping the body purified but only if energy is available and kept within the person's range of energy reserves. Too much exercise when your reserves are low will deplete and damage the body, as energy is forced to be spent via adrenaline to meet the demands, with less energy available to heal and detoxify. On the other hand, without enough exercise, toxicity levels are allowed to increase.

Deep sleep, called Delta Sleep is the only way that your brain can generate a low grade electricity in order to replenish your vital nerve energy reserves. Rest helps your body to recuperate and heal but only deep sleep can recreate your needed nerve energy which is what your body uses in order to perform all of its vital tasks.

Also important contributors of drained energy and higher toxicity levels in many people during the colder months are the Thanksgiving and the Christmas holidays. These are associated with many energy draining activities, increasing the demand on the body to cope with all these extras happening during these special times, which would not normally be part of the daily lifestyle during the rest of the year.

For example, overeating many different foods all at once in the wrong combinations, rendering them indigestible and requiring more energy to remove them from your system. Then mixing some alcohol and desserts with that, which a person might not indulge in throughout the rest of year, adds to the load. There are many gatherings and parties to attend, and late nights, which diminish the amount of deep sleep a person normally might get were it not for the holiday season.

All this combined together results in very low reserves which can be experienced as depression. Less energy being regenerated during the colder months, more energy being spent during that same time, and you have a body that cannot keep up with the demands and thus becomes depleted, toxic and depressed. The body will then try to initiate a deep cleansing to detoxify itself, as soon as more energy becomes available.

Because your energy is Light, it means that your Light becomes lessened. It is similar to a dimmer switch that limits the amount of electricity allowed to flow through, rendering the room to be less bright than if the dimmer switch was removed to allow the full amount to flow through. Everything is then seen and experienced from this darker perspective, in that room, and in your life.

To emphasize the subject matter, following are a few excerpts taken from my book, “The Small Book Of Health”;

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

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When sunlight, or to be more specific, when the ultraviolet B is exposed to the skin, it naturally initiates the conversion of the cholesterol in the skin into Vitamin D. We need to absorb light through our body; through our skin and through our eyes. Without the sun’s light qualities, life as we know it, would not exist on this planet.

Long winters with shorter days, resulting in less daylight, can be very difficult for many people, as there are other elements in this sunlight that feed a deeper need within our being. It is not only good for your physical body, but it reaches deeper into your Spirit as well.

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Only during sleep can your body regenerate its vital reserves which are essential for all of your future body activity needs. Nerve energy is a low grade electricity that can only be generated by the brain while it is in the deep sleep stage, called delta sleep. It is vital that you reach this deep sleep level in order for your body’s nerve energy reserves to be replenished. If you do not reach and remain in this deeper sleep level for as long as your body requires it, you will not be fully regenerating your nerve energy reserves, and your body’s performance of all of its vital tasks will then become sluggish, and some will not even get performed at all, due to this lack of available nerve energy.

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Without motivation, or a deeper reason to be alive; without a true purpose, or a meaningful goal to focus on; and without hope, the inner drive to live diminishes. Depression sets in and the devitalization of your body begins. Vital health can deteriorate fast when your heart gets closed up by some unexpressed blockages, and is not letting your Life Essence enter as fully as it did before. You can get demoralized and lose confidence very fast. When hope is gone, your life is shortened as your Heart point closes up. That is why it is vital to find a goal, to find your Higher Purpose, and discover the deeper reason as to why you are here on this planet right now.

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Here's also a few excerpts from my book, "Remembering Your True Self";
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When your thoughts and beliefs get suppressed, the attached emotions will also get denied with them. These will not be felt and expressed but will get distorted in this process. Depression, procrastination, impatience, jealousy, hatred, anger, and other distorted emotions, are ways that this suppressed energy gets experienced, all stemming from these underlying emotions.

The only True feeling that is Real, is Love. Everything else is a distortion of Unconditional Love which fear creates. By acknowledging what you feel, by honestly feeling everything that goes on inside of you, you will find your way back to the suppressed issues, and once these have been fully felt, and neutralized with the Light of Truth, then you will be returned to Love, and to the Light that empowers you.

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You are trying to ascend into the next higher frequency level of Love & Light, that is beyond this fear-based frequency of circumstances that are limited and that you are experiencing within you; those so called "negatives" emotions that you carry within your heart, and those distorted thoughts that are not the Truth, and that depress and drain your Life Force.



In Love & Light, Always...

Murielle