

# 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...



## Love Unconditionally....

Understanding what Unconditional Love truly is will help many in learning how to express It. But it is in feeling It through an open Heart point that Its expression can be realized. From Source's perspective, all is Love, or an expression of Itself... Its Essence is all there is, whether It is expressed as Light or not.

Because Source is Love, the glue behind everything, it means that everything stems from Source. The Essence behind everything is Love which is the female polarity of Source, and when this Love is expressed, It shows up as Light which is the male polarity of Source, which then takes up forms throughout dimensions.

In other words, polarities are the way Source's Essence flows, outwardly being Light or male polarity, or inwardly being Love or female polarity. If It is not expressing through Creation (Light), then It remains dormant as Infinite Potential (Love). Love & Light being the two sides (polarities) of Source's Essence.

On this illusionary, fear-based planet, we have the unique experience of witnessing extremes in opposites. This is made possible because fear acts on the Heart point channel, as a prism does with the light, manifesting all frequencies to be experienced.

Because the physical body's survival point is based on fear, and is programmed in such a way as to make sure its survival is assured, the tendency in perception for the human being will be set as judgments; "This is good for me, ...this is bad for me."

This tendency to judge as good or as bad has expanded through the filters of belief systems set by society to keep order among its people. Placing judgment has limited and distorted the perception of Truth which is beyond this physical illusion of matter. If Truth would be seen in Light, then Love would be recognized underneath it all.

When you can see beyond your limited, physical senses, through your open Heart, you will then see Truth, and you will have no judgment but only an understanding of what is... and you will perceive Love, the Essence found behind everything.

Loving Unconditionally happens automatically without thought, once you see what is truly behind the surface, when you understand the deep, inner causes for the outer, visible effects that you are witnessing. This inner knowing comes to one's conscious awareness through an open Heart point.

It can be a long process to arrive at that point of only seeing Source/Love behind everything, as many blockages of fears are in the way and will surface, trying to force the Heart point to close up again, which is normal and expected for this level. We are now transitioning into a more Loving frequency level, and this needs to happen slowly and very gradually.

If you remain focused and pay attention to your automatic responses, you will be guided toward seeing what is behind a situation, a thought, an act, a person, and that is when you will be shown the inner causes behind why these limitations exist.

When the Light flashes that knowingness into your mind, as you are being shown the deeper reasons why things happen, acceptance will become your experience, and your Heart will open up more fully to let Love flow through you in abundance.

This Pure Love will have no judgment attached to It because It sees and understands the Truth behind everything, and because It comes with this Wisdom, It cannot have any Conditions placed upon It, as cause & effect can be clearly seen simply as Is, and not as the limited human understanding thinks it ought to be.

Once you see why things are as they are on this level, your Heart will not remain closed any longer, you will feel compassion, empathy. Love will flow through you, as understanding explains everything, the cause & effect of things, and blame will no longer exist, dissipating immediately as no judgment remains to cloud your Love.

Unconditionally Loving through understanding is what will ascend this planet into higher dimensional levels of Reality. Healing can only come once fear is removed. Judgment stems from fear which is the frequency of this reality. It is time to learn to Love from a much deeper perspective now.

From Source's perspective, you are not only Loved as a human being, but you are Love Itself as Source's Essence, expressing Itself through your Being.

Here are a few excerpts from my book, "The Small Book Of Health";  
<http://benowpublishings.com/books-articles-written-by-murielle>

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This level of awareness is where you are able to reach your Spiritual, Divine Self, your True Higher Self, consciously. This is where all of your Inner Wisdom and Unconditional Love come from. As your Soul grows and matures spiritually through your own inner work, you can then be able to merge with your Higher Self.

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A new world is fast emerging here on this level, where True Unconditional Love will eventually be more fully felt and experienced, and where all of the fear-based survival issues will stop being the predominant drive that is behind all of our systems here on this Earth.

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

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It is through your Heart point channel that your communicating with your Higher Self happens. This is where you feel the Love that It has for you. It is where Unconditional Love gets felt, and experienced. This is where you will Know the Truth when you see or hear It. The Truth carries a Light with It. It has substance and a depth to It. It is through your feelings that you Know Its message for you. It will ring True in your Heart point, if your heart is open to feel It.

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Unconditional Love never needs forgiveness because It never places a judgment or a blame, so there is never a need to forgive anything or anyone. Forgiveness is only needed for when a blame was placed, which now needs to be healed and removed.

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When you are in Oneness, your Divine Being is on the frequency of Love, and can Love Unconditionally. When you are in duality, your human being is on the frequency of fear, and can love conditionally.

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Infinite patience and tolerance are virtues of an open, loving heart. This is also known as Unconditional Love which is so needed on this planet in order to finally materialize Heaven on Earth.

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Love, ...True, Pure, Unconditional Love never, ever has to forgive because It never, ever puts a blame; It never, ever judges; It always, always understands and therefore, always, simply Loves. True Love Loves. It cannot do otherwise.

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The only True feeling that is Real, is Love. Everything else is a distortion of Unconditional Love which fear creates.



In Love & Light, Always...

*Murielle*