

# 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...



## Healing Depression....

When it comes to money, most people understand the math that if you spend more than you make, you end up in the red, having to borrow in order to resume cash flow. The same is true when it comes to the physical body. Its currency being energy, can also be spent more than what is being regenerated, leaving the body in need to have to borrow against its vital reserves in order to resume energy flow via adrenaline.

Like your financial health gets reflected by how much credit you have used up, so is your physical health reflected by how much vital energy reserves you have used up. The cost of borrowing vital energy from your reserves is not calculated as interest like your credit is, but as illness throughout your whole being.

Because you are a multifaceted person, multiple levels will get affected when your energy reserves become depleted. Everything in Life requires energy; blinking your eyes, smiling, breathing, feeling, thinking, even sleeping which is how your body can regenerate itself. You get into trouble when you keep borrowing more than you can replenish, depression being one of its many consequences.

At first, borrowing against your vital energy reserves is not very noticeable as energy through adrenaline, still flows uninterruptedly, just like getting a cash advance from

your credit card allows you to continue your activities without a second thought. It is when your available energy reserves become alarmingly lowered that this debt then becomes a problem in your state of health.

Stimulants which use up your energy, are introduced into your life since your birth through the sounds & lights around you, the foods & beverages ingested into your body, and all of the existing activities that are part of life itself, together depleting your reserves faster than you can replenish them through the process of sleep.

Depleted energy acts like a dimmer switch, lowering the amount of light showing through. You will then begin to experience these lowered frequencies of light by feeling sad, gloomy, miserable, and depressed, as viewing your entire life through this dimmed filter, darkened perspective will make everything around you seem heavier, less joyful to the point of losing courage and being unable to see hope ahead.

After living in this state a while, those that do not seek help, and that can no longer endure this constant, darkened state might even resort to committing suicide in order to finally free themselves from living in such difficult, lower vibrating energy levels.

The good news is that this condition can be alleviated, or healed completely by the removal of the inner causes which bring the body to this lowered state of health. Only reversing the energy equation will help, by cutting back on the energy depleting stimulants & increasing the amount of sleep you get, but it will not fully heal it.

Becoming aware of the inner causes behind your life & lifestyle will deepen the healing process and allow you to remove all of the blockages that are manifesting into your life through the outer effects experienced in it. There are reasons why you are lowering your energy reserves, and removing those is the only way to fully heal.

Blockages are found on the many layers of your Being, starting from your Spiritual body level, down to your Mental body level, and then onto your Emotional body level to finally show up via the state of health of your Physical body level. They are all interconnected to manifest the Whole of who you truly are, from the inside out.

These blockages are programmed for the most part, onto the subconscious levels, making you unaware of their existence. This was set up this way on purpose before your birth in order to have you experience a unique life path which vibrated to those specific frequencies to bring you experiences with the unique Wisdom within them.

Now that we are ascending back into the Light, onto higher frequency levels, those blockages which were lowering the energy level by blocking its flow from entering into

your body, must all be removed and healed. It is the resisting against this deeper healing process and the refusal to enter into it that make most people run away from facing and feeling those resurfacing blockages, resulting in more harm to the body.

The manner in which people run away from facing those limiting blockages, is by overstimulating the body and not replenishing it, lowering and depleting its energy reserves because it takes energy to heal, and if you only have a limited amount of energy left into the body, and you do not have enough to do it all, then the body will prioritize and choose the immediate need to remain alive, rather than to go within and dig up some past blockages to resurface to be removed to attain greater health.

This is all happening automatically, and unconsciously which is why it is now time to mention it here so that you can begin to look within and notice that you are running from feeling your blockages and to begin allowing yourself to feel what is now trying to surface from your subconscious in order to neutralize & remove each one, through the Light of your consciousness. You will need courage and persistence to heal this.

Sometimes purifying your diet might help to trigger a suppressed issue so that it can finally get healed and removed. Sometimes an event will occur in your life that will bring up emotions from the past. Sometimes it will just come to your mind, a flash or a knowingness as to what is next in your healing process. You need to become aware of the multiple levels existing within you which are working with you to heal.

Depression reflects multiple layers of issues. The physical body is the end result of suppressed issues from the inside out that have not been dealt with for a long time and that are now trying to be healed. It must be allowed to if health is to be restored.

The fear of facing what will surface is also a deterrent against allowing this healing. The reason for that is that the physical body lives in the now moment which is its link to Eternity. When suppressed blockages are allowed to resurface, they feel like they will be the experience eternally, and the body knows that it could not survive feeling those eternally so it automatically suppresses them to avoid feeling them.

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

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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.

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Anytime that anything stimulates the body to trigger adrenaline, energy gets borrowed from your vital reserves. This forces your survival point to shift into a higher mode of fear-based frequency, as borrowing energy depletes your vital reserves, and depleted reserves means that the body is then dying because deterioration occurs when there isn't enough energy reserves to do all of its needed healing tasks.

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This energy illusion of a high simulates having real, healthy energy. This is like, if you would borrow money from a cash advance from your credit card, it will give you the illusion of having real money, but it is in fact, borrowed money, and borrowed energy inside your body.

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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.

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Human beings have difficulty to heal the deeper blockages that have been suppressed within them because most blockages include painful emotions that will need to be revisited, and felt. The survival point is designed and programmed to survive which means that any issues that seem to threaten the body's survival will be denied, and set aside as if they did not exist. This occurs below the conscious mind level so it will not even be aware that this automatic suppression has occurred.



In Love & Light, Always...

*Murielle*