

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...



Cleanliness...

Many people don't think twice about their regular showering or bathing routine, and they enjoy living in mostly toxic-free environments, at home and hopefully at work. People are becoming more aware of the negative imprint human beings have left on this planet, and many are trying hard to reverse and heal the damages done.

Health awareness is spreading and is slowly changing the status quo. People are thinking for themselves and questioning the Truth about things. They are searching for deeper answers, looking for the inner causes for their experiences. A whole new dimension is being allowed to be explored, and expressed on a larger scale.

They are discovering that cleanliness cannot be only skin-deep, but that it must stem from a purified state of mind and from a purity of Heart which then brings a spiritual reconnection aligned in the now moment. In other words, to have a pure body, one must first purify the deeper, invisible levels that make up the whole person.

The outer self only reflects the inner self. So even if the living environment seems clean enough, the physical body will reflect lack of health if the deeper layers have not been purified first. Toxins found within the physical body cannot be removed by showering, they must be removed by realigning with Source from the inside out.

Nature is the physical extension of Source and Its design has created the physical vehicle as the human species. Realignment with Nature can only happen once all the inner blockages which are now closing the inner channel through the Heart point, get removed and healed, leaving a clear path for Source's Essence to flow through.

Meanwhile, the physical toxins that are accumulating within the body will continue to reflect the suppressed blockages from the deeper layers of the Emotional body, of the Mental body and of the Spiritual body which get mirrored onto the environment.

Physically, the DNA programming determines what happens within the body. It has been designed to deal with the many possible indiscretions that can occur on this level. The body has many ways to keep itself pure and healthy, as it is programmed to survive and everything is geared toward that purpose of remaining alive.

The fact that diseases are rampant in our experience proves a deep misalignment with Source, and with Nature which needs to get addressed very soon if we are to manifest health on all levels in order to reach Oneness from the inside out, if not for us then for the next generations to come. We are programmed for Life not for death.

The proof of our Infinite potential for Eternal Life is found in our now dormant brain which is only awaiting full activation in order to manifest humanity's unique and special purpose and destiny. We are now only using less than 10% of its hidden abilities, and only Source's Essence which is Love & Light can awaken it fully.

We have taken such a long path into darkness, away from the Light that it seems almost impossible to get back on track and materialize Oneness. There is a lot of work ahead of us but it can be done once the proper understanding is achieved for those who have come on Earth to get this done, manifesting Heaven on Earth.

Every level must get cleansed, every blockage must be felt, healed and removed. Every untruth in the Mind must get neutralized and replaced with Truth. Everything not felt at the Heart point must be allowed expression, it must be fully felt in order to no longer remain suppressed. Healing must occur from the inside out.

The last level to reflect healing will be physically. And as the purified frequencies are being allowed to flow through the body, they will then influence the frequencies of the planet. When it is time, the Spiritual programming for this physical Creation will also get changed to remove all limitations based on fear that this level reflected.

Ascension is gradually occurring. The more Light & Love permitted to get grounded increases the energy frequency of this level which is dissolving darkness & fear and will reveal a purified environment that will have been healed through each human Heart who selflessly came on Earth to serve Source with this challenging project.

The end of the old game of separation based on fear is very close. The beginning of the new game of Oneness based on Love will gradually take its place. Toxins in the physical body are the physical blockages mirroring the suppressed issues which are the blockages of the deeper levels. It all needs to be removed to clear the channel.

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

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Nature was designed to provide for all of our needs. We belong to a large group that is called mammals. We share many similarities with them, but as primates, our unique and special aspects bring us into our own, unique category as human beings. As we began to gather and to form into more civilized societies, we have also become disconnected from Nature, and we have lost our abilities to be more aligned with It and with our true needs. Even though our lifestyles have changed from when we did live in more natural settings, our true needs have not.

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If your body is saturated with toxins, it might also use other exit routes at the same time as it uses all of its regular channels of elimination, namely the bowels, the bladder, the lungs, and the skin to keep its domain purified and toxin-free. If all of these toxins have been gathering around the eye area for example, cataracts could possibly be experienced then.

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This is the reason why the body initiates these eliminations to begin with. It wants to remove all of those poisonous, toxic substances from its system, so that the cells can then begin to heal instead of getting more damaged and irritated by those toxins that are saturating them.

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It is the accumulative toxic load that worsens health conditions when the inner and the outer causes are not removed and stopped. If people are not aware that accumulated saturation of toxins inside of their body is the cause behind most conditions, then they will not know to change their ways, and stop this saturation from happening in the first place in order to allow this healing process to get done by the body.

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Bad breath, headaches, sluggishness, furred tongue, body odor, feeling tired, desiring to stay in bed to get more sleep, are all common symptoms of body toxicity.

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These eliminations, called symptoms, are the result of the body's efforts to purify and heal its domain, and this should not be interrupted or be stopped. This should be allowed to proceed in order to avoid worse conditions from occurring later on, if saturation is allowed to be reached.

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Any improvements that are made to your lifestyle and to your diet will free up some energy that will then become available to initiate a deeper cleansing within your body. Some withdrawal symptoms will be surfacing from this purification process, and cause you to maybe feel at times, very uncomfortable. These symptoms will eventually diminish, as the body becomes more purified if you adhere to these new changes long enough.



In Love & Light, Always...

Murielle