

Teachings by Murielle

Self-Healing Through A Better Understanding Of The Physical Creation

September 2018

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...



Addictions...

When a behavior becomes compulsive, it is then an addiction. There are many ways a human being can become addicted. Physical dependency is not the only addiction that exists, behavioral addiction can also occur and render the addicted person to feel unable to stop the behavior in spite of all the negative consequences that it brings.

One can become addicted to legal and illegal drugs, alcohol, nicotine, caffeine, food, condiments, shopping, gambling, gaming, relationships, exercise, shoplifting, sex, love, and the list can go on to include all behaviors that become out of the person's control and begin to be harmful to the addict's mental and/or physical health.

Self-destruction has a deeper cause for its existence. It is in discovering and healing these inner causes that addicts can at last become free of their compulsive behaviors which are damaging their lives on so many levels. Without revisiting those blockages to remove them, their addictions will remain, and health will never return again.

Only through removing those blockages can healing begin. They got suppressed there when the person could not deal with the pain, the hurts, the fears, or trauma that they were experiencing at the time. When these get suppressed, the energy gets blocked, the flow of Love & Light gets slowed down, and life never seems the same again.

Everything in life will then be experienced from this energy-blocking filter, making everything look darker, and feel colder inside. The Light of hope gets dimmed, and it seems that the only thing able to bring some Light back into the addicts' lives is the object of their addiction which is why the desire to revisit the experience becomes sooo overwhelming. It feeds a lack that they carry inside which never seems to get filled.

The high that is experienced will seem to bring a boost to the energy level, giving the feeling of being more alive, but that is only happening because of the adrenaline that is involved which got triggered from the involvement with the addiction. It will not last.

The unbearable low must then come next, and that is when things begin to feel really bad and look darker, triggering then an urgent need to escape this state of being, so the addiction is sought after again with a more intensified drive with the hope to reach that high again to replace that low, and the vicious cycle continues over and over again.

The lows get lower and the object of the addiction, needed to reach the high must be increased. This is caused from the physical body becoming devitalized, requiring then more energy to achieve the same high as was reached before, bringing on more health problems from having less energy available to keep the body healthy, as it is then being diverted to the adrenaline in order to create those sought-after highs.

If the addiction is not stopped, it will completely empty the body's vital reserves, and more serious health issues will develop. Other negative developments can also occur if the behavior is disruptive enough, such as job loss, car accident, divorce which then outwardly mirror the inner blockages that were originally the inner causes.

The outside always reflects the inside. Avoidance of looking within and of dealing with the deeper issues can bring on addictions. The reason that human beings tend to avoid feeling those suppressed issues is because in the now moment, eternity is the reality of the human body consciousness and because it is programmed to survive, it knows that it cannot deal with those issues to be the experience in this eternal now moment.

Suppressing is a survival instinct that automatically occurs without a conscious thought. The body knows its own limits, when something is too much to deal with for its survival, especially as a young person who has limited knowledge and life experience. The problem is that even as adults, so many people tend to ignore those blockages that are trying to resurface in order to get healed and removed, continuing to suppress them.

Healing then must become a conscious decision once the addicts become aware of the process that they are now involved in and able to face. It is not easy to heal from the

inside out but it is necessary in order to physically reach that higher frequency levels where Love & Light is predominant, nourishing, and desired.

The withdrawal symptoms that are experienced when trying to improve one's life are usually what makes a person fail over and over again. The darkness, emptiness, and coldness of the lows, attached to discomfort, suffering, and excruciating pain can make the addict run away from feeling those again, by seeking another, temporary high.

The desire to be free of an addiction must grow within the Hearts of the addicts to the point of building enough strength, courage and focus in the now, to be able to endure what needs to occur next in their healing process, and to still be able to stay on track. Withdrawal will be helped if more sleep is allowed, and if food is limited and also improved, with some exercise if possible for the accelerated elimination of toxins.

Supervision is recommended to help those who are experiencing difficult transitions back to health. But mostly, Love is what is lacking within the addicts. Love is what they need inside to begin accepting themselves. They need to learn and know that they are worthy, they need to start feeling that they are Loved by Life Itself, as a birthright.

Only the removal of what contradicts these Truths within their being will allow them to experience this self-love. As long as the beliefs of not being good enough, of not being worthy of being loved, remain blocked within their being, the Truth that they are Loved just because they exist, will not be able to be consciously experienced.

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

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Many people have learned to adapt to growing up in environments that were less than very loving. Feelings of inadequacy, of insecurities, and of not belonging have forced many to close up their Heart point in order to not fully feel the depth of the devastating hurt and fears that this has caused many to still carry with them today, deep within their being.

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Closing your Heart point channel diminishes the flow of how much Love is then allowed to enter through the body. Many disorders that are found on many levels, stem from these deeper wounds that have been suppressed, and that have not yet been healed.

Eating disorders, abusive relationships, and all self-abuse, addictions, phobias, are examples of what Unconditional Love can prevent and heal.

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Only through an open heart can Love begin to more abundantly flow through, and begin to heal each person on all levels, then spreading outwardly to help heal those that are touched by them, which will then help to heal the entire planet.

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Here's an excerpt from my book, "Articles Of Truth";
<http://benowpublishings.com/books-articles-written-by-murielle>

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When the heart is closed in fear, a gap is created, a separation from Source will be experienced, and a cold, dark emptiness will result within you from feeling abandoned here on this level. All addictions stem from this need to fill this inner void through misguidedly using outer means to stimulate your senses, which will never fulfil you. What you are really seeking is your Oneness with Source, through your Divine Self.

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Here's an excerpt from my book, "Power Thoughts Of Truth";
<http://benowpublishings.com/books-articles-written-by-murielle>

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Addictions of any kind can only be healed when the inner causes have been felt by the heart, neutralized by the Truth, and removed by the Light & Love of your Divine Being.



In Love & Light, Always...

Murielle