

Teachings by Murielle

Self-Healing Through A Better Understanding Of The Physical Creation

October 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...



Pain & Suffering...

In Nature, the Design for this Human Creation in creating pain & suffering is as an indicator that things are not as they should be in the proper flow of energy through the physical being. There are intricate systems that have been put in place as warning signs that something is wrong and requires your attention. Listening to these, and healing their cause will harmonize and restore the body, keeping it alive and healthy.

Consciousness is a determining factor in feeling, on all levels... Many might have experienced to their surprise that they had gotten hurt but were not aware or feeling any pain, that is until they became aware of their injury. And sometimes adrenaline is the reason why pain can get blocked temporarily, for example during a crisis when survival, fight or flight response is involved where action is crucial and needed.

Because humans are multi-dimensional Beings, they have been designed to have the ability to feel on multiple levels; physically, emotionally, mentally and spiritually. But at this point, human consciousness is still very limited and can get overwhelmed very easily here, so the human experience tends to be largely unconscious. The full potential is there and can eventually be awakened with time, desire and inner focus.

Right now, the tendency is to palliate pain & suffering from all levels without much questioning as to the real, deeper causes behind their existence. The exorbitant usage of legal and illegal drugs or painkillers is so rampant, that it reflects just how much people are in pain, and unwilling to deal with their deeper issues, preferring to avoid feeling what is going on within their being, on all levels.

As long as people continue to run away from what their sensors are informing them is going on within their inner being, as to their true state of health, they will remain fragmented, separated from their Whole Being, which is fine if that is their destiny, but if one is to ascend their being onto the Higher frequencies of Love & Light that are now this planet's and its inhabitants' destiny to reach, then things have to change.

Oneness can never be experienced between the human self and the Divine Self when so many layers of blockages remain in the way. These block the Heart point opening where the Essence that needs to be allowed to enter physicality, must flow through. Understanding the Ascension process will help those who wish to proceed, to realign themselves more properly in the Now, allowing Source full entry to come heal them.

Pain & suffering are not something to avoid feeling, these are your communication systems with your own Being, trying to guide you toward a full healing from the inside out. Suppressing this communication can only bring more problems later on. These systems for your body's survival are important, otherwise they would not have been programmed into your Design. Ignoring them is ignoring your Divine Self.

Listening to and feeling any discomfort that is surfacing within your consciousness will reveal to you what is not aligned properly with the Design of your Whole Being. If the pain is physical, you will need to search deeper for its original causes on the emotional, mental and spiritual layers of your being. When you reach these deeper blockages, you need to allow yourself to become them and fully feel their message.

The physical body is the outer layer that mirrors your inner state of health. When blockages are present, they lower your frequency level to vibrate into the frequencies of fear, closing your Heart point. Each blockage removal will allow more Love & Light to enter your being, increasing your frequency levels as each of your fears get neutralized, reopening your Heart, and returning you to the Oneness that is Reality.

Healing comes through placing your consciousness of Love & Light onto something in you that has not previously been consciously felt. When things get automatically suppressed from an inability to deal with the pain, trauma, fear, or any other difficult emotions, they create a separation inside your being. Removing these blockages comes when you allow yourself to fully feel their messages. Feeling is key.

Imagine a beach ball being forced under water, it will always try to resurface. This process also happens with our blockages, they are always trying to resurface so that we can acknowledge them once and for all because the body knows that to keep them suppressed, blocks its Essence from entering which eventually kills the body. So it is always trying to remove them, but we are the ones not willing to allow this.

The reason that we try so hard to not feel those blockages is that in the Now moment, the physical consciousness sees them as a major threat to its integrity, to its survival because to feel these in the Now moment, for the body it is like feeling these eternally and to be feeling these eternally translates as impossible to survive living in that state of darkness, so it automatically tries to suppress them again.

The way out of this dilemma between facing those blockages, feeling like you are going to die if feeling these goes on much longer, or continuing suppressing them even if they block your Essence from entering your body for your survival, is by explaining to your human self that this is like a sliver that is stuck in your finger which will get worse if it's not removed, even if removing it will bring on some pain.

Explain to yourself that the pain experienced while unblocking something will be temporary and soon after, you will feel better once the blockage has been removed. The Heart channel will be cleared up to allow itself to open up more widely, letting more of Source to enter your being, elevating your body to a Higher frequency level. Your health will then improve by this increase of energy allowed to flow through.

Here's an excerpt from my book, "Remembering Your True Self";
<http://benowpublishings.com/books-articles-written-by-murielle>

...

Blockages are the results of your physical body's survival point that kicks in when it is not able to endure something too painful to bear, to assure that its integrity stays intact in its fight to stay alive and remain sane.

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

...

People have so many painful issues that got suppressed within their subconscious mind that have not even been acknowledged yet, let alone been healed. It is all there, suppressed in dark corners, in the recesses of their mind; so much pain, hurt, so much despair, hopelessness, darkness, so much shame, hatred, and guilt that human beings are suffering from, deep inside.

They have all been ignored, and set aside mainly because feeling those issues that are suppressed there would be too painful and too unbearable.

...

If you hold on to any judgments, any grudges, any hatred, any false belief, any resentment, any negative thoughts, any shame, any guilt, any pain, any fears, you are then closing up your Heart point, and not letting all of your Essence enter through you.

...

Pain or suffering is your body's way of telling you, it is Nature's way of communicating to you, that there is something wrong, going on inside you.

You need to pay much closer attention to what you feel, and to what you are being told inside. It is important that you take this communication very seriously, as it is crucial if a healing is to be experienced.

...

Imagine an inflated beach ball that you try to push down under water, and it keeps trying to resurface the moment that you let go of trying to suppress it. Blockages work like that beach ball, they always try to come up to the surface. It is your body consciousness that cannot allow itself to feel them, therefore it continues suppressing them because of its deep programming against feeling perceived threats.

...

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.

...

From that perspective, the body consciousness knows that it could never endure, and survive feeling such feelings for Eternity, so it will tend to suppress because it has no understanding that these will stop or end, as it feels as forever, and forever doesn't end. The body will experience NOW to be eternal, forever. To this childlike body consciousness, only "right now" exists which means to its perspective, having to feel those negative feelings, "always"...



In Love & Light, Always...

Murielle