## Teachings by Murielle

Self-Healing Through A Better Understanding Of The Physical Creation

## January 2019

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...



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Most have heard that everything happens for a reason. Some seek to discover those reasons while others might not believe or look for any of them. Many trust that it is true but few have understood the underlying process that makes it so. If this Truth was better explained to, and better understood by people, then their life experiences would be dramatically improved by the consequential elimination of sorrows, fears, and frustrations that stem from a lack of knowledge and its acceptance.

When you desire something; whether it is for something to happen in your life or for something to be acquired or to be achieved, the tendency is to go after it, to make it happen. The human self has an outgoing energy that is very predominant, more so in some people than in others, but the tendency to take control of what it perceives as a need in order to become happy or content, is an aspect of the human personality.

What often happens on the path to manifesting those desires into reality, is that some impediments that halt the momentum are encountered. Sometimes when the energy flow is strongly outgoing, that stop can be felt like hitting a wall at high-speed. This can completely shatter the personality or damage it to lesser degrees, depending on multiple variables involved on multiple levels behind this human consciousness.

Most human beings have experienced this on some level and for many, the solution is to get back up, dust themselves off, and try and try again until the end results have been reached. Others at the other end of the spectrum, might have completely given up trying in fear of getting hurt again. Whichever reaction one experiences, it is all without a clear understanding of the inner workings of Life on this physical level.

Those that never give up trying might end up so driven and focused on the end result which they seek, that their energy is spent less and less on other aspects of their life, creating an imbalance inside and outside of themselves which can bring its own set of issues, if not rectified. It is the fear of NOT reaching their goal that is propelling their need to reach it. When fear is the intense momentum, it can manifest what it is that is feared rather than what is actually desired, as it is then on the mind's forefront.

This whole time, they are completely missing the reasons why all these experiences are happening to them. The fear of losing control stops them from looking at Life from a broader perspective to see the Truth from another angle. Only through a deep knowingness will they be able to feel if what they encounter in Life is meant to stop them from going further the wrong way and for them to look for another path, or if they are meant to continue on that same path until all their weaknesses are overcome.

The real issue is about Oneness or the lack thereof. When the human will is separate and different from the Divine Will, a gap is created and fear is its main component frequency. When fear exists, Oneness cannot exist and if Oneness is not experienced from within, then you will encounter all of the blockages that have created this gap, for the purpose of removing and healing them, leaving you to feel alone, frustrated, hurt and resentful because the illusionary belief on this level is that free will exists.

When the human will is aligned with the Divine Will, harmony and Power will flow through your being. You will feel aligned, and at Peace inside that you are walking the path that you were meant to be on. Even if difficulties emerge, you will feel guided inside and will know what your next steps are in order to heal the surfacing issues. You will live less in the fear frequencies and more in the Love frequencies.

You, as the human self, will begin to understand that what you think that you want is not necessarily what you came on Earth to experience. You will begin to feel what you, as the Divine Self, came on Earth to experience, which will then become your human self's desire to match that of your Divine Self, eliminating the inner struggles of wanting what is not destined to be your experience at that moment in time because you, as the limited human self, cannot know exactly why you are here on this planet. Surrendering to what your Divine Self wants for your human self closes this inner gap that is creating chaos in your life. Alignment in trust and in service to Source, in the Now moment will allow for a better flow of your Essence to enter this physical vehicle that your physical body is in True Reality. Oneness is the inner fulfilment that human beings seek but cannot find in the outer world, being that this world is only an extension, an outer mirror reflection of the deeper, inner life of who you are.

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

This is the Ultimate choice; do you want to live in fear, or do you want to live in Love? Your heart will have to be either open or remain closed. A decision will have to be made as to which world you do belong to. Each of these frequencies is going its own separate way. You will have to either live in one, or in the other.

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The impetus behind your Life Force is so powerful that the moment that you stop going against it, you will immediately witness your state of health improving.

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It cannot occur unless you surrender all of the controls, and let your Divine Self take over completely. If there is still a gap between the human self and the Divine Self, then it means that fear still exists inside, and is still causing limitations and separation within your being.

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

Your True Power can only come from consciously merging your human self with your Divine Self, becoming One with It on all levels through the removal of all that is blocking this Oneness from happening.

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Life will decide as to when the appropriate time will be.

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It might take some time to realign fully within the Now of your Being which is where Creation occurs. This is normal and was meant to be this way. Your human experience was designed for this full integration to happen, and to not be able to remember your True Self yet, feeling isolated and empty. Separation was designed to feel this way until Oneness returns gradually.

Here are some excerpts from my book, "Power Thoughts Of Truth"; <u>http://benowpublishings.com/books-articles-written-by-murielle</u>

## One can either live in fear or in Love.

Fear creates limitations, despair, sufferings, inner turmoil, darkness, shame, guilt, hatred, confusion, emptiness, anger, intolerance, diseases, isolation, separation, etc.

Love creates infinite possibilities, clarity, empowerment, brightness, nurturing, peace of mind, patience, health, wholeness, fulfillment, Oneness, etc.

Which do you prefer?

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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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Surrendering is the key; but Knowingness is the Power that is found behind that key, because once you understand the deeper reasons why everything happens, then acceptance comes more easily, surrendering to what is.

When you work in sync with your Spirit, you become the conscious Co-Creators of your life. Whatever is put into your mind, and gets placed there with the passion of your emotions, will get materialized if it is for your Highest Good.

In Love & Light, Always...

Murielle

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